



Preparatory Instructions for Ibogaine Treatment

Welcome to Iboga Wellness Institute.

We are deeply honored that you've chosen to begin this journey with us. What you are about to experience is more than a treatment — it is an opportunity for profound, lasting transformation. Our dedicated medical and clinical team is committed to ensuring your safety, comfort, and healing every step of the way.

Proper preparation is one of the most important things you can do to support the effectiveness of your experience. The guidelines below have been carefully designed to help your body, mind, and spirit arrive ready. Please read through them thoroughly and reach out to our team with any questions before your arrival.



Pre-Treatment Preparation Checklist



Medical Preparation

01. Complete Medical Screening

All required pre-screening must be completed prior to travel, including:

- Electrocardiogram (EKG)
- Liver function panel

These evaluations allow our medical team to confirm your eligibility and tailor your care plan.

02. Medication Adjustments

Certain medications—such as antidepressants, benzodiazepines, antipsychotics, stimulants, and opioids—may interact with ibogaine.

- Do not discontinue medications on your own
- Await individualized tapering instructions from our medical team prior to arrival

Dietary Preparation

01. Two Weeks Before Arrival Begin transitioning to a clean, nourishing diet:

- Reduce caffeine, processed foods, and refined sugars
- Emphasize whole foods, fresh vegetables, fruits, and lean proteins
- Avoid artificial additives whenever possible

02. Three Days Before Arrival

- Avoid alcohol, recreational substances, caffeine, and non-prescribed drugs
- Limit heavy, greasy, or fried foods
- Focus on hydration with water and natural juices

03. Day of Treatment

- Follow fasting instructions (no food or liquids) for the designated period prior to your session (exact instructions provided by medical team during your stay)

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Physical Preparation

- **Exercise:** Engage in gentle movement such as walking, stretching, or yoga. Avoid intense or strenuous workouts.
- **Rest & Recovery:** Prioritize quality sleep in the week leading up to treatment
- **Hydration:** Drink approximately 2 liters of water daily, unless otherwise directed by your physician

Mental & Emotional Preparation

- **Set Your Intention:** Reflect on your purpose. Consider writing down goals, questions, or areas of healing you wish to explore.
- **Stress Reduction:** Engage in calming practices such as meditation, journaling, prayer, or mindful breathing
- **Support System:** Inform a trusted family member or friend about your journey (post-treatment integration is strengthened by having support)

Travel & Logistics

- **Passport:** Confirm your passport is valid for at least six (6) months beyond your travel dates

Packing Recommendations:

- Comfortable, loose-fitting clothing
- Personal toiletries
- Required medications in original, labeled containers
- Personal items that support relaxation or reflection

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What to Avoid Before Treatment

For your safety, please do not:

- Use alcohol, stimulants, opioids, benzodiazepines, or recreational drugs within 72 hours of treatment (unless specifically directed by our medical team)
- Engage in high-risk or physically demanding activities immediately before travel
- Make sudden dietary or medication changes without medical approval

Final Reminders

- **Open communication is essential.** Transparency with our medical and clinical staff allows us to provide the safest care possible.
- **Trust the process.** Ibogaine is a powerful therapeutic tool administered within a structured, medically monitored environment designed to support neurological healing and personal transformation.
- Our experienced team is here to guide, protect, and support you every step of the way.