



IV INTRAVENOUS THERAPY PATIENT INFORMATION SHEET

BEFORE YOUR IV TREATMENT

Before you come to your IV Intravenous Therapy treatment, make sure to follow these recommendations to ensure a safe and successful treatment:

1. Eat a meal before coming to your IV treatment. This ensures stable blood sugar levels.
2. Drink at least 1 L (4 cups) of water before your IV treatment. This ensures stable blood pressure.
3. If this is your FIRST IV treatment, then obtain a urine sample cup from our front desk staff and provide us with a urine sample. We can rule out current infections and other kidney conditions with a urine dipstick test.
4. Bring a snack with you in case you need to eat something to raise your blood sugar levels. We also have protein bars for purchase.
5. Bring any recent relevant blood work with you.
6. Wear loose and comfortable clothing. Refrain from wearing tight belts, scarves, spanx, etc.
7. Do not exercise before or after your IV treatment. Do not take the stairs up to our clinic as this will affect blood pressure readings.
8. Inform us of all current supplements and prescriptions or if there are any changes in dose.

DURING YOUR IV TREATMENT

1. Bring a water bottle as you will be advised to drink 1-2 cups of water during your treatment. Our clinic will also provide water and tea in case you forgot your water bottle at home.
2. Do not cross your legs during treatment as this may constrict blood circulation.
3. Stay awake during your treatment so we know you are conscious.
4. Bring a book, an iPad, a smart phone or some reading material with you.
5. Inform us immediately if you are experiencing any pain, discomfort, heart palpitations, headaches, nausea, cramps, dizziness or if it becomes difficult for you to breathe. Ring the safety bell continuously until someone comes to attend to you.
6. Do not move the arm that is hooked to the IV line. Pretend you only have one arm to use.
7. Do not change the drip rate or move the IV bag as this may affect your treatment outcome.

AFTER YOUR IV TREATMENT

1. How you feel after an IV treatment will depend on the type of IV treatment you received. In general, if you received a basic Myer's Multi-vitamin and mineral cocktail which includes vitamin C, B vitamins, magnesium, calcium and trace minerals, you should feel very relaxed after the treatment, sleep fairly well and wake up the next day with higher levels of energy.
2. If you had Glutathione IV, then it is common to smell a sulfur smell in your urine.
3. Drink at least another 2-4 glasses of water and eat another meal after your IV treatment.
4. If the IV needle insertion site becomes hot, red, itchy, or you develop a rash or have a fever, call our clinic immediately at **(403) 383-3228**. If it is after clinic hours, please call our 24-hour clinic phone at **(403) 891-1932**.