

## Informed Consent

PATIENT NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

*Please read and be certain that you understand the following information prior to signing this consent for treatment.*

### IV INFUSIONS

Intravenous (IV) infusions are a way of supplying nutrients to your body directly through your bloodstream. IV vitamin therapy is used to replenish micronutrients and improve overall health and wellness. While IV infusions may be helpful in management of certain medical conditions, they are not meant to replace your other medical treatments/prescriptions from your medical provider.

### WHY WE DO IV INFUSIONS

Normally we receive our nutrients through ingestion of either foods, liquids, or vitamins in the form of a pill or capsule. The food is then broken down in the stomach and small intestine and detoxified in the liver. In this process the body may absorb up to 50% of the vitamins available through the oral route. By bypassing the gastrointestinal system and delivering the vitamins directly into your bloodstream, you may instead absorb up to 100% of these nutrients. Some possible benefits of receiving an IV infusion may include:

- Increased energy
- Improved hydration
- Reduced stress
- Regulation of the immune system
- Headache reduction
- Shortened recovery time for athletes
- Improved skin quality

IV vitamin infusions may be helpful in diminishing symptoms for several medical problems including:

- Allergic Rhinitis
- Fatigue
- Asthma
- Chronic Sinusitis
- Migraines
- Fibromyalgia
- Muscle Spasms
- Upper Respiratory Tract Infections
- Rheumatoid Arthritis
- Depression

### WHO CAN RECEIVE AN IV INFUSION?

Most people can benefit from an IV vitamin infusion. IV infusions are not the right choice of treatment for children, women who are pregnant or breastfeeding, or individuals with certain medical contraindications, including but not limited to: bleeding disorders, Congestive Heart Failure, Pulmonary Edema (fluid in the lungs), abnormal kidney function, and others. The elderly population may receive an IV infusion, but it may be given at a slower rate to avoid adverse effects, such as low blood pressure. Each person who is interested in receiving an IV infusion will be assessed by a medical provider prior to receiving an infusion. Since there are possible risks with infusions, you should attempt other means of improving hydration and nutrient deficiency first.

### HOW IS AN IV INFUSION GIVEN?

A small catheter is inserted into a vein through a needle and the infusion is given slowly over 30-60 minutes. You can receive an IV infusion up to 2 times per week. Most people notice symptom improvement after their first infusion, but it may require multiple infusions.

### POSSIBLE RISKS

Reactions to IV infusions may occur. There are some widely recognized risks and adverse effects from the start of the IV to the infusion of vitamins. Rarely these reactions may be life-threatening and may require immediate medical attention.

#### A. Local Reactions

The most common reactions are called local reactions, these are often limited to a small area around the IV start site, but occasionally may spread to a larger area on the same arm. These reactions include injury,

bleeding, infection, phlebitis (inflammation of a vein), swelling, bruising or scarring at the site of injection. Burning or stinging is possible upon infusion, as well as IV infiltration of fluid into the surrounding tissue. Other risks include air embolism and nerve injury.

**B. Adverse Effects**

The most common side effects related to the vitamins and IV fluid include, but are not limited to:

- A feeling of heat that begins in the chest and may move to other parts of the body
- Vitamin taste in the mouth
- Lightheadedness, flushing, sweating, fainting, or lowered blood pressure
- Diarrhea, stomach upset, nausea/vomiting, abdominal cramps, headache
- Feeling of swelling of the entire body

**C. Systemic (Generalized) Reactions**

Systemic (involving more than one organ system) occur rarely. Generalized reactions need to be addressed quickly because of the potential danger of progression to shortness of breath, vascular collapse (extremely low blood pressure) and possible death if not treated. These reactions may involve:

- Skin:** hives (urticaria) may occur within minutes to hours after the infusion. Hives are described as varying degrees of a flushing (like when you blush) rash, swelling, and/or itching of more than one part of the body. People will complain of a sensation of warmth and itching most commonly.
- Angioedema** (swelling of the blood vessel) is rarer and can also occur within minutes to hours after the infusion. It is characterized by a progression of swelling of any part of the body. Any organ may be involved but most commonly the ears, tongue, lips, throat, intestine, hands or feet, alone or in combination can be affected. Asthma-like symptoms may accompany these reactions and can lead to a worsening reaction further involving airway closure.
- Anaphylactic Shock** is the rarest complication and can occur within minutes to hours of the infusion. Anaphylaxis is defined as a widespread and very serious allergic reaction. Symptoms include dizziness, loss of consciousness, labored breathing, swelling of the tongue and/or airway, blueness of the skin, low blood pressure, heart failure, and death. Immediate emergency treatment is required for this type of shock.

**If we do require emergency treatment, which could mean giving Epinephrine and/or breathing treatments, as well as observation, then you will be subject to an office visit to ensure proper care is provided.**

\_\_\_\_\_ Initial Here

**What happens if I develop a reaction after I leave the office?**

If you develop a tender, red area along a superficial vein on the skin, this may be phlebitis. The area may feel hard, warm, and tender. You can call the office and/or take an over the counter NSAID such as ibuprofen and use a warm compress. If the reaction involves a development of hives or shortness of breath, call the office immediately. If you are experiencing severe shortness of breath, go immediately to the nearest Emergency Department or call 911. Do not attempt to drive yourself to the Emergency Department if you are in severe distress, instead call 911.

**MEDICATION CHANGES**

The medical provider will review your medical history and your prescriptions and supplements. You may not be eligible to receive an IV infusion if you are taking certain medications. It is important to disclose all current medications and if there are any changes to your medications if you come in for multiple infusions.

*I certify that I have read or have had read to me the contents of this form. I understand the risks involved in this procedure. I have had the opportunity to ask any questions that I had and all of my questions have been answered. I understand that precautions consistent with the best medical practice will be carried out to protect me from adverse reactions to IV infusions. I understand the possible complications of injections include infection, minor bruising and bleeding at injection sites, dizziness, headaches, and possible fainting from the site of blood. I understand that unforeseeable complications could occur. I further hereby give authorization and consent for treatment by my provider of any reactions that may occur as a result of an IV infusion.*

\_\_\_\_\_  
Signature of Patient (or Person Authorized)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Provider or Assistant

\_\_\_\_\_  
Date