

# Intravenous Nutrient Therapy (IVNT) Aftercare Form.

## Your IV treatment today included:

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### HEALTH CONCERNS:

If you suffer from a medical or pathological condition, you need to consult with an appropriate healthcare provider such as your GP or Consultant. If you are under the care of another healthcare provider, it is important that you inform your other healthcare providers of your use of nutritional supplements. Nutritional therapy may be a beneficial adjunct to more traditional care, and it may also alter your need for medication. It is important that you always keep your physician informed of changes in your nutritional program.

If you are using medications of any kind, you are required to alert your IVNT practitioner to such use, as well as to discuss any potential interactions between medications and nutritional products with your IVNT practitioner. **If you have any physical or emotional reaction to the IVNT therapy, contact your IVNT practitioner to ascertain if the reaction is adverse or an indication of the natural course of the body's adjustment to the supplementation.**

### GENERAL EFFECTS OF IVNT:

Every client is an individual, and it is not possible to determine in advance how your system will react to the supplements you need. Some patients report feeling energised and more alert soon after their IV treatment, or some are feeling fatigued and having headaches and flu-like symptoms for the first 24 to 48 hours after IV treatment because they are having a "detoxification" effect. These patients may require 2-3 IV treatment sessions before they are starting to feel energised and alert.

Patients, and in particular smokers, may be experiencing a bad taste in the mouth due to chelation of heavy metals by Vitamin C, Glutathione and some amino acids. It is sometimes necessary to adjust your IV therapy program as we proceed until your body can begin to properly accept products required to rebalance possible imbalances. **It is your responsibility to do your part** by following healthy dietary guidelines, exercise your body if possible, get plenty of rest, and learn more about nutrition health benefits.

### SPECIFIC NUTRIENT RELATED SIDE-EFFECTS:

#### 1. Lowering of blood sugar levels and feeling faint:

High IV concentrations of Vitamin C may cause lowering of your blood sugar and dizziness or fainting. This effect can be avoided by continuing to eat and drink fluids for at least 4 hours after the IVNT. Taking special care is necessary if you are a diabetic on insulin injections to control your blood sugar, because IV vitamin C gives **a false high glucose reading** on your glucometer when in fact your blood sugar level may be low! Thus, refrain from taking blood glucose measurements for 6 hours after the IVNT and continue to eat and drink. Contact your IVNT practitioner or GP if you are concerned.

#### 2. Lowering of blood pressure and feeling faint:

Certain nutrients called vasodilators including magnesium, calcium, niacin (Vitamin B3), arginine (amino acid), etc. may cause generalized skin redness and also lowering of your blood pressure leading to blurred vision, dizziness and fainting. Laying down and lifting your feet above your head will improve dizziness and prevent fainting. Call your IVNT practitioner if you are concerned.

#### 3. Nausea and vomiting:

Selenium may cause nausea and vomiting and it is more likely to be occurring during or immediately after the IVNT, but if delayed vomiting occurs then contact your IVNT practitioner. However, it is usually self-limiting. Call your IVNT practitioner if you are concerned.

#### 4. Allergic reactions:

Allergic reactions to nutrients are extremely rare. Reactions are mostly linked to preservatives and B Vitamins, and it usually occurs during the IVNT mostly giving an itching skin rash. Sometimes chest tightness may be experienced. Your IVNT practitioner must deal with it immediately. Delayed allergic reactions may occur after 24 hours. Take an antihistamine tablet if available and inform your IVNT practitioner immediately. Intravita's formulas are preservative free thus reducing the risk of allergy

**5. Anaphylaxis:**

Anaphylaxis to nutrients are extremely rare and may be caused by Vitamin B1 if it was administered as a single agent. Vitamin B1 is usually administered as part of Vitamin B-complex and as part of this complex it is less likely to cause allergic or anaphylactoid reactions. Symptoms of anaphylaxis may include: low blood pressure, mental confusion, severe skin rash, throat swelling and difficulty to breath, fainting, etc. Anaphylaxis is a medical emergency. Call for an ambulance immediately or go to A&E if someone can accompany you. Time is of the essence.

**6. Muscle cramps:**

High concentrations of Vitamin C may cause calcium and potassium depletion and cramps. IV magnesium may also cause potassium depletion and cramps. Intravita’s formulas contain calcium, magnesium and potassium. However, in case of Vitamin C only, additional calcium intake is required like calcium tablets purchased over the counter, milk, yoghurt, etc. Discuss with your IVNT practitioner before any infusion takes place. Beware of medication like zoledronic acid – may cause severe muscle cramps! Contact your IVNT practitioner in any event.

**7. Headaches:**

May be caused by vasodilators mentioned above. Take paracetamol. Contact your IVNT practitioner.

**8. Psychological side effects and insomnia:**

Excitatory amino acids like glutamine, glutamic acid, proline, aspartate and valine may cause transient excitement, agitation, anxiety and insomnia. Avoid insomnia by having the IVNT in the morning. Call your IVNT practitioner if concerned.

**9. Enhanced perineal sensation or urge to pass urine:**

Magnesium sulfate injected intravenously as a push may cause this temporary reaction. If you are concerned about it, call your IVNT practitioner.

**10. Bad taste in the mouth:**

Metal chelating nutrients like Alpha-lipoic acid, Vitamin C, glutathione and other amino acids may cause a bad “metal” taste for a few days, because the body is busy excreting heavy metals like cadmium, mercury, lead and arsenic (mainly in smokers and passive smokers) via saliva and urine.

**11. Discharge is minimum 30 minutes after completion of the IV infusion:**

Final Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ Final Pulse Rate: \_\_\_\_\_ /minute Time \_\_\_\_\_

**12. If you are in doubt or having any concerns about your condition then contact your IVNT practitioner immediately on telephone number: \_\_\_\_\_**

*I confirm that I am now not experiencing any of the symptoms or signs as described above and I am declaring myself fit and well to be discharged. I confirm that if I am having any concerns that I must contact my IVNT practitioner.*

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Practitioner: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Place: \_\_\_\_\_