

ASCORBIC ACID ANTI-OXIDANT INFUSION PATIENT INFORMATION



What is Ascorbic Acid?:

Ascorbic acid is a natural water-soluble vitamin (vitamin C), which cannot be produced or stored by the human body(1). Our bodies use vitamin C in a number of different ways, including collagen production, stress management (i.e. cortisol), immune support, iron absorption (3), and oxidation-reduction reactions (4).

Before you are given IV Vitamin C:

1. Medical screening labs will be drawn and evaluated prior to the start of your infusions. These labs test for kidney function, Liver Function, Blood Counts and more.

Tell your doctor or nurse if:

- You have a history of hemochromatosis, kidney impairment or liver impairment.
- Are pregnant or breastfeeding
- Have had any reactions to Ascorbic Acid infusions in the past.
- Are taking any blood thinners such as coumadin (warafin).

2. Be sure to eat a protein snack and drink plenty of fluids prior to and during your infusion.

How IV Ascorbic Acid will be given:

Ascorbic Acid will be diluted into an IV solution and administered through an IV site in your vein.

Possible Adverse Reactions:

In properly screened patients, IV Ascorbic Acid is an extremely safe intervention (2). You may experience some side effects during or after your infusion. Most of them are mild and may include the following:

1. Nausea/Vomiting
2. Headache
3. Thirst, increased urination

The Vitamin C molecule looks similar to sugar in the body. The body may release insulin to combat this false level of blood sugar, thus causing the actual blood sugar level to drop. We encourage patients to eat prior to and during the infusion. Please notify staff if you experience the following symptoms during your infusion:

- Dizzy/Light Headed
- Sweaty
- Confusion
- Shakiness

You should not have blood drawn for kidney function or liver function tests within 24 hours after your infusion as it may skew the results.

What to expect for your infusions:

1. Patients should wear comfortable clothing and pack a snack that contains protein. Please be sure to arrive well hydrated and plan to drink fluids throughout your session.

2. Our therapeutic vitamin C infusions can take anywhere from 45 minutes to 2.5 hours depending on the dose.

3. Blankets and beverages are provided, and patients are encouraged to relax during their visit. You will have access to a call light to alert staff to any needs and staff will be readily available to you during your session.

4. We offer complimentary Wifi access. We ask that patients be respectful of other individuals in the IV Suite by refraining from phone calls and wearing head phones for any music or video selection on their personal devices.

References:

1. National Center for Biotechnology Information. PubChem Compound Database: CID=54670067, <https://pubchem.ncbi.nlm.nih.gov/compound/54670067> (accessed Jan. 23, 2019).
2. Anderson, Paul. "Intravenous Vitamin C (Ascorbic Acid): Information for Physicians and Patients." Advanced IV Therapy-Strategies for Acute and Chronic Infections, Immune and Inflammatory Diseases Conference, 2-4 Nov. 2018, Atlanta, GA. Conference Presentation.
3. VITAMIN C ASCORBIC ACID: Uses, Side Effects, Interactions and Warnings. (n.d.). Retrieved January 23, 2018, from <https://www.webmd.com/vitamins-supplements/ingredientmono-1001-vitamin-c-ascorbic-acid.aspx>
5. Mahan, L., & Esxott-Stump, S. (2014). Food, nutrition, and diet therapy (pp. 110-112). Philadelphia, Pennsylvania: Saunders.