



**MERIDIAN**  
SPINE + SPORT

## Pre & Post IV Nutrient Therapy Instructions

### Preparing For Your IV Treatment:

**Dress Comfortably.** Please wear a shirt that can roll up above your elbow to allow easy access to your arm. IV therapy generally takes about 30-45 minutes so you'll want to wear something you'll be comfortable sitting in for that time period.

**Hydrate.** While it seems counterintuitive to hydrate before a therapy whose entire purpose is to provide you with hydration and nutrients, it's actually very important to drink plenty of water before your IV therapy session. The more hydrated you are the more easily accessible your veins are, making for a more comfortable treatment. Aim to drink at least 2-3 glasses of water before your appointment.

**Have Something to Eat.** It's a good idea to have a high protein snack or meal before your IV (you can also bring something to eat during your IV if you like). Some of the vitamins and minerals can have a temporary blood sugar and blood pressure lowering effect which can cause you to feel a little light-headed, dizzy, nauseous and/or faint during or after your IV if you haven't eaten.

**Get Moving.** If we are sedentary right before an IV, our vessels may be more difficult to access. Moving around (if this is physically possible for you) is one of the best things you can do to help ensure a successful treatment.

**Avoid Over-The-Counter Medications.** If you can, avoid antihistamine and decongestant drugs for 24 hours before your IV. These medications have a constricting effect on your blood vessels which can sometimes make it more challenging to access your veins. The use of Advil or aspirin can increase bruising. If you can't avoid them, be sure to hydrate, have a snack and move a bit before you get seated.

**Allow Yourself Enough Time.** Give yourself enough time to arrive so you can relax and use the restroom prior to your treatment.

\*If this is your first IV treatment, your doctor will ask you about your medications and/or supplements. Please bring a list of the names, strength and dosages of all prescription, over-the-counter medications, and supplements with you.

*Dr. Misa*

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### **What To Expect During Your IV Treatment:**

You will consult with the doctor before every IV treatment. The drip itself can take anywhere from 30-45 minutes depending on the type of IV you're receiving. Please plan to be at the clinic for 1 hour.

During your IV, you may experience coldness, stiffness and/or a sensation of pressure or tingling from your fingertips, up your arm and into your chest. You may also taste or smell the vitamins; often they are described as having a chalky or metallic quality. These are sensations are normal and to be expected. They will resolve following your IV.

Let your doctor know right away if you experience any discomfort during your treatment including burning, stinging, aching or feelings of nausea or light-headedness. We have many solutions to improve your comfort.

### **What To Expect After Your IV Treatment:**

**IV Site Care.** Your IV site was cleaned and attended to properly during your IV. Keep your bandage on the IV site for 2 hours after the treatment. You may apply cold towels or a cold pack for 10-15 min. over the site if you have any discomfort. Minor bruising of the IV site is common and should resolve within the week. If you experience redness, swelling or pain or your arm or at your injection site, please contact us right away.

Many people experience an increase in energy, mental alertness and overall sense of wellbeing immediately following their IV treatment. These effects may be subtle or may not be noticed until the next day or days following treatment. You may require several IV treatments before you experience a benefit.

Chronic stress, illness, lack of sleep and poor eating habits, can all contribute to nutrient depletion. Without adequate nutrition, metabolism inside our cells becomes sluggish, leading to a buildup of waste product inside the cell. It is therefore normal to experience mild fatigue, headache, nausea or light-headedness following your IV treatment. This is especially common after your first few IV treatments, as your body works to clear any stored metabolic waste products.

You may continue with your daily activities, including exercise following your IV treatment. It is important to continue to stay hydrated and eat regular meals.

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