



## Client Packet

### Lodging

Depending on the nature of your treatment, you will need to stay with us from 5 to 7 days. Of course we recommend you stay as long as you like; the more time you spend away from your home environment, the better your chances of recovery. If you decide to stay longer, we can help you find accommodations, but you will be responsible for yourself. The beach is a short distance away, and outings are possible after sufficient recovery time. There are internet cafes and shops selling local handicrafts.

We do not allow friends or family at the treatment house during or on the day or two following ibogaine therapy sessions. It is important that you have sufficient separation from your home environment. If a friend or family member decides to accompany you, they will be responsible for their own food and accommodations. We may be able to help them find somewhere to stay, but we cannot make any guarantees.

Although you are ultimately responsible for yourself and can leave at any time, in the days following your treatment, you may not be in any condition to make sound decisions. For your own safety, we reserve the right to hold you until we determine that you are sufficiently stabilized both mentally and physically. Be advised that we base our schedule on the departure date and time that you arrange before your arrival. If you choose to leave the treatment center earlier than your scheduled departure we cannot guarantee transportation to the airport. If we are able to arrange transportation for you, you may be charged an additional transportation fee.

### Food & Clothing

Meals will be prepared for you by our staff. We prefer simple, whole food preparation and try to use as much local produce as possible. There are also many good restaurants that you can visit. We will try our best to accommodate any special dietary needs. Please let us know in advance so that we have time to prepare.

It is generally hot and can be very humid here. Bring comfortable clothes, flip-flops, a bathing suit, etc. The beach is nearby. It can get cool at night so also bring a few warm things.



## **Payment**

In order to schedule and reserve your treatment room, you will need to send a \$1000 deposit in the form of a check or money order to Asha Caravelli at our stateside office:

4110 SE Hawthorne Blvd.  
PMB 315  
Portland, OR 97214

The balance must be brought in cash and given to us upon your arrival. We do not accept credit cards or checks at our facility in Mexico. Payment must be received in full before we start treatment. We can only refund your money if you cancel more than seven days in advance.

## **Travel Arrangements**

Please let us know your flight information as soon as you have booked your flight. Email or fax your full itinerary including airline, flight number, time of departure, and place of departure. Someone will be there to pick you up at the airport—look for the "Dream House" sign. Please don't leave the building. We *will* find you. San Pancho is one hour behind Puerto Vallarta time. If there is any problem, especially if you miss your connecting flight call 503-922-1089 (dial as if you were calling any US #,) or if you can't find us at the airport, call us on our cell phones so we can help you:

Rocky 044 322 135 1198  
Matt/Marijke 044 322 149 6531  
Scott/Kristen 044 322 147 7434

## **Passport**

As of January 2007 the US government is requiring all US citizens to have a passport to return to the US from Mexico by air. If you do not already have one you must get one as soon as possible. See the state department website for information on expediting your passport: [http://travel.state.gov/passport/get/first/first\\_831.html](http://travel.state.gov/passport/get/first/first_831.html)



## **Requirements for Treatment**

We use the utmost care in preparing for each treatment. By having a clear picture of both your mental and physical profiles, we are best able to design a protocol that will address your specific needs. We require that you receive a full medical checkup, including an EKG and a blood liver panel from your primary care physician. For those 60 years of age and older, we require an additional stress test to make sure that your body will be able to handle the potential intensity of this treatment. We do not exclude those who have Hepatitis C or have had Hepatitis A and/or B in the past, but we need to make sure that the liver produces a specific enzyme that is needed to break down the ibogaine.

### **Medical History**

Prior to treatment you will need to fill out an application providing a detailed medical history and mental health assessment. We ask you to return the application form as soon as possible so that we will have sufficient time to pass on any important information to you to help you prepare for your treatment. For example, if you are taking an anti-depressant like Prozac, you will need to taper off it in the days preceding your treatment. We will give you detailed instructions on how to do this. Similarly, if you have any heart or liver conditions, we will need to accurately assess your situation in order help to prepare you for a safe treatment.

Please answer all questions as accurately as possible, paying special attention to medical and substance use profiles. Incomplete or false information can lead to unintended consequences that may greatly effect your treatment and may lead to serious harm or even death. Keep in mind that most, if not all, of the ibogaine related complications or deaths have occurred because of heart problems, inaccurate reporting of dosages, and/or use of opiates during or just after treatment.

### **Mental Health**

It is important that we accurately know your mental health history. We do not exclude those with pre-existing psychological disorders; however, those with psychotic and schizophrenic disorders need to be evaluated, and we must be informed of any medications you are currently taking.



## **Intake**

After you arrive our MD will do a full physical evaluation, and one of our primary facilitators will complete the intake process. We will review your application and make sure you have followed the pre-treatment protocol. If we have any concerns regarding your physical or mental conditions at this time we will update your tests at the local hospital. It is important that you be honest in providing your health information and that you follow the pre-treatment protocols we have outlined. We will do everything we can to assist you in your comfort and safety, but, if we feel that you are not prepared, we will not hesitate to postpone or cancel your treatment. This is to ensure that no unforeseen complications arise. Your health is our primary concern.

## **Exclusions**

We will not treat anyone with the following conditions:

- Active infections including ulcers, pneumonia, or skin abscesses
- History of blood clots or coagulation abnormalities
- Cancer
- Cerebellar dysfunction
- Chronic fainting
- Uncontrolled Diabetes
- Emphysema
- Epilepsy
- Crohn's Disease or Irritable Bowel Syndrome
- Gastric Ulcer
- Heart disease, heart murmurs, or heart arrhythmias
- Obesity
- Unmedicated high blood pressure
- Kidney Disease
- Liver disease including hepatitis with liver enzymes over four times normal
- Pregnancy
- Serious psychiatric disorders
- Stroke



## Medical Screening

We require that you receive a full medical checkup, including an EKG and a blood liver panel from your primary care physician. For those 60 years of age and older, we require an additional stress test to make sure that your body will be able to handle the potential intensity of this treatment. Please take this note to your primary care physician.

Dear Doctor:

The patient who has brought you this letter will undergo a detoxification with ibogaine at our facility in San Francisco de Nayarit, Mexico. The contraindications for our treatment are advanced liver disease with enzymes four times normal, heart disease, pneumonia, morbid obesity, untreated diabetes, uncontrolled hypertension and hyper-coagulable states. We would like you to perform a physical exam on the patient with particular attention to the aforementioned contraindications and any other health abnormalities such as infections, or other infirmity that we should be concerned about.

Please let us know if there are any health concerns that we should be aware of before the patients arrival. We also require an EKG with interpretation paying attention to abnormal QT intervals. We also need the following laboratory tests:

- Liver function tests
- CBC with differential
- Basic metabolic panel

Please fax these results with a short interpretation to us as soon as possible to (866) 826-4485. If you have any questions do not hesitate to contact us at (503) 922-1089.

Thank you very much.

Sincerely,

Dr. Jose Luis Chavez Quevedo  
Attending Physician  
Miramar No. 16, Sayulita, Nayarit