

Session Preparation & Aftercare

How you prepare shapes what the medicine can do.

Read this in the days before your session, and reach out with any questions. The session itself is one part of the treatment. Preparation and the days after do their own work.

01 In the days before

- ☐ Tend to yourself. Journaling, meditation, time in nature, or whatever helps you slow down and turn inward.
- ☐ Be mindful of the media you consume. What you take in tends to show up in the experience.
- ☐ Arrive well-rested and well-hydrated, with a nutritious meal earlier in the day.
- ☐ Tell your clinical team about any changes in your health, medications, or physical condition.
- ☐ If you can, keep the session day and the next day light. Not required, but it gives the experience room to settle.
- ☐ Arrange your ride there and back. You will not drive on a session day.

02 Eating, drinking, and substances

- ☐ No solid food for 4 hours before your session. Clear liquids (water, herbal tea) are fine until 2 hours before, then nothing.
- ☐ Take your usual medications with sips of water at least 4 hours before, unless your prescriber has directed otherwise.
- ☐ Skip caffeine on the day of your session if you can.
- ☐ No alcohol for 48 hours before the session.
- ☐ With your prescriber's guidance, avoid benzodiazepines, cannabis, opioids, Benadryl, stimulants, sedative hypnotics, and muscle relaxants for 24 to 72 hours before and after. Never stop a prescribed medication without talking to your prescriber first.
- ☐ No other psychoactive or psychedelic medicines for 7 days before and after.

03 What to bring

- ☐ Comfortable clothing with layers. Body temperature can shift during the experience.
- ☐ A water bottle and a light snack for afterward.
- ☐ Optionally, a personal object that carries meaning for you.

04 Your intention

Your intention is the anchor for your session. Choose something clear, resonant, and simple enough for a single sentence. Frame it in the affirmative, toward what you want more of. Then hold it lightly: a direction, not a destination. The Intention Setting Worksheet walks this in depth.

My intention

My ride there and back

05 After your session

What surfaces in the hours and days after dosing is as much a part of the process as the experience itself.

- ☐ Have a trusted person pick you up. No driving or hazardous activity for the rest of the day.
- ☐ Keep avoiding the substances above for 24 to 72 hours. Continue your prescribed medications.
- ☐ Plan a restful day with no significant obligations. Make your environment a nurturing one.
- ☐ Choose calming activities. Journal or record your experience while it is fresh.
- ☐ Care for your body: sleep, nourishing meals, gentle movement. Massage or bodywork can support integration if available to you.
- ☐ In the days after, go easy on coffee, alcohol, sugar, and processed foods. Your body is part of the integration.

Notes from the days after:

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