



Patient Guide to Preparing for Intravenous (IV) Vitamin Therapy

Although the best source of vitamins and minerals is found through wholesome, fresh, organic foods, many people also benefit from supplemental nutrients in intravenous (IV) vitamin infusions.

The following are some suggestions to help you prepare for your vitamin infusion:

- **Hydrate prior to your IV.**

Of course, you will be receiving fluids during your IV, however, it is also important to *be hydrated prior to receiving your IV*. Being properly hydrated allows for easier access to your veins and less difficulty when starting an IV. Please arrive for your IV therapy properly hydrated.

- **Eat prior to your IV.**

It is also important to eat something prior to your IV. Some people can become nauseous if they receive an IV on an empty stomach, so it is best to eat (especially some protein) prior to your IV to prevent nausea.

- **Avoid Vasoconstrictive drugs, if possible.**

If possible, try to avoid taking over-the-counter antihistamines or decongestants the morning of your appointment. Many of these over-the-counter drugs contain vasoconstricting medications that cause your blood vessels to contract making it more difficult to start the IV.

Continue taking necessary prescription medications. If you are currently taking a prescription medication which contain vasoconstrictive drugs, please continue to take your prescription and please be sure to stay extra hydrated prior to your appointment.

- **Wear comfortable, warm clothing with sleeves that are easy to roll up.**

We want you to enjoy your vitamin infusion, so we suggest you wear comfortable clothing with sleeves that are loose and easy to roll up so that our nurse has easy access to your veins. In addition, if you have a tendency to be cold, please dress warmly. We also can provide a clean, comfortable blanket. IV vitamin therapy generally takes about 45-60 minutes.

- **Relax and Enjoy**

We understand that the idea of an IV can be intimidating for some patients. Rest assured that there is nothing to worry about. Our team is highly qualified, and we will take care of you every step of the way. We will be happy to answer any questions or concerns you may have prior to starting your IV. It also helps to sit back, relax, and take a few deep breaths before the nurse starts your IV. We have a library of various books and magazines available to read while you are here, but you are more than welcome to bring reading material or your favorite music if you wish.