



Intravenous (IV) Infusion Therapy at Element Primary Care



Wellness Infusion - (aka Myer's Cocktail, the Gold Standard) - Delivers hydration, vitamins and minerals directly into your bloodstream to maximize your overall health and wellness. Ideal for intense sports recovery and for patients with autoimmune disorders - **Only \$175**

Recovery Infusion Did you overindulge last night? Do you regularly suffer from migraines? Have you been sick with a stomach bug or other illness? The Recovery Infusion delivers hydration along with medications for nausea and headaches to help you recover quickly. Price includes saline, ketorolac (pain) and ondansetron (nausea). - **Only \$110**

*IV B12 can be added for an additional \$20



INTRAVENOUS (IV) INFUSION THERAPY INTAKE FORM

Patient Information:

Name: _____ Date: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Phone: _____ (H) _____ (C) _____ (other)

Date of Birth: _____ (MM/DD/YY) Age: _____ Sex: M / F

Occupation: _____ Email address: _____

In case of emergency, please contact: Name: _____ Phone: _____

What are your main complaints? (Please check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Fatigue or low energy | <input type="checkbox"/> Asthma and Allergies |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Recent surgical procedure |
| <input type="checkbox"/> Poor diet due to busy lifestyle | <input type="checkbox"/> Recent illness |
| <input type="checkbox"/> Brain fog or trouble concentrating | <input type="checkbox"/> Cold or flu symptoms |
| <input type="checkbox"/> Low mood or depression | <input type="checkbox"/> Facial wrinkles or fine lines |
| <input type="checkbox"/> Headaches or migraines | <input type="checkbox"/> Dull or dry skin |
| <input type="checkbox"/> Weight gain or difficulty losing weight | <input type="checkbox"/> Malabsorption issues |
| <input type="checkbox"/> Slow metabolism | <input type="checkbox"/> Other _____ |

Which statements best describe why you are here today? (Please check all that apply)

- I want to have more energy and feel better overall
- I want to do everything I can to nourish my body
- I want to prevent illness
- I want to recover quickly from my surgery or illness
- I want to recover more quickly from an intense work-out
- I want to recover quickly from a hangover
- Other _____

MEDICAL HISTORY

Are you pregnant or breastfeeding? Yes | No

Date of last chemistry screen or other lab testing _____

Have you ever been told that you have an electrolyte imbalance or other abnormal labs?

(Please check all that apply)

- Hypermagnesemia (High magnesium levels)
- Hypercalcemia (High calcium levels)
- Hypokalemia (Low potassium levels)
- Hemochromatosis (High iron levels)
- Other _____

Are you a diabetic? Yes | No

Are you a smoker? Yes | No If Yes, how much do you smoke? _____

How many alcoholic drinks do you consume in a week? _____

Do you use any recreational drugs? Yes | No

If Yes, which ones and how often? _____

Please list everything you are currently taking:

Prescription Medications – Strength – Frequency – Condition being treated

Supplements or Over the Counter Drugs – Strength – Frequency – Condition being treated

Name and DOB: _____

MEDICAL HISTORY CONTINUED

Do you take Digoxin (Lanoxin) for a heart problem? Yes | No

Do you take any diuretics or water pills? Yes | No If Yes, please list: _____

Do you take any steroids, i.e. Prednisone? Yes | No If Yes, please list: _____

Do you have any medication or food allergies? Yes | No If Yes, please list: _____

Do you have any of the following conditions? (Please check all that apply)

- Blood pressure problems (High or low)
- Heart Problems
- Stroke or "mini-stroke"
- Kidney Problems
- Kidney Stones
- Asthma
- Optic Nerve Atrophy or Leber's Disease
- Sickle Cell Anemia
- G6PD Deficiency
- Sarcoidosis
- Parathyroid problems (High levels)

List any other medical conditions you have (not mentioned above):

List of all surgical procedures you've had with approximate dates:

Is there anything else you'd like the provider to know?

Name and DOB: _____



Intravenous (IV) Infusion Therapy

Checklist of what to bring:

- Your completed Intravenous (IV) Infusion Therapy Intake Form
- A list of all prescription medications, OTC medications, vitamins/supplements that you take
- A copy of your most recent bloodwork is helpful
- Your signed Consent Form
- Your signed HIPPA Notice
- Make sure you are well hydrated prior to your visit. We suggest drinking 1-2 16oz. bottles of water. Dehydration can make it difficult to insert an IV.
- Make sure you eat something prior to your visit. We suggest a high protein snack, such as nuts, seeds, a protein bar, cheese, yogurt or eggs. Low blood sugar can make you feel weak, light-headed or dizzy.

During your first visit for IV Vitamin Therapy infusions:

During the first visit, a Provider will discuss your main complaints and desired outcomes with you. The Provider will review your medical & surgical history and any medications you are taking. Based on this assessment, your Intravenous (IV) infusion will be customized to address your individual needs. If you have any complex medical conditions, the physician at Pearland Med Spa may request you obtain blood work or further testing and/or your personal physician's approval prior to administering any IV infusions.

