



Nutritional IV Therapy

Discharge Instructions

Well done! You have chosen a great medical therapy that can do magnificent things for your mind and body. Take comfort in knowing you have chosen a treatment that is natural and aggressive! Congratulations, your healing journey has just begun.

With high doses of those essential building blocks such as vitamins, minerals, amino acids, ozone, and other ingredients in your body, you're ready to let the healing take place. Many patients feel immediate differences in their energy and sleep patterns as we are literally putting energy-boosting nutrition into your cells. However, as your immune system has just been engaged at a whole new level and your body may be working tirelessly to respond to "invaders" or inadequacies in your blood like never before, you may actually feel more tired after IV Therapy. Listen to your body and rest when it is required. If IV Therapy has increased your energy, enjoy it but do not over do it.

IV therapy is very effective, however, the healing process is not always a straight shot from sickness to feeling like a superhero. You may feel improvement for a period of time following a Nutritional IV treatment and then your previous symptoms start to creep in again. Do not get discouraged. You didn't develop symptoms overnight and so will not likely get well overnight. Getting well will in fact feel more like running a marathon with mental and physical endurance required. Often it is described as a three steps forward, one step back, process; but overall we are moving towards the destination and seeing progress along the way. The healing journey is different for everyone.

Part of choosing Nutritional IV Therapy is recognizing our body's innate and miraculous intelligence. Nearly all of your body's function (95%) occurs without our consciousness—we do not have to tell ourselves when to blink, when to breath or how to digest our food—it just happens. So as we seek out treatments that will "fix" certain symptoms or conditions we are acutely aware of such as macular degeneration, fatigue, GI dysfunction, etc., we tend to expect to see response in those same areas. What we must remember is that our body knows best what to do with the nutritional information and components provided in IV therapy, and we must trust that the healing is taking place where it is needed most, even if that is not where we think we need it most. In fact, we may have a heart defect, spinal injury, or shortage of circulation/oxygen/nutrition in places we are not aware of and this is where the body sends these valuable nutrients. Be patient, this process is actually the beauty of IV therapy—a supply of foundational components our body knows exactly what to do with and how to deliver to any given cells, tissues, or organs anywhere in the entire human body.



You may experience instant benefits from IV therapy or you may be one of those that experience a detox reaction. You may experience instant benefits from IV therapy or you may be one of those that experience a detox reaction. Again, as the body is given the right constituents to boost function including the immune system, your body now has increased ability to eradicate unwanted toxins, pathogens, diseased cells and more. If this is the case, you may experience headaches, joint pain, nausea, loose bowels, and fatigue. Drink plenty of water and ask your practitioner for any detox aids he or she may suggest. Ginger baths have been shown to be especially effective with Nutritional IV Therapy in relieving detox symptoms.

You may notice a specific vitamin smell to your urine within the first few hours of receiving an IV, this is most likely the B-Complex. You may also notice a change in the color of your urine and may be attributed to the B-Complex and/or B12; both will go away after your first trip or two to the bathroom.

It is commonly asked if one should continue taking oral supplements while also going through a Nutritional IV Therapy regimen. While the specific answers of that question should be left to your provider, the general answer is yes. Please provide a list of oral supplements you are taking to your doctor to discuss what is necessary and what is not. Many vitamins, minerals, herbs, etc. work as catalyst or in synergy with one another to enhance the individual potential of a substance on its own. Your doctor can help you design an oral supplement plan that will give you the best benefit in conjunction with your Nutritional IV Therapy treatment plan.

Please keep in mind that while Nutritional IV Therapy is a great tool to anyone who needs help recovering or restoring health, your daily habits and lifestyle play a major roll in your ability to heal. The more cognizant of everything you eat, do and think at home or at work, the more power your IV's will have. When you take accountability for how you live, you will get more "distance" out of IV Therapy. It is said that no amount of exercise can make up for a poor diet. In this case, no amount of IV Therapy can make up for a poor lifestyle, at least not long term. IV Therapy is meant to pull you "out of the trenches" and back to a homeostatic state to which healthy food, supplements, exercise, etc. can take you the rest of the way and allow you to maintain. As much as we like seeing you, IV Therapy is not meant to be a lifelong therapy—a healthy diet and lifestyle will do more for you in the long run than anything else.

Although it is unlikely one will overdose on vitamins, minerals, ozone, or other IV ingredients due to the poor nutritional value in what we eat; if you are concerned about it or have had elevated blood levels in the past, please make sure to notify your practitioner and together you can order and review any blood tests necessary.

If you experience any unusual feelings of apprehension, you develop a fever, or experience symptoms not discussed on this sheet, please contact us immediately. We will exhaust all reasonable efforts to address the situation. If communication cannot be made, please go to the Emergency Room or your local urgent care.

