

MYER'S COCKTAIL PATIENT INFORMATION



What is IV Myer's?:

The modified Myer's Cocktail is an intravenous vitamin-and-mineral infusion which consists of magnesium, calcium, B vitamins, and vitamin C. It has been found to be effective against acute asthma attacks, migraines, fatigue, fibromyalgia, acute muscle spasm, upper respiratory tract infections, sinusitis, seasonal allergic rhinitis, cardiovascular disease and other disorders. (1)

Before you are given IV Myer's Cocktail:

Let the staff know if you:

1. Have a history of heart disease
2. Are taking any anti-arrhythmic medications such as digoxin
3. Are taking any potassium depleting diuretic medications such as Lasix.
4. Have had excessing vomiting or diarrhea within the last week
5. Have ever had a reaction to IV thiamin
6. Have a history of any electrolyte imbalances such as high or low potassium, calcium or magnesium.

Possible Adverse Reactions:

When administered with caution and respect, the Myer's has been generally well tolerated, and no serious adverse reactions have been encountered with approximately 15,000 treatments. (1)

1. Hypokalemia (low potassium) may occur in individuals that have a low potassium level due to vomiting, diarrhea, or medications that deplete their potassium level.
2. Hypotension (low blood pressure) may occur with symptoms such as light-headedness or dizziness.
3. Often times, a temporary warm sensation is experienced that starts in the chest and migrates to the vaginal area in women and the rectal area in men. (1)

What to expect for your visit:

1. We infuse our Myer's cocktail at a slow and steady rate to decrease the likelihood and severity of any side effects. Meyers infusions generally take about 20-30 minutes but may take longer if a higher dose of Vitamin C is ordered or if we need to slow the infusion down for patient comfort.
2. 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.
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 Wi-Fi 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. Gaby, A.R. (2002). Intravenous Nutrient Therapy: the "Meyers' Cocktail" Alternative Medicine Review, 7 (5), 389-402.