



INTRAVENOUS (IV) THERAPY PRE-TREATMENT INFORMATION

IV Therapy is a comfortable and relaxing approach to help support your body's healing processes. The following information will help best prepare you for your treatments and answer the most common questions patients have about receiving IV therapy:

What can I do to prepare for the treatment?

- Ensure you have something substantial to eat before the treatment to keep your blood sugar stable. You should have a large meal 1-2 hours before the treatment.
- Have plenty of water before receiving an IV (0.5-1L of fluid). This will ensure you are well hydrated and will make it easier for us to access your veins to insert the IV. It will also minimize any dehydration after the treatment.
- Bring any new medications prescribed to you and inform the ND performing the IV.
- Feel welcome to bring books, music, your computer or tablet to make your treatment more enjoyable. Our Wi-Fi access is complimentary.

Will I feel anything during the treatment?

There may be some harmless sensations that you may feel during your IV therapy treatment. They are safe, and will disappear after or during your treatment:

- Being able to taste the IV fluid, or feeling a warm sensation in your throat.
- A warm "flush" sensation in your body.
- An ache or discomfort in the arm /shoulder above the insertion site. We can relieve this by slowing the rate of flow or applying a heat pack.
- Infrequently, some people experience a lightheaded or nauseated feeling which is easily remedied by slowing the rate of flow and/or snacking during the infusion.

It's so relaxing that I feel like I could fall asleep. Is that okay?

- Yes! By all means. It happens all the time and we take it as a compliment. As you relax in our IV Lounge feel free to recline (lever to right hand side of chair) and close your eyes if you wish. This is your time to heal!
- Since sleeping and relaxing are common activities, we'd be very grateful if you could silence cell phone during treatment. Thank-you!

Can I adjust the drip rate?

- The drip rate will be set by the attending naturopathic doctor to a safe rate of infusion. Please do not adjust this yourself. If you notice changes in the drip rate, notify the ND immediately.

Can I get up? Can I move my arm?

- Should you need to use the washroom at any time during treatment, just roll the slider on the tubing all the way down to stop the flow, then you can simply carry your IV bag with you. When you return, the attending doctor will re-set the drip rate.
- The position of your arm can sometimes affect the rate of flow or cause it to stop dripping. Keeping your elbow straight is the best position. If your drip seems to have stopped or slowed try straightening or moving your arm slightly to see if it helps. If it doesn't, notify the ND immediately.

What about air in the line?

- Bubbles in the IV line may occur but complications related to these are very rare when the treatment is being performed by an experienced naturopathic doctor.
- Don't be concerned if your bag runs out of fluid – it's perfectly safe for your bag to run empty, no air will enter your arm. If the fluid level in the line gets too low, blood will back up into the line from your arm. This is normal. Please notify the attending ND as soon as your IV has finished so the catheter can be removed promptly.

If you have any concerns about what you are feeling, please let us know – Enjoy your IV treatment!