



HANGOVER RECOVERY

Please ensure that you read this document thoroughly. If you have any questions regarding the procedure or treatment, please ask Kelly Woodwark RN before signing this consent.

HOW IT WORKS

After a night of drinking your body can be depleted of water, vitamins, and nutrients. When you are feeling 'hangover' you may be experiencing the following: Fatigue, headache, thirst, weakness, muscle aches, stomach pain, vertigo, nausea, bloating, anxiety, irritability, sweating, and blood pressure changes. Intravenous (IV) rehydration involves placing an IV into one of your veins. Usually, placed in one of your arm veins. Once the treatment is complete the IV catheter will be removed. A small bruise may remain.

THE TREATMENT

An IV catheter will be inserted into a vein. A tourniquet will be placed on your arm. The site for the IV insertion will be cleansed. The IV will be inserted and taped to your arm. The small and flexible catheter will remain in place until the treatment is complete. A bag of fluid with additives will be attached with IV tubing to the IV catheter and infused into your circulation.

WHAT'S IN THE BAG?

B Complex- Water soluble or stored in water. When you become dehydrated from drinking alcohol these vitamins become depleted. A boost of Riboflavin, Niacin, Thiamin and Folic acid will help with mental fogginess as these vitamins are needed for brain and metabolic functions.

B12-Cobalamin- Water soluble. Helps to maintain energy levels. IV is the most beneficial for B12 effects

Vitamin C- In higher doses Vitamin C can improve your energy level, boost your immune system and help to improve your skin. Vitamin C has antioxidant properties. Antioxidants can reduce inflammation and

help fend off illness

Magnesium- works as an anti inflammatory so helps with aches and pains but most specifically will help with headache

ADD ON Dimenhydrinate- Medication to help with the nausea and upset stomach.

Risks, Complications and Alternatives

initials Any time the skin is broken (like with an IV) *infection* can form at the site and sometimes this infection will travel up the arm (*phlebitis*). You may need more medication to clear this infection.

initials Risk of *dislodgement* of the IV catheter from the vein into the surrounding tissues. When this happens *swelling* may be noted at the site.

initials When a person is dehydrated from drinking, obtaining an IV can become more difficult as alcohol has led to dehydration. It could possibly take *more than one insertion attempt to achieve a patent IV*.

initials Air Embolism can occur if too much air gets into your vein. This is rare but can have serious consequences including death. _initials_ These attempts could result in local swelling and *bruising*.

It is possible for a clot to form from an IV insertion. This clot could lead to further investigation and treatment.

initials The alternative treatment would be to consume fluids, nutrients, vitamins and medications orally.

Benefits

This route provides quicker relief than consuming the fluid, nutrients and medication through the digestive tract. You should feel better quicker than you otherwise would without the IV.

Contraindications

If you have issues with kidney function, kidney disease, heart conditions. Any condition in which extra fluids may worsen your overall health. Please ensure to list all medical conditions on health

Payment

 initials I understand that this is an elective procedure and that payment is my responsibility and is expected at time of treatment.

Results

This treatment will lessen your dehydration and work to replace depleted nutrients. If you are very dehydrated, this IV treatment will significantly help, but may not alleviate all of your symptoms completely.

Date of treatment _____

Printed Name _____

Signature _____