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OPTIMIZING YOUR IV THERAPY

What You Need To Do On the Day of Your Treatment

Please arrive between 8:00-10:00 a.m.

1. Eat a substantial meal before you come for your treatment. You may bring a snack (fruit will be available.) You need to drink at least 4 glasses of water during your treatment (unless you have congestive heart failure, then drink only 2-3 glasses) and as much water as possible the rest of the day.
2. **No alcohol** for 24 hours before and after your treatment, and **not more than 2 cups of coffee** 24 hours before and after your IV therapy.
3. **Any changes in Pharmaceutical medicines**, please tell the nurse immediately **BEFORE** your treatment.
4. If you have been ill, think you are getting sick or are planning to have any kind of surgery, let the nurse know **BEFORE** starting your IV! You may need to see the doctor to discuss your treatment.
5. If you experienced any adverse reaction or symptoms after your treatment, please notify the nurse.

Failure to follow these rules and your individual disease process may result in an inability to access your veins. Regardless of successful completion of therapy, the patient will be billed for their IV therapy.

During Your Treatment

1. Do not cross your legs during your treatment.
2. Loosen any tight or constrictive clothing.
3. You **MUST stay awake** during treatment.
4. Be sure to let the nurse know **immediately** if you experience anything unusual during your treatment (i.e. dizzy, weak, tingling, etc.); also inform the nurse if you are having pain in the IV site or otherwise.
5. If you notice pain or swelling in the IV site and there is not a nurse immediately available, pinch off the IV tubing until a nurse comes to assist you.
6. If you need to use the washroom, keep the IV bag elevated at all times. Hooks are available in both washrooms; you **must** hang your IV bag. Avoid having the bag touch the floor.
7. Family members and friends of the patient receiving IV treatment are requested to ask nurse for estimated time of completion, so they can return to Naturomedic.com for pick-up.
8. Patients with extensive healthcare needs should have one family member remain on the premises to assist them if necessary.

If You Are Having Chelation

- **Do not take any calcium supplements on the day of Chelation.**
- **Avoid all milk products on the day of your Chelation treatment.**
- **You must take replacement minerals/vitamins every day, except for the day of Chelation.**
- **On the day of your treatment abstain from taking pharmaceutical medicines for HYPERTENSION (bring them with you).**
- Leave a urine specimen **BEFORE** your treatment, each time you are scheduled for cChelation. The nurse will provide you with a specimen bottle.
- You will be having lab work (creatinine) done, as required based on your symptoms prior to initial treatment and during regular intervals during your treatment series.

Please note: IV's will be started on a first come, first served basis. Additional fees may apply if extra IV equipment is necessary.

PLEASE BE SURE TO BOOK YOUR NEXT APPOINTMENT