



Pre-Treatment Instructions for IV Nutrient Drips

IV therapy may take up to 90 minutes, depending on the infusion and other factors. Please plan your schedule accordingly, to allow for adequate time for your infusion.

- Always drink 2 large glasses of water (24 oz. before and after your treatment).
- Eat a good meal before arriving for your therapy or bring a meal with you to eat during the treatment. Include carbohydrates and protein in the meal. A combination of carbs and protein will help to keep the blood sugar stable during the treatment.
- Do not drink soda, coffee, or tea prior to your treatment. Caffeine dehydrates you and makes it more difficult to start your IV.
- Do not take vitamin and/or mineral supplements prior to your treatment.
- Do not exercise 2 hours before or after your treatment.
- Inform the doctor and technician of any changes in medication.
- Inform the doctor and I.V. technician of any changes in your health status since your last treatment (chest pain, shortness of breath, weight gain/loss, leg pain, bladder problems, etc.)

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- Inform the doctor and technician if you are pregnant or nursing.

DURING YOUR I.V. TREATMENT

- Inform your I.V. technician immediately if you feel dizzy, nauseous, or have a vitamin taste in your mouth.
- Do not cross your legs during your treatment. The IV contents need to be able to circulate easily throughout your body.
- Bathroom: Always ask your technician for assistance when using the bathroom. When getting up to use the bathroom, roll the IV pole into the bathroom using your non-IV arm. If your blood backs up into the tubing, do not be alarmed. Sit down, and the fluid in the drip chamber should continue and the blood will return to you. If this does not happen, tell your technician immediately.
- Do not stand up too quickly during or after treatment, to avoid dizziness.

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Post-Treatment Instructions for IV Nutrient Drips

At the end of your treatment, a bandage will be applied to the IV site. If you bruise easily, leave the dressing on for one hour. Otherwise, it can be removed after 15 minutes. **CALL THE CLINIC IF YOU OBSERVE ANYTHING UNUSUAL**

- Drink at least 24 ounces of water
- Get plenty of rest.
- If any problems should occur after your treatment, the following measures should be taken:
 - Inform our office immediately if a reaction has occurred.
 - If immediate care is needed, proceed to the nearest emergency room, or call 911

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