**Pre and Post Visit Instructions**

To have a safe and effective IV therapy session, it is important that you adhere to the following pre- and post-visit instructions.

Before your appointment:

* Plan to be at the clinic at least 15 minutes before your infusion to fill out necessary paperwork if you are a first-time patient.
	+ If you are a repeat patient, then arrive 5 minutes before infusion.
* You can take your regular medications as normal on the day of treatment.

After your IV infusion:

* Continue to wear dressing applied to the IV infusion site for 1 hour to prevent break through bleeding.
* You can apply cold packs or take naproxen (Aleve) for any post injection/infusion pain.
* A light meal and 16 ounces of water are recommended after the infusion
* Monitor your IV site for redness, pain, warmth, or swelling. This could be a sign of infection or an adverse reaction. If this occurs, please call Jacob’s Chiropractic, Physical Health, and Wellness.
* Continue routine follow up with your mental health and/or primary care provider for continued treatment and evaluation.
* If any mild side effects occur such as hives, nausea, fever, cramping, headaches, or any additional non-life-threatening symptoms, please call, Jacob’s Chiropractic, Physical Health, and Wellness. immediately. If it is after hours, then please report to your closest urgent care or emergency department.
* If any type of serious adverse events occurs such as diffuse hives, shortness of breath, trouble swallowing, chest pain, severe headache, changes in consciousness, increase pain/swelling in the arm that the infusion was given in, or anything else that is concerning, call 911 or report to the emergency department immediately.
* You can expect to feel improvements in your symptoms within 15-90 minutes of your infusion. These effects can last up to 1 to 2 weeks.
* Patients can present for repeat infusions every 2 weeks unless determined otherwise by your treating provider.

Additional instructions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have any additional questions or concerns, please feel free to reach out to Jacob’s Chiropractic, Physical Health and Wellness at (865) 566-0325 or after hours (865) 801-0068.