



### **IV Drip Therapy Before and After Care**

Prior to the IV Drip Therapy session, please observe the following:

- Always drink 2 large glasses of water (24 oz.) before and after your treatment. Avoid coffee, soda, or tea prior to your treatment.
- Eat a good meal before arriving for your therapy. Include carbohydrates and protein in the meal to keep your blood sugar stable during the treatment.
- Avoid caffeine prior to your treatment.
- Do not exercise 2 hours before or after your treatment.
- Inform your technician of any medication or health changes since your last treatment.

During your treatment, inform your I.V. technician immediately if you feel dizzy, nausea, or a vitamin taste in your mouth. Do not stand up too quickly during or after treatment, to avoid dizziness.

After-care instructions for IV Drip Therapy Treatment:

- After your treatment, a bandage will be applied to the IV site. If you bruise easily, leave the dressing on for one hour. Otherwise, it can be removed after 15 minutes.
- Drink at least 24 ounces of water after your treatment.
- Wait at least 1 hour before wetting the injection site and wait 24 hours for strenuous activity.

***If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.***