



Nourish'd
Wellness Center and Spa

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IV Preparation Information

During your first visit for IV Vitamin Therapy infusions:

During the first visit, a Registered Nurse will discuss our main complaints and desired outcomes with you. The RN will review your medical & Surgical history and any medications you are taking. Based on this assessment, your Intravenous/Intramuscular Therapy will be customized to address your individual needs.

What to expect:

Depending on your customized IV cocktail, the infusion can be finished in as little as 20-30 minutes or can take as long as an hour and a half. Our Nurse will keep you calm, cared for and comfortable during your infusion. Patients find the experience to be tranquil and healing.

How often will I need IV Vitamin Therapy infusions?

The number and frequency of treatments will vary depending on certain factors.

- Condition(s) being treated
- Current health status of the patient and physical activity level
- Response of the patient to the treatments

A general estimate of the number of treatments needed is discussed during the first visit. As we go along, we will develop a more specific treatment plan. Most patients can repeat infusions as often as once a week for 5-10 weeks depending on the needs of the patient. Some patients will then go onto a maintenance therapy with monthly or occasional treatments.

iVIP Discount Prices for our VIPs (Very Important Patients)

Only \$600 for a package of 5 Wellness infusions (a \$120 savings)

Only \$750 for a package of 5 Wellness infusions, each with a customized Booster (up to \$220 savings)

We are excited to hear that you are coming in for IV nutritional therapy as part of your treatment plan. Below is a list of suggestions you can do before your IV to make it an even better experience!

- 1. Hydrate.** You are asking yourself why – won't the IV rehydrate me? The minerals and vitamins infused via IV are dehydrating at the cellular level and your body will be more responsive if you are hydrated prior to starting the IV. Also, if you are low on fluids the veins in your arms will be smaller and they tend to hide on us when we are looking for the best site to start your IV. Your response to the IV and finding a vein will be improved by drinking a few glasses of water before your appointment.
- 2. Eat.** We ask that you eat prior to your appointment time – make sure protein is part of the meal/snack. Some of the vitamins and minerals can cause nausea if infused on an empty stomach.
- 3. Relax and breathe.** Once you are seated in the recliner chair waiting for your IV to begin, take a few minutes to relax. Close your eyes and take 5 deep breaths in and out. Count slowly to 5 on the inhale and exhale. This will help release any nervous tension and prepare you for your treatment.
- 4. Bring along a book or music.** Depending on the type of IV you will be receiving, it may infuse over 2 hours. 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!
- 5. Wear comfortable clothes.** No need to dress up for your IV! We recommend a short sleeve top or sleeves that can be rolled up above the elbow. And wear those comfy pants and socks – especially if you have tendency to get cold. We have comfy blankets for you to stay warm if needed.
- 6. Avoid Vasoconstriction Drugs:** If possible, try to avoid taking any over-the-counter drugs such as Sudafed or antihistamines and please do not smoke until after your appointment. Because these vasoconstrictive behaviors will make finding and starting a vein more difficult.

All the above are suggestions to make this experience comfortable for you! We look forward to seeing you soon.