



# MEDICAL GUIDELINES

As an Ayahuasca healing center, your safety and health are our top priorities. Our medical guidelines ensure a safe start to your retreat. Please confidentially share your mental, physical health, and medication details during booking. Our Senior Nurse reviews all forms for your safety. Read this page carefully, consult your doctor, and contact us for any questions. Your well-being matters to us.

## PHYSICAL HEALTH CONDITIONS

- **If you have high blood pressure or a cardiovascular heart condition**, you should not participate in the Ayahuasca retreat. Ayahuasca can potentially elevate blood pressure and increase the risk of heart attacks.
- **If you have diabetes**, there is a higher risk associated with the absorption of Ayahuasca. The use of MAOIs present in Ayahuasca can affect blood sugar levels, potentially leading to hypoglycemic effects. Individuals with severe unstable diabetes should refrain from taking Ayahuasca due to this risk. If you have milder diabetes, please contact us before booking a retreat to discuss your case, including the possibility of a modified diet and approach.
- **If you or an immediate family member has a history of epilepsy and/or seizures**, it is important to inform us before booking a retreat. Ayahuasca use, if not managed and monitored properly, could trigger a seizure if there is a familial history of epilepsy.
- **If you have a liver or kidney condition**, there is an increased risk associated with the absorption of Ayahuasca. Ayahuasca contains harmine and related alkaloids, which act as inhibitors of monoamine oxidase. This inhibition occurs in the liver and gastrointestinal tract. If you have various monoamines still present in your system from diet, environmental exposure, medical conditions, or the use of pharmaceutical or illicit drugs, these could accumulate in the presence of an MAOI and could further stress the liver and kidneys.
- **If you have hypothyroidism**, it is generally safe to use Ayahuasca; however, you must inform us of your condition so that we can closely monitor your dosage during your Ayahuasca experience. You can also continue using your hypothyroid medication (synthetic hormones such as synthroid) without complication.
- **If you have tuberculosis**, you must not take Ayahuasca.
- While there are no known contradictions with pregnancy and Ayahuasca consumption, due to insufficient medical research, and our commitment to the safety and well-being of our Guests, **we advise against pregnant women** attending our retreats. This precaution is taken to avoid potential complications that could affect both expecting mothers and their babies.



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## MENTAL HEALTH CONDITIONS

- **If you have a history of bipolar disorder or schizophrenia**, it's important to understand the increased risk and potential symptoms. Please inform us. Ayahuasca can also reveal these symptoms. Contact us for personalized retreat evaluation.
- Ayahuasca can effectively address depression. When booking, share your situation. Combining antidepressants with Ayahuasca is unsafe. Prior to the retreat, **it's crucial to discontinue antidepressant use. Refer to our medication policy for proper timing.**

## ILLICIT DRUGS

- **MAOI Interaction with Illegal or Recreational Drugs:** Combining stimulants like cocaine, amphetamines, or MDMA (Ecstasy) with MAOIs is extremely hazardous and can even lead to fatality. This dangerous mix can significantly raise blood pressure, increasing the risk of stroke and cerebral hemorrhage. Serotonin agonists or precursors combined with MAOIs can result in serotonin syndrome, characterized by severe and prolonged headaches, fever, rapid heart-beat, tremors, dilated pupils, high blood pressure, and potentially life-threatening symptoms such as seizures and renal failure.
- **Avoid Combining MAOIs with the Following Illegal or Recreational Drugs:** Cocaine, Amphetamines (meth-, dex-, amphetamine), MDMA (Ecstasy), MDA, MDEA, PMA, Dextromethorphan (DXM), Opiates, Barbiturates, Kratom, Kava.
- **Marijuana Usage and Ayahuasca:** Smoking marijuana before an Ayahuasca ceremony may potentially diminish the full potential of the visionary experience. Due to heightened sensitivity during Ayahuasca sessions, marijuana could negatively impact not only the individual using it but also affect other participants' experiences and the overall energy of the medicine circle. While this can vary case by case, we generally discourage marijuana use before or after our retreats.
- **Travel Preparations and Medical Advice:** Seek professional medical guidance before traveling to Peru. Vaccinations are a personal choice; however, consider potential risks like malaria and dengue fever. Although we haven't encountered cases of these diseases, we can't guarantee their absence. While a clean body is better for Ayahuasca consumption, this decision lies with our Guests.
- **Admission and Drug/Alcohol Use:** To ensure safety and well-being, admission may be refused if street drugs or alcohol were recently consumed before arriving at the Temple. These conditions are essential for your safety and the group's welfare. By attending our retreat, you affirm your fitness for the workshop activities and understand the associated risks. Sanken Nete is not liable for accidents or injuries.



