

Spravato

Nepal · access guide

Spravato access in Nepal: the DDA named-patient pathway

Last reviewed 2026-05-12 by Reserve Meds clinical and regulatory team.

Quick orientation

Patients in Nepal access Spravato (esketamine) for treatment-resistant depression and major depressive disorder with acute suicidal ideation or behaviour in adults, under the FDA Risk Evaluation and Mitigation Strategy (REMS) through the DDA named-patient pathway, a Department of Drug Administration-administered mechanism that allows a Nepali-licensed physician at a registered facility to import the FDA-labelled product for a specific named patient. This page details the documentation, approval timeline, and real cost in NPR.

Why Nepali patients need Spravato through the named-patient pathway

The Federal Democratic Republic of Nepal operates a structured pharmaceutical regulatory environment. Spravato (esketamine) is regulated through DDA (Department of Drug Administration) channels, and a Nepali family asking for Spravato is rarely asking for a medicine that does not exist locally. They are usually asking for a precise version of it that the local market has not caught up to.

Four converging patterns drive these cases. First, indication lag. Spravato's newer FDA-approved indications and dosing expansions often reach local registration 12 to 36 months after the US label. A family whose treating physician has documented a clear FDA-label fit may still find that the local label has not caught up. Second, presentation gaps. The exact strength, weight-banded dose, or pen format the prescriber needs may not be stocked at the local agent even when the medicine is registered. Third, payer denial. out-of-pocket cash with Sagarmatha Insurance, Shikhar Insurance, and Nepal Life Insurance health plans each assess specialty therapies case by case, and step-therapy or formulary rules often produce denials even when the drug is on the local register. Cash-pay families pursue cross-border supply rather than wait through appeals. Fourth, continuity of supply. When a US-stable patient relocates to Nepal or visits family for an extended period, maintaining the original FDA-sourced regimen matters more than switching to a different local presentation.

In each pattern, the DDA named-patient pathway is the mechanism that connects a Nepali-licensed physician's clinical decision with US-sourced, FDA-labeled product for a specific patient. Clinically, Spravato is the S-enantiomer of ketamine, a non-selective NMDA receptor antagonist administered as an intranasal spray under a REMS-restricted certified-clinic protocol, and the named-patient route preserves that mechanism rather than substituting a non-equivalent local option.

The DDA named-patient pathway for Spravato

The pathway for a Nepali-licensed physician to obtain a medicine that is not registered or not stocked locally is the named-patient import authorisation administered by the Department of Drug Administration (DDA) under the Ministry of Health and Population, which allows a treating physician at a registered tertiary facility to apply for the import of an unregistered medicine for a specific named patient where the medicine is approved by a recognised reference authority and no clinically equivalent locally registered alternative is suitable, operating under the Drug Act 2035 (1978) as amended. The framework allows registered healthcare facilities to import a specific medicine for a specific patient when the medicine is approved by a recognised reference authority (typically the US FDA, EMA, MHRA, PMDA Japan, or Health Canada) and a clinically equivalent locally registered alternative is not suitable. For Spravato specifically, the clinical justification typically frames the case around the precise FDA-approved indication and the documented gap in the local route.

A complete application includes a clinical justification letter from the treating physician (diagnosis, severity, prior therapies, why this specific drug, why the locally stocked option is not suitable for this case), the treating physician's Nepali medical license verification through the Nepal Medical Council (NMC) and the DDA, an anonymised patient identifier where the DDA submission allows, full product details (brand name, generic name, manufacturer, strength, dosage form, pack size, quantity requested, intended treatment duration), the destination dispensing facility name, license number, and pharmacy in charge, and a chain-of-custody plan describing how the medicine will move from the US manufacturer through the importer to the dispensing pharmacy.

For Spravato, the clinical justification angle typically rests on one or more of three documented elements: a pediatric or weight-banded request that fits the FDA label but not the local label, a denied biologic or specialty claim where prior step-therapy has been documented, or a continuity-of-supply request for a patient previously stabilised on the US-sourced presentation. The treating physician documents the relevant clinical criteria for the prescribed indication: severity scores, biomarker levels, prior therapy failures, and the rationale for Spravato versus the next-in-line local alternative.

