



IV Therapy Treatment Pre-Care Instructions:

To help ensure your IV therapy session is safe, comfortable, and effective, please review and follow these guidelines before your appointment.

1. Hydration

- Drink plenty of water the day before and the day of your treatment. Being well-hydrated makes it easier to start an IV and improves treatment tolerance.

2. Food Intake

- Eat a light, balanced meal or snack within 1–2 hours of your appointment.
- Avoid arriving on an empty stomach, as this may increase the risk of lightheadedness or nausea.

3. Medications & Supplements

- Continue taking your prescribed medications unless otherwise directed by your healthcare provider.
- Let your provider know about all medications, vitamins, or supplements you are taking.
- Avoid alcohol and recreational drugs for at least 24 hours before your infusion.

4. Health Status

- Notify the clinic if you have any current infections, fever, or are feeling unwell prior to treatment.
- Inform your provider if you are pregnant, breastfeeding, or have any chronic health conditions such as kidney, heart, or liver disease.

5. Clothing

- Wear loose, comfortable clothing with sleeves that can be rolled up to allow easy access to your arm.

6. Allergies & Past Reactions

- Inform your provider of any allergies to medications, vitamins, or IV fluids.
- Share any past experiences with IV therapy, including difficulty with IV placement or prior reactions.

7. Transportation

- Most patients can safely drive themselves after IV therapy, but if this is your first session or you're unsure how you will feel, arrange for a ride home.

8. Additional Recommendations

- Arrive well-rested and allow enough time for your appointment so you can relax during your infusion.
- Bring water, a snack, or entertainment (headphones, book, tablet) for comfort.