

IV Nutrition Therapy

Before you arrive:

What to bring:

A list of all prescription medications, OTC medications, vitamins/supplements that you take

To be completed 48hours before your appt:

Your completed Intravenous (IV) Infusion Therapy Intake Form

signed Consent Form

Your signed HIPPA Notice

How to prepare:

Make sure you are well hydrated prior to your visit. We suggest drinking 1-2 16oz. bottles of water. Dehydration can make it difficult to insert an IV.

Make sure you eat something prior to your visit. We suggest a high protein snack, such as nuts, seeds, a protein bar, cheese, yogurt, or eggs. Low blood sugar can make you feel weak, light-headed, or dizzy.

What to expect:

During your first visit for IV Vitamin Therapy infusions: During the first visit, a medical provider will discuss your main complaints and desired outcomes with you. The provider will, again, review your medical & surgical history and any medications you are taking. Based on this assessment, your Intravenous (IV) infusion will be customized to address your individual needs.

The IVs used during your Intravenous (IV) infusion therapy are exactly the same that you would find in a hospital. Instead of a clinical experience though, our IV infusions are given in a peaceful spa setting and leave you feeling calm, relaxed, and refreshed. Depending on your customized IV cocktail, the infusion can be finished in as little as 20-30 minutes. Our friendly and attentive staff will keep you calm, cared for, and comfortable during your infusion. Patients find the experience tranquil and healing. Patients leave feeling vibrant, energized, and refreshed.

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Discharge Instructions for Intravenous (IV) Infusion Therapy

How to care for yourself after your IV Vitamin Therapy infusion:

- Apply pressure to site for 2 minutes after IV has been removed
- Keep Co-ban in place for 1 hour
- Cold packs and elevating your arm can be used for any bruising at the site
- Cold packs can also be used for pain relief and to decrease any swelling at the site
- Any swelling should be significantly reduced in 24 hours
- Post IV infusion symptoms are uncommon. Dehydration is the cause of most symptoms and concerns.
- We encourage you to drink at least 1-2 16oz. bottles of water after your IV infusion.
- If enough water is not consumed, you may experience any of the following symptoms: headaches, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.

Most patients experience significant overall improvements: • Better energy • Better mental clarity • Improved sleep • Improvement of their complaints • Overall feelings of well being

Patients commonly report one of two patterns after an IV Vitamin Therapy infusion:

- Patients generally feel better right away. Due to a busy lifestyle, many people are chronically dehydrated and deficient in vitamins and minerals causing them to not feel well. Once the patient is hydrated and the nutrients are replaced, their symptoms improve quickly
- Patients sometimes feel tired or unwell. These patients are generally in the process of detoxifying. When toxins are pulled out of tissues, they re-enter the blood stream. They remain poisons, but they are now on their way OUT instead of on their way IN. Even when patients do not feel well at this stage, the process is one of healing and cleansing. After this period, an overall improvement in one's sense of well-being is generally reported.

Call Douglas J or your primary care Physician for:

- Any symptoms you are not comfortable with
- If any of the following are progressively worsening after your IV infusion: - Significant swelling over the IV site - Redness over the vein that is increasing in size - Pain in the vein/arm that is not improving over an 8-12 hour period - Headache that does not resolve with increased hydration or over-the-counter pain relievers like aspirin, Acetaminophen or Ibuprofen.

If you feel like you are having a life-threatening emergency, please call 911.