

IV Care

Prevention:

Most negative side effects with IV's can be prevented. Please read the list below which highlights some important preventative measures.

- 1. Hydration:** Dehydration is one of the most commonly noted causes of negative side effects post IV. It is important to be well hydrated before coming in for an IV, as well as continuing to hydrate during and after.
 - Common symptoms of dehydration are: headache, dizziness, dry mouth, fatigue, joint aches.
 - You can also use electrolyte drinks, such as coconut water or Gatorade, however water is best.
- 2. Nausea:** It is important to have eaten recently to prevent nausea from an IV.
 - It is suggested to bring snacks high in protein to consume during your IV.
- 3. IV Site Care:** The IV site is cleaned and attended to properly during the IV treatment. Occasionally, there is redness and swelling over the site where the vein was punctured. Use the following tips to minimize post IV issues.
 - Keep the bandage on for 2-4 hours after treatment. This will prevent bruising or internal bleeding at the site.
 - If there is discomfort at the IV site, you may apply a cold cloth or ice for 10-15 minutes.
 - If the pain or redness increases, please call the clinic.

Common Concerns:

Most post IV symptoms are just the IV nutrients working their way through your system. Increased or decreased energy, or desire to eat or sleep are **normal** in the first day or two. It is also normal to be more thirsty than usual and have occasional nausea.

If any of the following **worsen** after your IV, please call the clinic:

- Swelling over the IV site.
- Redness over the vein that progresses and covers the area
- Pain in the vein that does not improve over an 8-12 hour period
- Headache that does not improve with increased fluid consumption or mild analgesics (aspirin, tylenol or ibuprofen).
 - Note: If you are already on a blood thinning medication (Coumadin, Warfarin, Heparin, etc). Please follow the manufacturers recommendation when taking over the counter medications.

Contact Information:

Kinesis Health Associates 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 ER.

The following are a list of examples that require urgent care:

- Difficulty breathing
- High fever
- Severe allergic reaction
- Loss of consciousness
- Heart irregularities
- Severe dehydration (excessive vomiting and/or diarrhea)