



IV NUTRIENT THERAPY

PRE-TREATMENT ADVICE

- IV therapy may take up to **90 MINUTES**, depending on the infusion and other factors. Please plan your schedule accordingly, to allow for adequate time for your infusion.
- Always **DRINK** two (2) glasses of water before and after your treatment.
- **EAT** a good meal before arriving for your therapy. You may also eat during your infusion. Include carbohydrates and protein in the meal. This combination will keep your blood sugar stable during the treatment.
- **INFORM** your provider of any changes to your health status (chest pain, shortness of breath, weight gain/loss, leg pain, bladder problems) or medication changes since your last treatment.
- **INFORM** your provider if you are pregnant or nursing.