

# Prep and Post-Care for your IV treatments

Victory Reproductive Care  
8100 Twin Oaks Drive, Windsor  
(519) 944-6400

Your IV treatment is a helpful way to increase the nutrients needed to optimize fertility and overall health. Your formula may include the following nutrients: Calcium, Magnesium, Selenium, B vitamins, vitamin C, zinc, copper, manganese, and/or chromium. These nutrients are also found in foods and oral supplementation but may be difficult to digest or absorb, low in your dietary intake, or the need for them may be heightened due to health conditions. IV Vitamin Therapy allows us to skip the digestive tract and get 100% absorption directly into the bloodstream. Please continue all dietary and lifestyle guidelines as previously discussed with your Naturopathic Doctor while receiving IV treatments.

## How to prepare for your IV treatment:

1. Have a large meal 1-2 hours before your visit.
2. Drink at least a few cups of fluid prior to your visit.
3. Bring any new medications that have been prescribed by your medical doctor.
4. Bring water/ juice and a snack.
5. Bring a book or music/podcast to make your stay more enjoyable.
6. Use the washroom right before sitting down to your IV treatment.

## What to expect during and after treatment:

Your IV treatment may take 30-90 minutes to complete so get comfy in the lounge chairs and allow your arm to stay motionless. You may feel an improvement in energy levels, sleep, mood, etc. Common side effects may include:

- Need to urinate (vitamin c acts as a diuretic, and the increase of fluids will increase the need to void)
- Feeling of nausea, fatigue or malaise
- Dizziness or light headedness often due to a drop in blood sugar or blood pressure

In the days that follow, check the injection site for bruising or swelling. If this occurs either put a cold pack on the site or get a thin cloth, put it on your skin, and place ice on the cloth.

## Confidentiality:

Your IV appointment is strictly for IV therapy and is not a follow-up visit. If you have questions pertaining to your care (supplement questions or changes, alterations to guidelines and treatment plans) please book a follow-up visit with your ND. This policy is in place to protect your confidentiality and to ensure that your ND is able to focus on your care without compromising the care they are providing during IV treatment.

## When to contact your practitioner:

Adverse reactions are possible with IV therapy. You should contact your practitioner if any of the following occurs:

- Significant feelings of nausea, fatigue, pain or discomfort lasting more than 24 hours
- Increase in body temperature greater than 1°C
- Difficulty urinating
- Generalized itching, swelling or redness beyond the site of injection

## What is an emergency situation?

Although significant adverse reactions are extremely rare with IV therapy, tumor lysis syndrome, anaphylactic or allergic reactions are possible. If you experience difficulty breathing, swallowing or swelling of the throat/airway at any time after the therapy please call 911 as this could be an indicator of a serious allergic/therapeutic reaction.

If you have any questions or concerns please call VRC at 519 944-6400.

Nutrients. 2022 May 21;14(10):2150. Effect of Paternal Diet on Spermatogenesis and Offspring Health: Focus on Epigenetics and Interventions with Food Bioactive Compounds

Adv Nutr. 2021 Nov; 12(6): 2372–2386. Female Fertility and the Nutritional Approach: The Most Essential Aspects