



IV Therapy Education for Treatment

Before your appointment:

- IV therapy may take up to 90 minutes, depending on the infusion as well as other factors. Please plan accordingly.
- Drink plenty of fluids the night before and the day of your appointment. It is also important to hydrate following your appointment to aid with the detoxification process of the body.
- Eat a meal or have a snack before your appointment. If this is not possible, please bring food with you to your appointment. A combination of carbs and protein is best to be able to stabilize your blood sugar during treatment. This will also prevent lightheadedness/nausea.
- Please do not drink any caffeinated drinks prior to your appointment. Caffeine dehydrates you and makes it more difficult to start your IV.
- Make sure to wear something that leaves the veins in your inner elbow exposed and we recommend layering for temperature control. A blanket will be provided for you and hot packs will be available for use.
- Inform the nurse of any changes to your medications and changes in health status since your last appointment.
- Inform the nurse if you are pregnant or breast feeding.

During your appointment:

- The nurse will obtain your vital signs and then insert a catheter into one of the veins in your arm by using a needle. During your infusion only the plastic catheter will be in your arm, not the needle.
- Inform the nurse immediately if you feel dizzy, lightheaded, or have any other unpleasant feeling.
- It is normal for your arm to feel cold during the infusion. It is also normal to have a vitamin taste in your mouth. This is due to the B-vitamins.
- If you need to go to the bathroom: inform the nurse and she will assist you.
- Do not stand up too quickly during or after treatment to avoid dizziness.

Following the appointment:

- The nurse will take the catheter out of your arm and bandage the IV site. If you bruise easily, please leave the dressing on for one hour, otherwise it can be removed within 15 minutes. Bruising still may occur. You can use a cold pack to the area to reduce bruising.
- Drink plenty of fluids to aid in the body's detoxification process and get plenty of rest.
- Most people will feel better right away, but some may feel tired/unwell. These individuals are generally in the process of detoxification. After this process is finished, they tend to see improvements in their health.
- Inform our office if any problems or reactions occur (208-665-2293) or call 911/go to the nearest emergency room if immediate care is needed.