

Preparing for Treatment

How to get ready for ibogaine treatment, safely and with confidence.

Good preparation makes ibogaine treatment safer and more effective. This guide walks you through what to expect and how to get ready.

Medical and cardiac screening

Before treatment you will complete a full medical work-up, including cardiac screening such as an EKG, bloodwork, and a review of your health history. This step is essential. Treatment only goes ahead once our medical team is confident it is safe for you.

Medications

Never stop any medication on your own. Some medications, particularly certain antidepressants, must be carefully tapered before ibogaine for safety. Our medical team will guide this process with you. Share a complete and honest list of everything you take, including over-the-counter drugs and supplements.

In the days before

- Follow all guidance from our medical team
- Eat lightly and stay hydrated as advised
- Avoid alcohol and any non-prescribed substances
- Rest as much as you can

Getting your mindset ready

Ibogaine often surfaces memories and emotions. Going in with an open, honest mindset helps. Reflect on what you hope to change, and set a clear intention for your treatment.

What to bring

- Comfortable clothing
- Any prescribed medications, clearly listed
- A journal, if reflection helps you
- Realistic expectations: ibogaine can open a powerful window, but the real work continues afterward

You are not alone

From your first consultation through treatment and aftercare, our team is with you. If you have questions at any point, ask. Feeling informed and supported is part of good preparation.