



## **What is Intravenous Nutrient Therapy?**

Intravenous Nutrient Therapy (INT) is a supportive therapy that is comprised of a healthcare practitioner administering an individualized mix of vitamins, minerals and/or amino acids directly into the blood supply of a patient, thus bypassing the digestive tract.

## **Why would Dr. Sikorski suggest Intravenous Nutrient Therapy (INT)?**

Dr. Sikorski may suggest INT if you suffer from a malabsorption disease (ie. Celiac, Cohn's, Colitis, Irritable Bowel Syndrome, Gastric Bypass), if you have large amounts of physical stressors on the body (ie. an athlete, physical laborer, you're suffering from a chronic illness or recovering from a recent surgery), or if you have large amounts of mental stressors (ie. single parent, a high demand job, undergoing a very stressful life event like a divorce). INT has also been shown to improve symptoms associated with Fibromyalgia and Chronic Fatigue Syndrome.

## **What do I need to provide in order to get Intravenous Nutrient Therapy?**

Dr. Sikorski will order specific blood tests to ensure your body is able to handle an IV. He may also test your urine before the treatment to ensure you are properly hydrated before getting your IV. This would be completed during an initial appointment or after a referral from another Naturopathic Doctor.

## **How safe is Intravenous Nutrient Therapy?**

Like any medical procedure, there are risks involved. With INT, the risks are less and can be pain and swelling at the IV needle site or an allergic reaction to the ingredients in the IV. To minimize the risk, Dr. Sikorski will go through medications and anaphylaxis allergies with you in detail before your first treatment.

## **How do I need to prepare for my Intravenous Nutrient Therapy appointment?**

You need to be well hydrated for at least 6 hours before and eat at least a snack approximately 30 minutes before your treatment. Also, be sure to wear a loose shirt with sleeves that can be rolled up past the elbows.

If you have any questions, feel free to contact the office of Dr. Greg Sikorski ND and they will be happy to help