


Spravato® (Esketamine) Treatment Referral – HCMH Mental Health & Wellness

Humboldt County Memorial Hospital offers Spravato® (esketamine) treatment for adults with treatment-resistant depression or major depressive disorder with suicidal thoughts or behaviors.


How to Refer a Patient

Healthcare providers can refer a patient by completing our Spravato Referral Form and submitting the necessary documentation.

Fax the completed form and supporting documents to:

 515-332-7572

Questions? Call our clinic at:










 515-332-7672

Download the Referral Form

(Available on our website, www.humboldthospital.org)





Referral Checklist

Please ensure the following items are included with the referral:

-  Completed and signed referral form
-  Last 2–3 psychiatric visit notes
-  Documentation of 3 or more failed antidepressant trials
-  At least one augmentation strategy attempted (e.g., mood stabilizer, antipsychotic, psychotherapy)
-  Current medication list
-  STOP-BANG sleep apnea screening (required)
-  Recent labs (UDS, CMP, hCG if applicable) within 30 days
-  REMS Enrollment Form and Informed Consent signed
-  BDI-II, WHODAS 2.0, and patient education handout confirmation

Exclusion Criteria

Patients must not have:

-  Active substance abuse
-  Uncontrolled hypertension
-  High-risk vascular conditions (e.g., aneurysm, AVM)
-  History of intracranial hemorrhage

- ✗ Moderate to high risk for sleep apnea (STOP-BANG score ≥ 3 without clearance)
- ✗ History of interstitial or ulcerative cystitis

Before Treatment Begins

Patients must:

- ✓ Be 18 years or older
- ✓ Understand the 2-hour post-treatment observation period
- ✓ Arrange reliable transportation post-treatment (no driving themselves)
- ✓ Continue care with referring provider if not seen within HCMH