

Indigo Integrative Health Clinic
PRE & POST TREATMENT INSTRUCTIONS
FOR INTRAVENOUS VITAMIN THERAPY

PRE-TREATMENT INSTRUCTIONS

1. Always drink 2 large glasses of water (24 oz.) before and after your treatment, even when fasting for blood work. Being well hydrated will make inserting the IV easier and will help your kidneys to more easily flush toxins and heavy metals from your body.
2. Eat a good meal before arriving for your therapy or bring a meal with you to eat during the treatment. Include protein in the meal such as eggs, nuts, meat or a protein bar or shake. Protein will help to keep the blood sugar stable during the treatment.
3. Do not drink coffee or tea prior to your treatment. Caffeine dehydrates your veins and makes it more difficult to start your IV.
4. Do not take vitamin and/or mineral supplements prior to your treatment unless otherwise specified. Take vitamin and mineral supplements 4 hours after your treatment.
5. Do not exercise 2 hours before or after your treatment.
6. Weigh yourself before starting your treatment.
7. Inform the Provider of any changes in medication.
8. Inform the Provider of any changes in your health status since your last treatment (chest pain, shortness of breath, weight gain/loss, leg pain, bladder problems, etc.)
9. Do not cross your legs during your treatment. The IV contents need to be able to circulate easily throughout your body.
11. Bathroom: When getting up to use the bathroom, roll the IV pole into the bathroom using your non-IV arm. If your blood backs up into the tubing, do not be alarmed. Sit down, and the fluid in the drip chamber should continue and the blood will return back to you. If this does not happen, tell your Provider immediately.
12. Do not stand up too quickly during or after treatment, to avoid dizziness.

POST-TREATMENT INSTRUCTIONS

1. At the end of your treatment, a bandage will be applied to the IV site. If you bruise easily, leave the dressing on for one hour. Otherwise, it can be removed after 15 minutes. **CALL THE CLINIC IF YOU OBSERVE ANYTHING UNUSUAL.**
2. Drink at least 24 ounces of water.
3. Optional: Take Vitamin C (very good for detoxing) up to bowel tolerance.
4. It is normal to experience fatigue post treatment, if this is the case get plenty of rest.
5. Do not exercise post IV treatment.
6. Replacement minerals must be taken when chelating 1-3 times per week. It must be a separate trace mineral supplement and taken as directed, even though you may be getting some minerals from your multi-vitamin/mineral supplement. Many common brands are poorly absorbed, so ask us about the one you are taking.

7. If any problems should occur after your treatment, the following measures should be taken:

- Inform a representative at our office immediately after a reaction has occurred or within 24 hours of any side effects. If immediate care is needed, a provider will evaluate the patient and necessary treatment will be provided. If you do not contact the office within 24 hours, you will be held liable.