



Vitamin infusion therapy patient information guide

This vitamin infusion therapy guide contains important information about your upcoming treatment, including preparation instructions, infusion duration, and what to expect before, during and after your appointment at Moonee Valley Specialist Centre in Essendon.



Moonee Valley
SPECIALIST CENTRE

Gastroenterological and Related Care



What is a vitamin infusion therapy?

Vitamin infusion therapy, also known as IV vitamin therapy, delivers vitamins, minerals, hydration, and nutrients directly into the bloodstream through an intravenous infusion.

This treatment may support hydration, energy levels, nutrient absorption, recovery, and overall wellbeing. Each infusion is tailored to your individual health needs and treatment goals following assessment by your healthcare provider.

Infusion options may include vitamin C, B vitamins, amino acids, multivitamin blends, B12 injections, or Myers' cocktail therapy.

Quick facts

Duration	Approximately 30–90 minutes
Anaesthesia	Not required
Fasting	Usually not required unless advised otherwise
Recovery	Minimal recovery time needed
Results	Discussed with your healthcare provider following treatment

Important things to remember

- Drink plenty of water before your appointment to help support hydration.
- Continue taking your regular medications unless your healthcare provider advises otherwise.
- Bring any recent blood test results or referral information if requested.
- Wear loose, comfortable clothing with easy access to your arms.
- Let us know before your appointment if you are pregnant, unwell, or have allergies or medical conditions.

Preparation steps

• Before your appointment

Preparation involves a consultation to review your medical history, symptoms, medications, and health goals. Blood tests may be required to ensure IV vitamin therapy is appropriate and safe for you.

• Day before – Morning

Continue normal meals, hydration, and medications unless your healthcare provider has advised otherwise.

• Day before – Evening

Avoid excessive alcohol intake before your appointment and ensure you remain well hydrated.

• Day of procedure

Eat a light meal before your appointment unless instructed otherwise. Wear comfortable clothing and drink water throughout the day to support hydration.

What to expect

On arrival, our team will confirm your details and guide you through the treatment process before your infusion begins. You will complete a consultation with our doctor or nurse to review your medical history, symptoms, and health needs before undergoing IV therapy. Our vitamin infusions are done in a private, specialist-led environment to ensure your safety and comfort.

A small cannula is inserted into your vein, which may feel like a slight pinch. The infusion then runs slowly over 30 to 90 minutes in a comfortable clinical setting. Your infusion may include vitamin C, B vitamins, amino acids, multivitamin blends, or other nutrients tailored to your individual treatment goals.

During the vitamin infusion

- The infusion is administered while you remain awake and comfortable.
- You will be seated or reclining comfortably during the treatment session.
- A trained healthcare professional will monitor your infusion throughout the appointment to support your comfort and wellbeing.
- Most patients can relax, read, or use their phones during treatment.

After the infusion

Most patients can return to normal activities shortly after treatment, unless their healthcare provider advises otherwise.

Hydration and nutrient support continue following the session, and your healthcare provider may discuss any recommended follow-up or additional treatment sessions.

Aftercare is generally minimal, though staying well hydrated following your infusion is recommended.

Risks and safety of vitamin infusion therapy

- Vitamin infusion therapy is generally safe when delivered by qualified healthcare professionals in a controlled clinical setting. However, as with any intravenous treatment, there are some potential risks and side effects to consider.
- Most patients tolerate IV vitamin therapy well, though some may experience mild discomfort or bruising at the cannula insertion site, temporary headache, nausea, or lightheadedness following treatment. Rare risks may include irritation or infection involving the vein or injection site.
- Before treatment, your healthcare provider will review your medical history, medications, allergies, and overall health to ensure the infusion is appropriate and safe for you. All infusions are administered using sterile techniques and monitored by trained healthcare professionals, with a strong focus on patient safety, comfort, and personalised care.

Inform our healthcare team before your appointment if you are pregnant, feeling unwell, have allergies, or have experienced previous reactions to intravenous treatments or vitamin infusions.



Need to reschedule or have questions?

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