



# Wellspring Studio

PATIENT  
INFORMATION

## ABOUT

IV infusion involves inserting a small needle or cannula into a vein, allowing fluids and nutrients to be delivered directly into the bloodstream for fast and effective absorption.

Each treatment begins with a clinical assessment to ensure suitability and is performed under professional supervision. Our nurse-led team provides a safe, comfortable environment where you can relax while supporting hydration, recovery, and overall wellbeing

## BENEFITS

- Bypasses gastrointestinal absorption, ensuring direct delivery into the blood stream
- 100% bioavailability, allowing full utilization by tissues
- Higher concentrations achieved compared to oral supplementation
- Reduced risk of gastrointestinal irritation
- Supports hydration and overall physiological function

## APPROVAL FROM GP OR SPECIALIST

Patients with a complex medical history of where any potential concerns are identified during the initial assessment, patients may require approval from their GP or specialist before treatment can proceed

In these circumstances, we will contact your GP or specialist with details of the proposed treatment plan and request their approval. If approval is not granted, we will be unable to proceed with the infusion.

## **SAFETY PRECAUTIONS**

Prior to treatment, a clinical assessment will be conducted and informed consent obtained.

Your vital signs will be monitored before, during, and after the infusion.

We will also observe the insertion site of your cannula or butterfly needle for any signs of infection, such as redness, swelling, or discharge. While there is a very small risk of infection with any skin puncture, this risk is minimal in healthy individuals when the IV is administered over a short duration and promptly removed. After your treatment, please notify the clinic immediately if you experience prolonged fevers greater than 37.5 degrees, and/or any of the following:

- redness/pus/discharge to the cannula site
- shivering and/or shakes
- feeling hot or cold/unable to get comfortable
- muscle and/or joint soreness/stiffness

## **IV THERAPY FOR CANCER TREATMENT**

IV therapy is not intended as a treatment for cancer. Some evidence suggests it may support overall wellbeing during cancer treatment.

For patients undergoing active cancer treatment, IV therapy can only proceed with approval from your treating oncologist and/or GP. We strongly recommend following the guidance of your healthcare specialists

## **CARDIAC AND/OR RENAL ISSUES -**

For patients with a history of cardiac or kidney problems, we may request confirmation from your GP to perform IV therapy, depending on how well your condition is managed. Patients who have compromised cardiac or kidney function may be adversely affected by extra hydration and/or electrolytes.

## **HAEMOCHROMATOSIS**

Also known as “iron overload,” haemochromatosis can affect the skin, heart, and liver. This is an important precaution to consider when using Vitamin C, as higher doses may increase iron absorption (smaller doses are generally well tolerated). Consultation with, and guidance from, your GP is recommended prior to treatment.

## **RISK AND POTENTIAL ADVERSE EFFECTS**

*Occasionally* – discomfort, bruising and pain at the site of the injection. General feeling of warmth during and after injection.

*Rarely* – Inflammation of the vein used for injection, phlebitis, metabolic disturbances and injury. Reactive Hypotension (or rapid drop in blood pressure). Reactive Hypoglycemia (or rapid drop in blood sugar).

*Extremely Rarely* – Severe allergic reaction, anaphylaxis, infection, cardiac arrest and death.

## **AFTER YOUR TREATMENT**

Following your treatment, you may return to your normal daily activities. Each individual responds differently to an infusion.

To help minimise the risk of bruising at the cannula site, we recommend avoiding heavy lifting or strenuous upper-body activity for 24hrs following your infusion. We also encourage you to stay well hydrated by drinking plenty of water.

## **YOUR NEXT INFUSION**

We generally recommend an initial treatment, followed by a second one in two weeks. This helps us to ascertain how much benefit you've received from your treatment and how frequently we can then recommend ongoing treatments.

From there, patients may wish to have infusions every 3-4 weeks to help maintain the therapeutic benefits.

Contact us to book your initial consultation or for  
any further information -  
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