



## IV THERAPY PREPARATION

1. Please eat a good meal and drink plenty of water (4 to 6 cups) before coming in for your IV therapy, so that your veins are well nourished and hydrated.
2. Bring food or snacks with you that you would normally be eating at the time of your IV therapy. There is a full kitchen available for use.
3. There is filtered water and tea available to drink.
4. Please wear a top with loose fitting arms or short sleeves. There are blankets available to keep you warm.
5. You are welcome to bring reading materials; music with earbuds or headphones; and laptops for use during your IV therapy.