

# THE INFUSION EXPERIENCE

**New to infusion therapy? We can help. Use this quick resource guide to learn more about the infusion experience—what it is and how you can prepare for your appointment.**

This health information is not intended to replace discussions with a healthcare professional. Please use it as a guide to prepare for a conversation with your doctor.



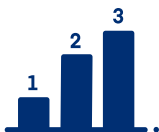
## What is infusion therapy?

Infusion therapy refers to medications that are dispensed directly into your veins through an intravenous (IV) infusion. Most infusion medications are administered by a healthcare professional in a medical setting such as your doctor's office, a hospital, or an infusion center.



## What is an infusion center?

An infusion center is an outpatient clinic that specializes in infusion therapy. These facilities have the advanced equipment and trained staff who are highly skilled at preparing, administering, and monitoring your infusion.



## What can I typically expect?

Be prepared to spend 3-4 hours there, even though your infusion time is typically less. This additional time includes post-infusion monitoring.

- 1. Pre-Infusion.** Your healthcare team will check your vital signs and ask questions about your overall health.
- 2. Your Infusion.** You will be seated in a supportive chair along with your belongings. An IV infusion needle will be placed in your arm and connected to an infusion pump.
- 3. Post-Infusion.** You will be monitored after your infusion for any side effects or reactions related to your infusion. It is important to immediately notify your healthcare team if you experience any signs or symptoms after your infusion.

# TIPS FOR PREPARING FOR YOUR INFUSION

## Before your appointment

- Call your infusion center or healthcare provider's office to get information specific to your infusion location so that you can arrive prepared and on time.
- Discuss any questions you may have with a healthcare professional.
- Start drinking plenty of water 24 hours before your appointment. Being well-hydrated may help make it easier to get the infusion started.
- Get a good night's sleep—being well-rested can make a difference.

## On infusion day

- Dress comfortably. Treatment rooms can sometimes be chilly, so bring layers and socks.
- Wear a loose-fitting shirt that allows access to your arm.
- Bring a list of your medications with you, including the name, dose, and how often you take them.
- Pack something to help you pass the time—a book, magazine, music, mobile phone, or laptop.
- Consider bringing a pillow or blanket—and snacks if your treatment center allows.

## Post-infusion

- Pat yourself on the back. Your infusion is done!
- Not everyone feels the same after receiving their medication. You may feel as though you need to rest after your appointment.
- You may experience some bruising and slight discomfort at your IV/injection site.
- Discuss any questions you may have with the healthcare practitioner administering your infusion.
- Make sure you understand the possible side effects. If you experience any signs or symptoms, notify your healthcare team immediately.

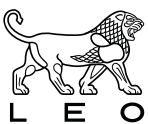
## Notes:

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