Post – IV Follow Up Information:

Prevention:

Most concerns patients encounter following an IV can be prevented. The following are some of the most common helpful preventive measures.

- ✓ ***Hydration:*** Dehydration causes the most post IV symptoms and concerns. IV therapy can be dehydrating as well, so one must hydrate before, during and after the IV.
  - Symptoms such as headache, dizziness, dry mouth, joint stiffness, joint aches, and others often are due to a need for more water.
  - Drink water before, during and especially after your IV. Sports drinks (Gatoraid…) and coconut water may be used, but water is the best.

- ✓ If you experience nausea before or after your IV please **bring a high protein snack to eat during your IV.** This is generally a good idea even if you do not have nausea with the IV.

- ✓ ***IV site care:*** Your IV site was cleaned and attended to properly during your IV. After the IV is discontinued you may have some redness and swelling over the site the vein was punctured. Use the following tips to minimize post IV issues;
  - **Keep your bandage on the IV site for 2-4 hours after the IV.** Even though the bleeding is stopped you can bruise and bleed internally for some time.
  - If you have discomfort over the IV site **you may apply cold towels or ice for 10-15 minutes at a time.**
  - If the pain increases or redness over the site increases please call the the clinic.

Common concerns:

Most post IV symptoms are just the IV nutrients working through your system. ***Increased or decreased energy, increased or decreased desire to sleep or eat are normal in the first day or two after an IV. It is normal to be thirsty and occasionally nauseated.***

If any of the following are **progressively worsening after your IV** please call the clinic:

- Swelling over the veins IV site
- Redness over the vein that progresses and covers more area
- Pain in the vein that is not improving over an 8 – 12 hour period
- Headache that does not resolve with increased hydration or mild analgesics like aspirin, Tylenol or ibuprofen.
- Note- if you are already on a blood thinning therapy such as Coumadin/Warfarin, Plavix, Heparin, daily Aspirin, etc. please only use Acetaminophen/Tylenol type pain relievers. Follow the manufacturer's recommendations when taking all over-the-counter medications.

Contact information:

_____ is NOT an emergency clinic.

- If you feel like you are having a life threatening reaction please call 911.
- If you feel like you are having a true medical emergency, go directly to your local urgent care or the ER.
- The following are examples that involve urgent/emergent care:
  - High fever (over 103)
  - Difficulty breathing
  - Severe allergic reaction to medication or supplement
  - Loss of consciousness
  - Heart irregularities
  - Severe dehydration (excessive vomiting and/or diarrhea or inability to take oral fluids).

- For question or concerns not requiring urgent response call the clinic at _____ or email _____.