



# Pre Flood

## Warnings and suggestions

Failure to comply with /  
adhere to the above may  
influence your treatment.  
Please take serious note  
of the above.

Patients are required to follow these instructions to better prepare for their ibogaine flood.

Also, for your safety during treatment, it is important that you comply with the following medical instructions:

- All patients should refrain from drinking alcohol for at least 3 days before ibogaine administration, and for at least a week afterwards. NB. Many taper, detox and stabilize here prior to treatment.
- It is recommended that patients cease consumption of crack and cocaine for at least 7 days prior to administration of ibogaine.
- It is recommended that patients cease consumption of methamphetamine for at least five days prior to administration of ibogaine.

- It is recommended that patients cease consumption of prescription stimulants, including methylphenidate (Ritalin) and amphetamine/dextroamphetamine (Adderall), for at least five days prior to administration of ibogaine.

- It is recommended that patients cease consumption of caffeine for at least 5 days prior to administration of ibogaine

- All MAOI medications should be stopped 7 to 10 days prior to treatment.

- If a patient is taking testosterone correctly (shots, creams or gels), these should not be used 3 days before treatment.

