

# PRE & POST TREATMENT INSTRUCTIONS

## IV IRON INFUSION

### Pre-Treatment Instructions:

#### Referral and Blood Work

A physician referral is required prior to treatment. Recent blood work confirming iron deficiency (such as ferritin, hemoglobin, and iron studies) must be provided before your appointment.

#### Hydration

Drink plenty of water the day before and the day of your infusion. Proper hydration helps improve vein access and supports circulation during the infusion.

#### Nutrition

Eat a light meal within 2–3 hours before your appointment. Avoid attending on an empty stomach, as this may increase the likelihood of dizziness or nausea.

#### Medications

Continue taking your regular medications unless otherwise directed by your healthcare provider. If you are taking oral iron supplements, your provider may advise temporarily stopping them before treatment.

#### Allergies and Medical History

Inform your healthcare provider if you have a history of:

- Allergic reactions to IV iron products
- Multiple drug allergies
- Asthma or severe eczema
- Previous reactions to infusions or injections

#### Clothing

Wear comfortable clothing with sleeves that can be easily rolled up to allow access to your arm for IV placement.

#### Illness

If you are experiencing fever, infection, or feel unwell on the day of treatment, contact our clinic.



LIFESTYLE & AESTHETIC MEDICINE

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### What to Expect During Treatment:

- The infusion is administered through an IV placed in your arm.
- Treatment typically takes 60–120 minutes, depending on the iron preparation used.
- You will be monitored throughout the infusion for comfort and safety.
- Some patients may remain for a brief observation period after the infusion.

### Post-Treatment Instructions:

#### Activity

You may resume normal daily activities after your appointment unless otherwise advised. Avoid strenuous exercise for the remainder of the day.

#### Hydration

Continue to drink plenty of fluids for the rest of the day to support circulation and absorption.

#### Possible Side Effects

Some mild and temporary side effects may occur, including:

- Headache
- Nausea
- Muscle or joint aches
- Fatigue
- Mild dizziness
- Temporary metallic taste during infusion

These symptoms typically resolve within 24–48 hours.

#### Injection Site Care

Mild tenderness, bruising, or swelling at the IV site may occur. Applying a cool compress for 10–15 minutes can help reduce discomfort.



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### Post-Treatment Instructions:

#### Skin Discolouration

Although rare, iron may cause staining of the skin if it leaks outside the vein. Notify your provider immediately if you notice significant pain, swelling, or dark discolouration at the injection site.

#### When to Seek Medical Attention

Contact the clinic or seek medical attention if you experience:

- Shortness of breath
- Chest pain
- Severe dizziness or fainting
- Hives or rash
- Swelling of the face, lips, or throat

These symptoms are uncommon but require prompt medical evaluation.



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