**IntraVenous Vitamin Therapy Consent**

Vitamins and minerals are essential to the normal functioning of our bodies. They are necessary for our growth, vitality, and general well-being. They are involved in regulating metabolism, help convert carbohydrates into energy, and assist in forming soft tissue and bone. Usually we can get the right nutrients through our diet, however, sometimes even a great diet may not translate to proper nutrition at the cellular level. There can be many causes of this, which may include: poor digestion, food sensitivities, chronic inflammation, poor immune function, or chronic illness, or side effects from drug therapy.

Intravenous therapy (IVT) involves the administration of nutrients in high concentrations to rapidly aid cellular healing. Normally cells in the digestive tract facilitate the absorption of nutrients, however in IVT, the digestive tract is bypassed with the direct infusion into the bloodstream. This allows the cells to rapidly obtain the nutrients needed to repair and regain strength.

**Recommended for:**

IVT can be effective in many situations including: Autoimmune diseases, migraines, detoxification, fibromyalgia and chronic fatigue syndrome, allergies, asthma, macular degeneration, depression, anxiety, drug/alcohol withdrawal, and malnutrition. It can even be used periodically in healthy people to enhance overall well-being and in athletes to improve endurance and performance. When our cells are given the nutrients they need, they will be able to function properly and thus allow the restoration of our body’s inherent healing mechanisms.

**Safety:**

Intravenous vitamin and mineral treatment has been used safely by physicians for decades. The solution is composed of vitamins, minerals and potentially amino acids that are natural to the body and generally pose minimal health risks when the procedure is performed by a trained professional. Dr. Polina Kapoustina, ND will conduct a thorough assessment prior to any therapy to ensure that this treatment is safe and individualized for you. She is regulated to perform IVT by the College of Naturopaths of Ontario (CONO), and is trained in emergency procedure medicine. You, as a patient, are responsible for following up with you medical doctors regularly for general health assessments ***and*** as recommended by Dr. Polina Kapoustina ND while undergoing intravenous treatments.

**Potential Side Effects:**

A mild flushing sensation or a taste of vitamins is very temporary and **uncommon** and is typically related to the magnesium and B vitamins. A potential side effect could be a slight irritation of your vein as with any needle, but does not occur with most patients. Sensitivity to a preservative in one of the nutrients could possibly cause a tired feeling or a headache, but this is very uncommon. We generally use solutions without preservative to reduce this possibility. If this reaction does occur, the offending substance can be identified and omitted

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**It is very important that you have something to eat and drink prior to receiving an IVT treatment. This will reduce the chances of a orthostatic reaction – feeling faint and/or passing out during the treatment.**

***I have read and understood the general information on IV nutrient therapy and discussed it to my satisfaction with Dr. Polina Kapoustina***:

Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ND Witness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_