



IV THERAPY

PRE CARE

- Always drink 2 large glasses of water (24 oz.) before and after your treatment. We recommend eating a good meal before you arrive for your therapy or bringing a meal with you to eat during your treatment. A meal including carbohydrates and protein is preferred as a combination of carbohydrates and protein will help to keep your blood sugar stable. Please do not drink soda, coffee or tea prior to your treatment. Caffeine can dehydrate you, making it more difficult to start your IV. Do not take vitamins or mineral supplements prior to your treatment unless otherwise specified by your doctor.
- Please do not exercise 2 hours before or after your treatment. We ask that you inform the doctor and/or technician of any changes in your medications or changes in your health status since your last treatment, such as chest pain, shortness of breath, weight gain or loss, leg pain, bladder problems, etc. Please inform the doctor or technician if you are pregnant or nursing.

POST-CARE

- At the end of your treatment, a bandage will be applied to the IV site. If you bruise easily it's advised to leave the dressing on for one hour. Otherwise, the bandage can be removed after 15 minutes. Please call the office if you observe anything unusual, such as redness or swelling, at the injection site.
- It's best to drink at least 24 ounces of water after treatment and get plenty of rest. Positive results may be apparent right away for some ailments such as mild illness, jet lag, or a hangover. However, for some, it may also take multiple sessions to feel a change. If you believe an adverse reaction has occurred, please inform the office immediately by calling 469-823-0402. If immediate care is needed please proceed to the nearest emergency room, or call 911.