

# Infusion Therapy: What You Need To Know

## Infusion Therapy

Infusion therapy is a way to deliver medicine, nutrition or fluids into your body. It is usually done by intravenous (IV) into a blood vessel. A nurse will be doing your therapy.

Your health care provider may want you to have infusion therapy to:

- help relieve pain
- treat a disease, an infection or other condition
- deliver nutrition or fluids into your body.

Infusion therapy can take anywhere from 15 minutes to 5 hours each time. Talk with your health care provider if you have questions about how long your therapy will take.

## Before Your Therapy

- Follow any instructions you received from your health care provider.
- Tell your nurse if you:
  - are pregnant
  - have any allergies
  - have had vaccines or a flu shot recently
  - feel sick or have felt sick within the past 24 hours
  - take a blood thinner, such as warfarin (Coumadin<sup>®</sup>), heparin, clopidogrel (Plavix<sup>®</sup>) or ticlidine (Ticlid<sup>®</sup>)

## Your Appointment

Hospital/Clinic: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Plan to spend \_\_\_\_\_ minutes / hours at the facility.

Phone number: \_\_\_\_\_

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment. If you begin to feel sick within 24 hours of your appointment, call as soon as you are able.

- take any other medicines. Check with your health care provider to see if you have special medicine instructions.
- For 24 hours before your therapy, **do not**:
  - eat or drink any caffeinated or decaffeinated beverages (coffee, soda, energy drinks), chocolate or medicines that contain caffeine unless your health care provider tells you otherwise
  - use tobacco
  - drink alcohol.
- In the 24 hours before your therapy, drink 32 ounces of water.

**(over)**

- Get plenty of rest. Try to sleep a full 8 hours the night before your therapy appointment.
- Eat a well-balanced meal.
- Wear loose, comfortable clothing.
- You may bring something to do, such as a book, laptop or personal music player (MP3, iPod®).
- Arrive at your appointment 15 minutes early to fill out any paperwork.

## During Your Therapy

- Your nurse may give you an over-the-counter medicine (such as Tylenol® or Benadryl®) to help with any pain or possible reactions.
- An IV catheter will be placed in your arm or hand.
- You will be able to read, sleep, watch TV, do simple projects or talk.

## After Your Therapy

- The IV catheter will be removed from your arm or hand and a bandage put on it.
- You will be asked to keep the bandage on for at least 30 minutes. (You may need to keep it on longer if you take a blood thinner.)
- Your technologist may give you medicine to help with pain or possible reactions.
- Make sure you drink plenty of water and eat a well-balanced meal.
- You may return to your normal activities.

## When To Call Your Health Care Provider

Call your health care provider if you have any of the following signs of infection:

- redness or warmth at the injection site
- increased pain (other than the injection site)
- swelling at the injection site
- drainage at the injection site
- chills or night sweats.
- temperature of more than 100 F.