

## **INFORMATION SHEET AND INFORMED CONSENT FOR IV HYDRATION THERAPY**

### **TREATMENT**

Intravenous (“IV”) hydration therapy is the administration of intravenous fluids, vitamins, minerals, and other nutrients. It is a therapy that delivers liquid substances directly into a vein by inserting a needle and infusing the substances over a period of time. IV is the fastest way to deliver medications and fluid replacement throughout the body. IV therapy may be used for fluid replacement (such as correcting dehydration), to correct electrolyte imbalances, to deliver medications, and for blood transfusions. The role of IV hydration therapy is to replace essential nutrients, correction of deficiencies, and for other therapeutic effects such as improving immune function, improving antioxidant statuses, combatting fatigue, hangovers, minor colds and flu-like symptoms, treating headaches, and improving athletic performance.

### **ALTERNATIVE TREATMENTS**

These procedures may not be considered medically necessary. They may or may not mitigate, alleviate, or cure the condition for which they have been reported to address. Alternative forms of management include oral consumption of liquids, medications, or nutrients, depending on the condition being treated and/or dietary and lifestyle changes.

### **RISKS OF IV HYDRATION THERAPY**

Any and every procedure involves a certain amount of risk. It is important that you understand these risks and the possible complications associated with them, as well as the limitations of the procedure. Although a majority of patients do not experience any of the following, you should discuss these with your health care practitioner to be sure you understand the risks, potential complications, limitations, and consequences of IV hydration therapy. Other complications and risks can occur but are very uncommon. Should complications occur, additional treatments may be necessary. The practice of medicine and IV hydration therapy is not an exact science. Good results are expected, however, there is no guarantee or warranty expressed or implied on the results that may be obtained. The possibility of additional risk factors or complications attributable to the use of IV hydration therapy may be discovered.

- Pain, Swelling, and Redness:** Swelling and/or mild discomfort is a normal occurrence following injection and is usually of short duration. If swelling is slow to resolve, medical treatment may be necessary. Redness may also occur after injection and be present for a few hours to a few days following the procedure.
- Needle Marks:** Visible needle marks from injection occur normally and resolve within a few hours to a few days.
- Skin Sensitivity:** Burning and/or stinging is possible at IV and injections sites. Skin rash, itching, and/or tenderness may also occur following injections and normally resolve within a few hours to a few days.
- Infection and Allergic Reaction:** Although infection and allergic reaction following IV hydration are very unusual, bacterial, fungal, and viral infections and life-threatening allergic reaction or anaphylaxis can occur.
- Phlebitis:** Complications of phlebitis may include local infection and abscess formation, clot formation, and progression to a deep venous thrombosis and pulmonary embolism. When pronounced deep venous thrombophlebitis has seriously damaged the leg veins, this can lead to post-phlebitic syndrome.

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- ❑ **Infiltration / Extravasation:** **Infiltration** occurs when an IV fluid or medication accidentally enters the surrounding tissue rather than the vein. **Extravasation** occurs when vesicant solution (medication) is administered and inadvertently leaks into surrounding tissue, causing damage to surrounding tissue. Characterized by the same signs and symptoms as infiltration but also includes burning, stinging, redness, blistering, or necrosis of the tissue.
- ❑ **Fluid Overload:** This occurs when fluids are given at a higher rate or in a larger volume than the system can absorb or excrete. Possible serious consequences include hypertension, heart failure, and pulmonary edema.
- ❑ **Hypothermia:** The human body is at risk of accidentally induced hypothermia when large amounts of cold fluids are infused. Rapid temperature changes in the heart may precipitate ventricular fibrillation.
- ❑ **Electrolyte Imbalance:** Administering a too-dilute or too-concentrated solution and with additional vitamins or minerals can disrupt the patient's balance of sodium, potassium, magnesium, and other electrolytes which can lead to serious medical conditions.
- ❑ **Embolism:** A blood clot or other solid mass, as well as an air bubble, can be delivered into the circulation through an IV and end up blocking a vessel which can be life-threatening.
- ❑ **Unsatisfactory Result:** IV hydration therapy alone may not produce an outcome that meets your expectations. There is the possibility of a poor or inadequate response. Additional IV hydration therapy or other treatments may be necessary.
- ❑ **Unknown Risks:** The long-term effect of IV hydration is unknown. The possibility of additional risk factors or complications attributable to the use of IV hydration may be discovered.
- ❑ **Pregnancy and Nursing Mothers:** Animal reproduction studies have not been performed to determine if IV hydration therapy could produce fetal harm. It is not known if the particular formula used or its breakdown products can be excreted in human milk. It is not recommended that pregnant women or nursing mothers receive IV hydration therapy.
- ❑ **Drug Interactions:** It is not known if IV hydration therapy reacts with other drugs within the body.

## **DISCLAIMER**

Informed consent documents are used to communicate information about the proposed treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Your medical provider may provide you with additional or different information which is based on all of the facts pertaining to your particular case and the current state of medical knowledge. Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

**IT IS IMPORTANT THAT YOU READ THE ABOVE INFORMATION CAREFULLY AND HAVE ALL OF YOUR QUESTIONS ANSWERED BEFORE SIGNING THE CONSENT ON THE FOLLOWING PAGE.**