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# MEDICATION POLICY

To ensure your well-being, we require full disclosure of all medications taken in the past year before completing your registration with Sanken Nete. Failing to provide this information poses a risk to your health. When it comes to Ayahuasca and dieting medicinal plants, it's essential to abstain from other substances or medications, including herbal remedies. This practice not only ensures your safety but also preserves the effectiveness of the plants and their energies.

**For a safe Ayahuasca experience, it's crucial to be aware of the following guidelines:**

- **Prescription Medications and Supplements:** Cease using these at least 2 to 8 weeks before consuming Ayahuasca. The specific duration depends on the type of medication or supplement. However, an exception is made for synthetic hormones used for hypothyroidism. If you are taking such medication, you may continue during your Ayahuasca course but must inform Sanken Nete about its use.
- **Over-the-Counter (OTC) Medications:** Most OTC medications, like antihistamines, only require 48 hours of cessation before Ayahuasca. However, we recommend discontinuing them 2 weeks in advance for optimal safety.
- **MAOIs and SSRIs:** Certain medications, including MAOIs and SSRIs, have potential health complications when combined with Ayahuasca. Therefore, an extended cessation period is necessary. Refer to the comprehensive list below for detailed descriptions and recommended cessation periods.



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# Medication Guidelines for Ayahuasca: Your Safety Matters

## **Monoamine Oxidase Inhibitors (MAOIs): 4 - 6 Weeks Prior to Ceremony**

Ayahuasca is a potent natural MAOI. Combining MAOIs can lead to dangerous complications, including hypertensive crisis, seizures, fever, and more. Cease MAOIs and consult a doctor for a safe tapering plan.

## **Selective Serotonin Reuptake Inhibitors (SSRIs): 6 or 8 Weeks Prior, 4 Weeks After Ceremony**

Combining Ayahuasca and SSRIs is life-threatening. Allow time for medications to leave your system and adjust to not being on them. Prozac requires 8 weeks cessation; other SSRIs need 6 weeks. Consult your doctor before stopping any medication.

## **Other Anti-Depressants: 6 Weeks Prior, 4 Weeks After Ceremony**

Combining other anti-depressants with Ayahuasca can lead to serious complications. Give ample time for medication withdrawal. Consult your doctor before discontinuing.

## **Central Nervous System (CNS) Depressants (and Sleeping Pills): 3 to 4 Weeks Prior**

Avoid CNS depressants due to increased risks. Cease benzodiazepines, sleep meds, and barbiturates 3 weeks before. Withdrawal symptoms may occur, so consult your doctor.

## **Other Prescription and Non-Prescription Medications: 2 to 3 Weeks Prior**

Cease medications like antihistamines, decongestants, asthma inhalers, and caffeine-rich drugs 2 to 3 weeks before.



**Herbs and Herbal Medications: 2 to 3 Weeks Prior** SANKEN NETE

Avoid certain herbs that may interfere with Ayahuasca's effects. These include St. John's Wort, Kava, Kratom, and more.

**Antibiotics: 1 to 2 Weeks Prior**

Antibiotics may react with Ayahuasca, so discontinue antibiotic therapy 1 to 2 weeks before the ceremony.

For your safety, adhere to these guidelines and consult your doctor for any medication changes. Your health and well-being are paramount.





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