Approval timelines for routine cases are typically 14 to 35 business days. Complex cases (rare indication, larger quantities, first import of a given pediatric or weight-banded format) can extend to 8 to 12 weeks. DDA retains discretion on timing, and we do not promise specific durations.

Where Spravato gets dispensed in Nepal

A small group of Nepali institutions handle named-patient imports as established workflow, with in-house import pharmacy infrastructure and physicians experienced with the application set. Tertiary and major private hospitals that meet this profile include B and B Hospital in Lalitpur, Norvic International Hospital in Kathmandu, and Grande International Hospital in Kathmandu. Each maintains pharmacy infrastructure appropriate to the storage requirements of the imported medicine (2 to 8 degrees Celsius cold-chain for biologics, ambient storage for oral therapies, ultra-cold or specialised handling where the FDA label requires it).

For physicians at smaller hospitals without internal import infrastructure, the common pattern is to route through a specialty importer that holds a pharmaceutical establishment license and files the DDA application on the prescribing physician's behalf. The medicine then moves into the prescribing hospital's outpatient or specialty pharmacy under chain-of-custody documentation.

Real cost picture for Spravato in Nepal

US WAC for Spravato runs in the range of USD 29,440 to USD 34,560 per year at the standard FDA-labelled regimen for treatment-resistant depression and major depressive disorder with acute suicidal ideation or behaviour in adults, under the FDA Risk Evaluation and Mitigation Strategy (REMS). NPR is trading at approximately 133 NPR to 1 USD, so the annual reference range converts to roughly NPR 3,916,000 to NPR 4,596,000 for the drug itself at US WAC equivalents.

International logistics for shipment to Nepal typically runs USD 400 to USD 1300 depending on destination city, urgency, and presentation (cold-chain biologics carry the higher end of the range; ambient oral solids the lower). The Federal Democratic Republic of Nepal customs and DDA permit fees are nominal relative to drug cost. Reserve Meds' concierge fee is itemised separately on every firm quote.

On the insurance side, out-of-pocket cash with Sagarmatha Insurance, Shikhar Insurance, and Nepal Life Insurance health plans each assess named-patient imports case by case. Some reimburse fully when the medicine is on their formulary even if not stocked, some reimburse a percentage subject to copay, and many require pre-authorization. We do not promise coverage from any insurer. US manufacturer copay cards and patient assistance programs do not extend internationally; cross-border patients pay cash or rely on local payer coverage.

Typical timeline for Spravato in Nepal

DDA routine processing is typically 14 to 35 business days from a complete filing. International logistics adds 2 to 5 additional days depending on whether the presentation is ambient or cold-chain, the dispensing city, and customs clearance. End-to-end, most routine adult cases complete within 3 to 6 weeks from first complete documentation. Pediatric, weight-banded, or first-import cases can run slightly longer because presentation selection and first-import scrutiny can extend DDA review.

For temperature-sensitive products, the dispensing facility must maintain validated storage with continuous monitoring; the manufacturer's room-temperature excursion runway on the FDA label informs how we plan the Gulf, South Asia, or North Africa shipping lane, and the cold chain is broken only at the dispensing pharmacy under documented control.

When a case is on a clinical clock (a flare, a new diagnosis with an active disease, or a treatment cycle scheduled at the dispensing centre), the practical question is which step controls the timeline. In our experience the binding step is rarely the DDA review itself when the application is filed clean; it is usually documentation completeness on the prescriber's side or, for cold-chain biologics, the dispensing facility's storage and monitoring confirmation. The intake is where we lock the case-team contact, gather the documents in parallel, and start the US sourcing clock so that approval and product land in the same week rather than serially.

What your physician needs to provide

For a Nepali-licensed specialist prescribing Spravato through the DDA pathway, the clinical justification letter is the cornerstone of the application. The letter typically documents the patient's confirmed diagnosis for treatment-resistant depression and major depressive disorder with acute suicidal ideation or behaviour in adults, under the FDA Risk Evaluation and Mitigation Strategy (REMS), severity assessment (scoring instrument, biomarker, imaging, or biopsy as appropriate for the indication), prior therapy history including first-line options tried, and a clinical rationale for why Spravato is the appropriate next step given the S-enantiomer of ketamine, a non-selective NMDA receptor antagonist administered as an intranasal spray under a REMS-restricted certified-clinic protocol.

