



PRE- AND POST TREATMENT INSTRUCTIONS FOR IV NUTRITION THERAPY

Intravenous therapy is quickly becoming one of the most popular and effective ways to administer nutrients, vitamins, minerals, antioxidants and other nutrients into the body. IV therapy allows nutrients to be absorbed more quickly and at a higher dosage by bypassing the digestive system. Whether you're looking to boost your energy, prepping for a workout or in need of a hangover cure, an IV injection is a great way to get nutrients into your body.

There are a few steps you can take prior to your first appointment to ensure you maximize the benefits of your IV injection. Here are 5 tips to prepare for your first appointment

Hydrate & Snack

- 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 first IV injection. When your body is dehydrated your veins contract making it more difficult to receive intravenous therapy.
- It's also important to eat a snack — a granola bar is perfect — before your IV therapy so that your blood sugar levels are stable. Staying hydrated and having something in your stomach before your appointment will help you avoid nausea and lightheadedness during and after your session.

Avoid Vasoconstriction Drugs

If possible, try to avoid taking any over-the-counter antihistamines or decongestants the morning of your appointment. Many of these over-the-counter drugs such as Sudafed PE contain vasoconstriction medications that cause your blood vessels to contract making it difficult to get an IV injection. Because vasoconstriction medications are found in blood pressure medications and other prescriptions, we completely understand if you can't avoid taking them. If that's the case, be sure to stay extra hydrated prior to your treatment.

Dress for Your IV Injection

- Comfort is the name of the game when it comes to dressing for your IV therapy appointment. 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. Whether that means sweats and a t-shirt or a little black dress, that's your prerogative. Whatever makes you feel relaxed and confident is the perfect uniform for your treatment.
- Make sure to wear something that leaves the veins in your inner elbow exposed and we recommend layering for temperature control. It's also important to consider that if you have to go to the bathroom, you'll be doing so one-handed, so we recommend wearing bottoms that don't have too many buttons or zippers.



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Bring Entertainment

For the duration of your appointment you'll be seated for approximately 30-45 minutes. Having something to do will help the time pass much more quickly. We recommend something quiet that you can do while sitting down. Here are a few recommendations

- Read a book
- Crossword puzzles
- Listen to music
- Work on your computer
- Watch Netflix
- Knit
- Draw
- Meditate

After-Injection Care

- When you receive an IV injection, it might feel cold getting the liquid beneath the skin. Possible side effects include minor pain at the injection site. Positive results will be apparent right away for some ailments such as light sickness, jet lag, or a hangover. But in other cases, it might take multiple sessions to really feel a change. After each session, keep the following aftercare instructions in mind:
 - In the days that follow the session, check the injection site for bruising or swelling.
 - If there happens to be bruising or swelling, either put a cold pack on the site or get a thin cloth, put it on your skin, and place ice on the cloth.
 - Shower or bathe as you normally would.
 - As you do your regular activities, be mindful of the injection site for a day or two. Try to prevent it from having rough contact with anything.