

# TREATMENT TIPS FOR INFUSION DAY



Infusion days can feel overwhelming, but a little preparation goes a long way. Use this guide to help your appointment go smoothly and safely.

## Before Your Appointment

- **Tell your provider if you are on antibiotics or any new medications.** This helps ensure your infusion is safe and effective.
- **Arrange transportation:** Some infusion medications may cause drowsiness or side effects. Have a trusted person drive you to and from your appointment if advised.
- **Hydrate well:** Drink plenty of water the night before and the morning of your infusion. Staying hydrated can make IV placement easier and help your body tolerate the medication.
- **Eat beforehand:** Have a balanced meal or snack before your appointment. This helps maintain your energy and blood sugar during the infusion.
- **Check your blood pressure:** If you have high blood pressure, make sure it is well controlled before your infusion. Share recent readings with your care team.

## During Your Appointment

- **Observation time:** After your infusion, you may need to stay for a short period so staff can monitor you for side effects. This is an important safety step—plan your schedule accordingly.
- **Bring comfort items:** A book, headphones, or blanket can make the time more pleasant.
- **Communicate:** Let your nurse know right away if you feel unwell, dizzy, or have any unusual symptoms.

## After Your Appointment

- **Rest and recover:** Give yourself time to relax once you're home.
- **Continue hydration:** Keep drinking fluids to support your body's recovery.
- **Follow instructions:** Take any medications or follow-up steps as directed by your provider.
- **Watch for delayed side effects:** Contact your care team if you notice fever, rash, shortness of breath, or other concerning symptoms.

**FOR MORE INFO**

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