What to expect:

The IVs used during your Intravenous (IV) infusion therapy are the same as you would find in a hospital. Instead of a clinical experience though, our IV infusions are given in a peaceful setting and leave you feeling calm, relaxed, and refreshed.

Depending on your customized IV cocktail, the infusion can be finished in as little as 45 minutes. Our friendly and attentive staff will keep you calm, cared for, and comfortable during your infusion. Patients find the experience tranquil and healing. Patients leave feeling vibrant, energized, and refreshed.

Intravenous (IV) Infusion Therapy Consent Form

This document is intended to serve as informed consent for your Intravenous (IV) Infusion Therapy as ordered by the Provider(s) at Omaha Integrative Care.

(Initials)_____ I have informed the Provider of any known allergies to medications or other substances and of all current medications and supplements. I have fully informed the nurse and/or physician of my medical history.

(Initials)_____ Intravenous infusion therapy and any claims made about these infusions have not been evaluated by the US Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any medical disease. These IV infusions are not a substitute for your Provider's medical care.

(Initials)_____ I understand that I have the right to be informed of the procedure, any feasible alternative options, and the risks and benefits. Except in emergencies, procedures are not performed until I have had an opportunity to receive such information and to give my informed consent.

(Initials)_____ I understand that:

1. The procedure involves inserting a needle into a vein and injecting the prescribed solution.
2. Alternatives to intravenous therapy are oral supplementation and / or dietary and lifestyle changes.
3. Risks of intravenous therapy include but not limited to:
 - a) Occasionally: Discomfort, bruising and pain at the site of injection.
 - b) Rarely: Inflammation of the vein used for injection, phlebitis, metabolic disturbances, and injury.
 - c) Extremely Rare: Severe allergic reaction, anaphylaxis, infection, cardiac arrest and death.
4. Benefits of intravenous therapy include:
 - a) Injectables are not affected by stomach, or intestinal absorption problems.
 - b) Total amount of infusion is available to the tissues.
 - c) Nutrients are forced into cells by means of a high concentration gradient.
 - d) Higher doses of nutrients can be given than possible by mouth without intestinal irritation.

(Initials)_____ I am aware that other unforeseeable complications could occur. I do not expect the Provider(s) to anticipate and or explain all risk and possible complications. I rely on the Provider(s) to exercise judgment during treatment with regards to my procedure. I understand the risks and benefits of the procedure and have had the opportunity to have all my questions answered.

(Initials)_____ I understand that I have the right to consent to or refuse any proposed treatment at any time prior to its performance. My signature on this form affirms that I have given my consent to IV Infusion Therapy, including any other procedures which, in the opinion of my Provider(s), may be indicated.

My signature below confirms that:

1. I understand the information provided on this form and agree to the all statements made above.
2. Intravenous (IV) Infusion Therapy has been adequately explained to me by my nurse and/or physician.
3. I have received all the information and explanation I desire concerning the procedure.
4. I authorize and consent to the performance of Intravenous (IV) Infusion Therapy.
5. I release Omaha Integrative Care and all the Providers from all liabilities for any complications or damages associated with my Intravenous (IV) Infusion Therapy.

Patient's Name and Date of Birth- Please Print _____

Patient's Signature and Date _____

Provider's Name - Please Print _____

Provider's Signature and Date _____

<HIPAA notice here>



Discharge Instructions for Intravenous (IV) Infusion Therapy

How to care for yourself after your IV Vitamin Therapy infusion:

- Apply pressure to site for 2 minutes after IV has been removed
- Keep Band-Aid in place for 1 hour
- Warm packs and elevating your arm can be used for any bruising at the site
- Cold packs can be used for pain relief and to decrease any swelling at the site
- Any swelling should be significantly reduced in 24 hours
- Post IV infusion symptoms are uncommon. Dehydration is the cause of most symptoms and concerns.
- We encourage you to drink at least 1-2 16oz. bottles of water after your IV infusion.
- If enough water is not consumed, you may experience any of the following symptoms: headaches, nausea, joint pain, blurred vision, cramping (GI and/or muscular), mental confusion or disorientation.

Most patients experience significant overall improvements:

- Better energy
- Better mental clarity
- Improved sleep
- Improvement of their complaints
- Overall feelings of well being

Patients commonly report one of two patterns after an IV Vitamin Therapy infusion:

- Patients generally feel better right away. Due to a busy lifestyle, many people are chronically dehydrated and deficient in vitamins and minerals causing them to not feel well. Once the patient is hydrated and the nutrients are replaced, their symptoms improve quickly.
- Patients sometimes feel tired or unwell for a short time. After this period, an overall improvement in one's sense of well-being is generally reported.

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
- Response of the patient to the treatments

Call Omaha Integrative Care or your Primary Care Physician for:

- Any symptoms you are not comfortable with
- If any of the following are progressively worsening after your IV infusion:
 - Significant swelling over the IV site
 - Redness over the vein that is increasing in size
 - Pain in the vein/arm that is not improving over an 8-12 hour period
 - Headache that does not resolve with increased hydration or over-the-counter pain relievers like aspirin, Acetaminophen or Ibuprofen.

If you feel like you are having a life-threatening emergency, please call 911.