

Initiating Infusion Therapy- A Patient's Guide

To our valued patient,

Your provider has recommended you begin infusion therapy. As you prepare for your first infusion, here are some helpful hints and tips, as well as general information, to help you have the most pleasant experience possible.

Preparing for infusion therapy –

One key to success is to replace confusion with confidence.

- Review all materials provided to you
 - This will include information about the medication you are being prescribed
- Complete all required lab work
 - Your provider will let you know what is needed
- Complete any information requested by your insurance company or payment assistance program
 - Our staff will assist you in this process to assure you are receiving the maximum benefit available to you
- As you think of questions, reach out to your MNGI Digestive Health provider
 - Via your Patient Portal (quickest method)
 - By phone at 612-871-1145

Preparing for your infusion appointment –

- Take any prescribed pre-medications
 - Your provider may prescribe medications such as Tylenol or Claritin to be taken prior to your appointment
 - If you are unsure if you have been prescribed pre-medications, please reach out to your provider for clarification
- Drink plenty of water
 - It is important that you are well hydrated
- Wear comfortable, loose fitting, clothing
 - Not only do you want to be comfortable, but wearing loose fitting clothes allows the medical staff to easily and properly monitor your vital signs (place blood pressure cuff, etc.)
 - Consider wearing layers
 - The temperature of the infusion center may be cool or warm
 - Some infused medications can also make you feel cool or warm
 - Having layers allows you the flexibility to easily control your comfort
 - Do not wear any fragrance or perfume as others may be sensitive

What to bring to your infusion appointment –

- A complete list of all your current medications
- Contact information for a driver, should you need one
 - Although the chance of having a reaction to your infused medication is low, we are always prepared for that possibility. In the event of a reaction, you may be treated with medications that can cause drowsiness. We will need to verify that you have a driver available before these medications can be administered.
- Things to do
 - Examples: books/puzzles/games, movies or music (with headphones), sewing or craft project, laptop computer, etc.
- Something to drink/water bottle
 - While not required, having an extra beverage available may add to your comfort
- A smile and a positive attitude!
 - Know you are in good hands!
 - Our staff will do everything possible to assure you have the most pleasant experience possible

What to expect at your infusion appointment –

- You can expect to be at the infusion center for 1-3 hours for your first infusion, depending on which medication you have been prescribed
 - If you're unsure of your prescribed medication's delivery time, please reach out to your MNGI Digestive Health provider
- At your arrival time (or before) you will check in at the front desk, and then have a seat in the lobby
 - Please be aware that arriving late to your appointment may lead to your appointment being rescheduled
- One of our staff will come out to escort you to the infusion suite as soon as we are ready to begin your care.
- We will start by obtaining a current weight.
- From there, you will be led to your infusion chair.
- We will obtain a set of vital signs (blood pressure, heart rate, temperature), and make sure you are comfortable – blankets, pillows, snacks, and beverages are available to you
- One of our trained staff will obtain IV access, and begin administering fluids
- Your medication is then prepared and administered

During your infusion –

- It is important to let the staff know if you begin to feel anything out of the ordinary, such as:
 - Itching or hives
 - Shortness of breath
 - Feeling flush
 - Nausea
 - Chest tightness
 - Chills
 - Headache

- As your infusion is being administered, feel free to engage in any quiet activity that helps you pass the time. Naps are good, too!
- As your infusion completes, a staff member will go over your discharge instructions, plans for your next infusion, and answer any questions you may have.
- When your medication is completely infused, you will receive additional fluids and monitoring for another 15-30 minutes (depending on your type of medication) before you are discharged.

After your infusion appointment –

- You may return to your usual diet and medications.
- You may resume your normal activities.
- Some patients experience delayed side-effects from the infusion. These may include:
 - headache
 - while a mild headache is not unusual after receiving an infusion, please contact our office for a severe headache that does not resolve with Tylenol
 - chills
 - nausea
 - cramping
 - fever (greater than 101 degrees F)
 - **If any of these symptoms occur, please either go to the emergency room or call our office at 612-871-1145. (If after business hours, your call will be routed to the physician on call.)**
- You may notice some tenderness or swelling where you received the medication
 - This should disappear in a day or two.
 - A warm, wet washcloth applied for 15-20 minutes, four times per day can help ease the discomfort.

We thank you for the opportunity to partner with you on your health care journey. Please don't hesitate to contact us at any time with questions you may have.

We look forward to serving you!

MNGI Digestive Health