

Prior to your appointment:

- Drink one to two 16 oz bottles of water to ensure you are well hydrated prior to your visit. Dehydration can make it difficult to start an IV.
- Eat a high protein snack such as a protein bar, nuts, cheese, yogurt or eggs. Low blood sugars can make you feel weak, dizzy or light-headed.

What to expect during your IV infusion therapy:

During your visit, a Nurse Practitioner will review your intake forms, including your medical history and any medications you are taking. We will discuss your complaints and review the outcomes you desire. Based on this assessment, the appropriate IV infusion will be determined to address your individual needs. If you have any complex medical conditions, the Physician or Nurse Practitioner may request that you obtain blood work or further testing and/or your personal physician's approval prior to administering any IV infusions.

The IVs used during your infusion therapy are exactly the same as what you would find in a hospital. The difference is that our infusions are given in a peaceful spa setting, allowing you to feel calm and relaxed. Most of our infusions can be completed in about an hour. Our attentive staff will keep you comfortable and cared for during your visit. Our patients find the experience tranquil and healing and leave feeling refreshed, vibrant and energized.