Initiating Infusion Therapy

A Patient's Guide

Your doctor wants you to start a treatment called **infusion therapy**. This means that medicine will be given to you through a small tube placed in your vein (called an IV). This handout will help you know what to expect so you can feel ready and comfortable.

Getting Ready for Infusion Therapy:

The best way to feel good about your treatment is to learn about it! Here are some things to do before your first visit:

- Read all the papers your doctor gives you about your medicine.
- Get any blood tests your doctor asks for.
- Fill out any forms your insurance company or payment help program needs — our staff will help you with this.
- Write down any questions you have and ask your doctor.
- You can reach your MNGI provider through your Patient Portal (this is the fastest way) or by calling **612-871-1145**.

Getting Ready for Your Appointment

- **Take your pre-medicines:** Take any medicines your doctor told you to take before your visit. Your doctor may ask you to take Tylenol (acetaminophen) or Claritin (loratadine) before you come in. If you are not sure, ask your doctor.
- **Drink lots of water.** It is important that your body is hydrated with plenty of fluids.
- **Wear comfortable, loose clothes.** Loose clothing make it easier for the nurses to check your blood pressure and other vital signs. Wear layers - the room may feel cool or warm, and some medicines can also make you feel cool or warm. Layers let you stay comfortable.
- **Do not wear perfume or cologne.** Other patients nearby may be sensitive to smells.

What to Bring to Your Appointment:

- A list of all the medicines you take.
- A phone number for someone who can drive you home, just in case. It is very rare, but if you have a reaction to your medicine, you might be given medicine that makes you sleepy. If that happens, you will need a ride home.
- Things to keep you busy:
    - Books, puzzles, or games
    - A tablet or laptop for movies or music (bring headphones!)
    - A craft or sewing project
    - A guest (allowed at Coon Rapids and Woodbury locations only). Because of privacy rules, guests are not allowed in the infusion rooms at other locations.
- A good attitude — you are in great hands!

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What Happens at Your Appointment

1. You will check in at the front desk and sit in the waiting area. Please arrive on time — if you are late, your appointment may need to be moved to another day.
2. Staff will bring you back to the infusion area.
3. You will be weighed.
4. You will sit in a comfortable infusion chair.
5. Staff will check your blood pressure, heart rate, and temperature, and make sure you are comfortable. Blankets, pillows, snacks, and drinks are available.
6. A nurse will place a small IV in your arm and start giving you fluids.
7. Your medicine will then be prepared and given through the IV.

How Long Will It Take?

You can expect to be at the infusion center for the following amount of time:

Medication	Approximate Length of Stay
Infliximab (Remicade, Inflectra)	3 hours
Entyvio (vedolizumab)	1.5 hours
Injectafer (ferric carboxymaltose)	1.5 hours
Stelara (ustekinumab)	2 hours

These times include getting set up, the infusion itself, and watching you afterward to make sure you feel okay.

During Your Infusion

Tell the nurse right away if you start to feel anything unusual, such as:

- Itching or a rash (hives)
- Trouble breathing
- Feeling hot or flushed
- Feeling sick to your stomach
- Tightness in your chest
- Chills or shaking
- A headache

While your medicine is being given, you can read, watch a movie, listen to music, do a puzzle, or even take a nap!

When your infusion is almost done, a nurse will go over your instructions for going home, talk about your next appointment, and answer any questions. After the medicine is finished, you will get extra fluids and be watched for another 15 to 30 minutes before you can leave.

After Your Infusion:

- You can go back to your normal activities and take your regular medicines.
- You may notice some soreness or swelling where the IV was placed. This should go away in a day or two. Putting a warm, wet washcloth on the spot for 15 to 20 minutes, four times a day, can help it feel better.
- Some people may have side effects after they leave. These can include:

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- **Headache** : A mild headache is not unusual. But if you get a bad headache that does not go away with Tylenol, call our office.
- **Chills**
- **Feeling sick to your stomach**
- **Stomach cramps**
- **Fever** (temperature higher than 101°F)

If any of these happen, please go to the emergency room or call our office at **612-871-1145**. If it is after business hours, tell the answering service that you need to talk to the doctor on call.

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.

We look forward to serving you!

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