The letter also specifies the exact dosing plan per the FDA-approved label: starting dose, maintenance dose, route of administration, schedule, and intended duration of therapy. Monitoring plan should reference any baseline laboratory or imaging requirements specific to Spravato (full blood count, liver function, infection screen, ophthalmology assessment, or pregnancy testing where the FDA label requires it), planned follow-up intervals, and dose-modification criteria for the most common adverse events.

The treating physician's Nepali license number, the dispensing facility license number, and the pharmacy in charge of dispensing complete the package. For cold-chain or specialty-handling products, the dispensing pharmacy's documented storage protocol and continuous-temperature-monitoring log are part of the chain-of-custody record we share with the importer.

Common questions about Spravato in Nepal

Will out-of-pocket cash with Sagarmatha Insurance, Shikhar Insurance, and Nepal Life Insurance health plans cover this? Each insurer assesses named-patient imports case by case. Some reimburse fully when Spravato is on their formulary even if not currently stocked, some reimburse a percentage subject to copay, and many require pre-authorization. We supply the documentation set that allows your insurer to assess the case; the claim itself sits with you or your hospital.

Is the FDA-approved indication recognised by DDA? The DDA named-patient pathway exists precisely to permit access when the local registration or stocking lags the FDA label. The application documents the FDA indication, the reference-authority approval, and the local gap; DDA review focuses on the clinical justification rather than re-litigating the FDA decision.

My physician is licensed in one emirate / state / province and the hospital is in another. Is that fine? Any Nepali-licensed physician practicing in good standing in the jurisdiction of the dispensing facility has signing authority on the clinical justification letter. The Nepal Medical Council (NMC) and the DDA verifies the active license; the DDA application records both the prescribing physician and the dispensing facility.

Can I receive Spravato at home? The dispensing facility must be Nepali-licensed. The hospital outpatient or specialty pharmacy releases the medicine to you after final verification, and you then administer or self-administer at home where the FDA label permits, after the dispensing pharmacy's training. The cold-chain or controlled-storage handoff ends at the dispensing pharmacy; home storage and any handling protocol are part of your patient onboarding kit.

What about competitors or alternative therapies in the same class? Choice of therapy depends on the patient's full phenotype, prior therapy, and the prescriber's judgment. Reserve Meds coordinates whichever medicine the physician has prescribed; we do not substitute, advise on substitution, or promote one brand over another.

Where Reserve Meds fits in Spravato cases

Reserve Meds is a US-based concierge coordinator. We do not replace your treating physician, we do not replace DDA, and we do not replace your dispensing pharmacy. For Spravato specifically, we orchestrate the US-side sourcing through a DSCSA-compliant specialty channel, build the documentation packet your physician submits, coordinate validated logistics (cold-chain with continuous temperature logging where the FDA label requires it) into Nepal, and assign a single named coordinator through the case. Standard named-patient coordination under our specialty playbook applies. Presentation selection, dose-band confirmation, and patient onboarding for self-administration where applicable are the recurring operational fundamentals we expect for this drug.

Operationally, a typical Spravato case runs across four parallel tracks. The clinical track is the physician's: justification letter, dosing plan, monitoring schedule, and the next patient-facing follow-up. The regulatory track is the DDA application packaged by the importer; we provide the documentation template, the dispensing facility license check, and the chain-of-custody attestation. The logistics track is the US-side sourcing and the validated international shipment with continuous temperature logging and customs broker coordination. The patient-experience track is the named coordinator who keeps everyone aligned on dates, addresses dispensing-pharmacy questions, and confirms the medicine has been received and stored correctly. The four tracks are run in parallel rather than in series; that is the operational difference between a 3-week and a 9-week case.

Nepali tertiary specialty care concentrates at B and B, Norvic, and Grande in Kathmandu and Lalitpur, with Tribhuvan University Teaching Hospital serving as the principal academic referral centre; the DDA named-patient import authorisation is the standard mechanism for unregistered specialty medicines.

Reserve Meds's role

US-based concierge coordinator for cross-border specialty medicine. We are not the prescriber, not the dispensing pharmacy, and not the manufacturer. All clinical decisions remain with your treating physician.

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reserved for you.

Composite case examples. This document is for general information only and does not constitute medical advice. Please consult your treating physician.

Reserve Meds is in pre-launch. Published timelines and cost ranges are indicative, not guarantees.

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