

IV PROCEDURE AND PATIENT GUIDE

What to expect for your IV therapy treatment:

- Treatment can take approximately 45 minutes
- May feel slight discomfort during the insertion of the needle, once the needle is taped this pain will subside
- The IV fluid may feel cold at first, but this will subside as the treatment continues

Procedures to follow BEFORE treatment:

In order to prevent any complications and yield the best possible result, follow these steps:

- Be sure to drink plenty of water throughout the day prior to your appointment
- Be sure to eat a meal prior to your IV treatment (within an hour). Vitamin C can lead to hypoglycemia and serious complications if you have not eaten prior to your appointment.
- Some treatments are over an hour long
- Notify your healthcare practitioner if there were any changes to your drug or supplementation regimen since your last visit.
- Notify your healthcare practitioner if you had any adverse reactions from your last treatment.
- Notify your healthcare practitioner of any known allergies (drugs, foods, environmental)

Procedures to follow DURING treatment:

- Do NOT play with the IV bag, cord or needle
- Stay seated during the length of the treatment.
- Advise the medical staff on site if you experience any of the following symptoms during your treatment:
 - *Nausea, weakness, yawning, visual blurring and sweating
 - *Faintness, dizziness or light-headedness
 - *Itching, burning and flushing of the skin.
 - *Swelling of eyes, face, tongue.
 - *Restlessness, severe headache (pounding in the ears)
 - *Tightness in chest, difficulty breathing or shortness of breath.
 - *Anxiety, cold and clammy, shallow or rapid breathing, agitation
 - *Pain and swelling/puffiness at insertion site.
 - *Pain and tenderness along the vein
- Be sure to report and discomfort experienced after the needle is in place and the fluid is flowing.
- You will have limited use of one arm/hand for the entire treatment.

Procedure to follow treatment:

- Apply pressure to the needle site for 3-5 minutes after the needle removal to prevent bruising.
- Stay seated for 5-10 minutes after the treatment is complete.
- Be sure to drink plenty of water and rest as needed for the rest of the day.

What to expect after your IV treatment:

- You may experience a surge of energy and improvement in your condition shortly after the IV administration.
- You may experience detoxification symptoms such as headaches, fatigue, mild GI discomfort, muscle aches and pains.
- Remember to drink lots of water and rest as much as possible in order to facilitate the detoxification process and giving your body enough time to rest and heal.
- These symptoms may last 1-5 days.
- Please consult your Naturopathic Doctor if your symptoms do not subside.