

# THE GROVE SPA

& BOUTIQUE

## Vitamin IV Therapy Pre-Treatment

Please review and follow our pre-treatment care plan. Failure to do so could result in cancellation of your treatment and forfeiture of your deposit. This service can not be performed on anyone who is pregnant or nursing.

### On the day of your treatment:

- Drink plenty of water before your IV therapy session (at least 16 oz an hour before the procedure) to help make veins more accessible.
- Have a light meal or snack 1-2 hours before your appointment to prevent dizziness or nausea during the treatment.
- Inform your provider if you are taking any medications or have any allergies.
- Wear loose, comfortable clothing with sleeves that can be easily rolled up to access your veins.
- IV treatments typically take anywhere from 30-60 minutes depending upon the bag you select. We recommend using the restroom prior to your treatment so you will have uninterrupted relaxation during this time.

### Contraindications:

- Kidney or Liver Disease
- Heart Disease or Heart Failure
- Severe Allergies to Vitamins/Minerals
- G6PD Deficiency
- Severe Dehydration or Electrolyte Imbalance
- Other conditions as per your facility's protocol

Have a question? Call us at 816-834-9100 or email us at [clientservices@thegrovespa.com](mailto:clientservices@thegrovespa.com)