

## IV Hydration FAQs

### **1. *What is IV hydration therapy?***

IV (intravenous) hydration therapy is the process in which sterile water (Normal Saline) is directly administered into a vein, via a plastic catheter. This allows for instant rehydration and relief.

### **2. *How is the process done?***

The nurse will use a tourniquet to locate a vein. Once a vein is found, a needle will be put through the vein, and then removed, leaving a plastic catheter to leave the vein opened. The nurse will then attach the sterile water to the catheter, which will allow the fluid to run directly through the vein. Some medications that are included in certain packages, can be administered through the IV line.

### **3. *Who will administer the IV hydration treatment?***

A Board Certified Registered Nurse will be administering all IV treatments, with the guidance of our partnered Physician.

### **4. *What can I expect from IV hydration?***

IV hydration is beneficial in many different ways. One major way is rehydration. When you're experiencing, vomiting and/ or diarrhea, IV hydration can help replace the fluid lost. IV hydration can be used in conjunction with vitamins and minerals, which are also given through the IV line directly through the vein, into the bloodstream. This can be done on a weekly basis. IV hydration can help with reversing any feelings of tiredness or jetlag, and help you get back on track after a long trip or endless hours of work.

**5. *How long does the process take?***

With the exception of Vitamin B12 IM (intramuscular) injections, each drip should take approximately 30-45 minutes.

**6. *Can I get a bruise from the needle?***

Yes, this is a possibility, however, everyone is different. If you are taking anticoagulants (Aspirin, etc.) bruising is a possibility. We do not recommend receiving IV hydration before a big event, due to the possibility of getting a bruise from the needle insertion site. IV hydration, however, may be very beneficial AFTER a big event.

**7. *Is IV hydration therapy for me?***

IV hydration therapy can benefit any individual (ages 18-65) who needs rehydration, has vitamin deficiencies, or desires healthier looking skin. Oral supplements provide up to 20% absorption after filtering through your digestive system, whereas IV vitamins and minerals allow 100% cell absorption, because it is administered directly through the bloodstream. Our drips are adjusted to our client's needs- with the guidance of our licensed MD. We DO NOT recommend IV hydration infusions for anyone who has heart, liver, or kidney conditions, as well as anyone who has been or is currently diagnosed with any type of cancer, as this can interfere with any treatments.

**8. *How often can I receive IV hydration?***

As long as you don't have any medical problems (kidney, heart, liver, etc.), IV hydration can be given on a weekly basis. Vitamin B12 injections, will be given monthly, along with updated blood work from your PCP, to prevent over dosing of Vitamin B12.