

IV Hydration Pre-Treatment Instructions



We ask that you hydrate prior to your IV therapy treatment appointment.



Eat a light snack prior to your appointment as some of the vitamins and minerals can cause nausea if infused on an empty stomach.



Dress for your IV therapy; wear something comfortable that also leaves the veins in the elbow and arm exposed.



Bring along some entertainment! We offer complimentary Wi-Fi for your phone or tablet! Bring those magazines you have not had time to read, the book you have been waiting to start or your favorite music along with ear buds to enjoy. This time is yours so enjoy!



Ultimately, we want you to relax. We know that receiving an IV injection can be intimidating for first-timers. However, there is nothing to be worried about and our team of highly-qualified nurses will take care of you every step of the way.



If you are under the care of a medical professional for medical conditions (especially heart, liver or kidney) or are pregnant, ask your physician prior to having IV therapy infusions.