



Before & After IV Infusion Care Guide

To have a safe and effective IV therapy session, it is important that you adhere to the following pre- and post-visit instructions.

Before your appointment:

- * Plan to be at the clinic at least 15 minutes before your infusion to fill out necessary paperwork if you are a first-time patient.
- * If you are a repeat patient, then arrive 5 minutes before infusion appointment.
- * You can take your regular medications as normal on the day of treatment. If you are taking any of the following medications, you must hold them the day of your treatment:
Do not take any multivitamins or vitamin/mineral supplements
- * On the day of your treatment, and for the next 72 hours, avoid drinking any alcohol.

After your appointment:

- * Apply pressure to the IV site for 2 minutes after the IV has been removed.
- * Keep bandage in place for 1 hour.
- * Do not engage in strenuous exercise for 24 hours post-treatment.
- * Drink plenty of water and stay hydrated (10+ cups or around 0.5 gallons) for the following 48 hours
- * Use ice packs to reduce any swelling, stiffness, and bruising from the IV Infusion or injectable therapy.
- * Any swelling should be significantly reduced within 24 hours.
- * Post IV infusion symptoms are uncommon. If you have any questions or concerns regarding any symptoms you may be having, please contact Midwest Integrative Health, LLC and speak with your provider.
- * If enough water is not consumed, you may experience any of the following symptoms:
headaches, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.
- * You may take over-the-counter Benadryl for any ongoing swelling or persistent headache as well as Tylenol or Motrin for any aches and pains.



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Most patients experience significant overall improvements:

- Better energy
- Better mental clarity
- Improved sleep
- Improvement of their complaints
- Overall feelings of well being

If you feel like you are having a life threatening emergency, please call 911.

I have received a copy of this Aftercare

Guide and will follow the guide upon
returning home from receiving my IV
infusion and/or injection therapy. *

Yes No