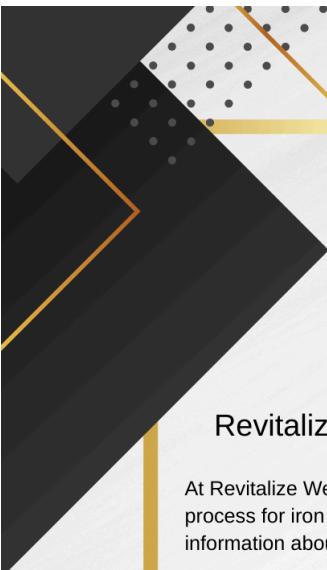


REVITALIZE

WELLNESS RN INC

Iron Infusion Guide





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Revitalize Wellness RN Inc: Iron Infusion Appointment Guide

At Revitalize Wellness RN Inc, we prioritize safety and care with our comprehensive appointment process for iron infusions. This guide is designed to provide patients with all the necessary information about our iron infusion services in one convenient location.

Iron Infusion Therapy

Our Iron Infusion IV Therapy is a safe, efficient, and effective way to replenish iron levels and restore energy. By delivering iron directly into the bloodstream, this treatment bypasses absorption issues associated with oral supplements and can help relieve symptoms such as fatigue, shortness of breath, and low iron levels.

All IV iron infusions are administered by licensed healthcare professionals in a comfortable, clinical setting. This therapy is an ideal option for individuals with chronic iron deficiency, gastrointestinal conditions, or absorption disorders who have not responded adequately to oral iron therapy.

Causes of Low Iron Levels

- **Blood Loss:** Includes heavy menstrual bleeding, bleeding during childbirth, chronic gastrointestinal bleeding, injuries, surgery.
- **Pregnancy:** Iron requirements increase during pregnancy.
- **Decreased Iron Absorption:** Conditions such as celiac disease, autoimmune gastritis, and certain medications (e.g., NSAIDs, proton pump inhibitors, calcium supplements), as well as coffee and tea consumption, can reduce iron absorption.
- **Other Causes:** Insufficient dietary intake, vegetarian diets, and regular blood donation can also contribute to low iron levels.





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Signs of Low Iron Levels:

- Feeling tired or having low energy
- Experiencing weakness
- Having pale skin
- Dizziness or feeling lightheaded
- Shortness of breath
- Headaches
- A sore or swollen tongue
- Trouble concentrating or experiencing "brain fog"
- Irritability
- Low mood or symptoms similar to depression
- Experiencing rapid or irregular heartbeats (palpitations)
- Brittle nails, thinning hair, or hair loss
- Cold hands and feet

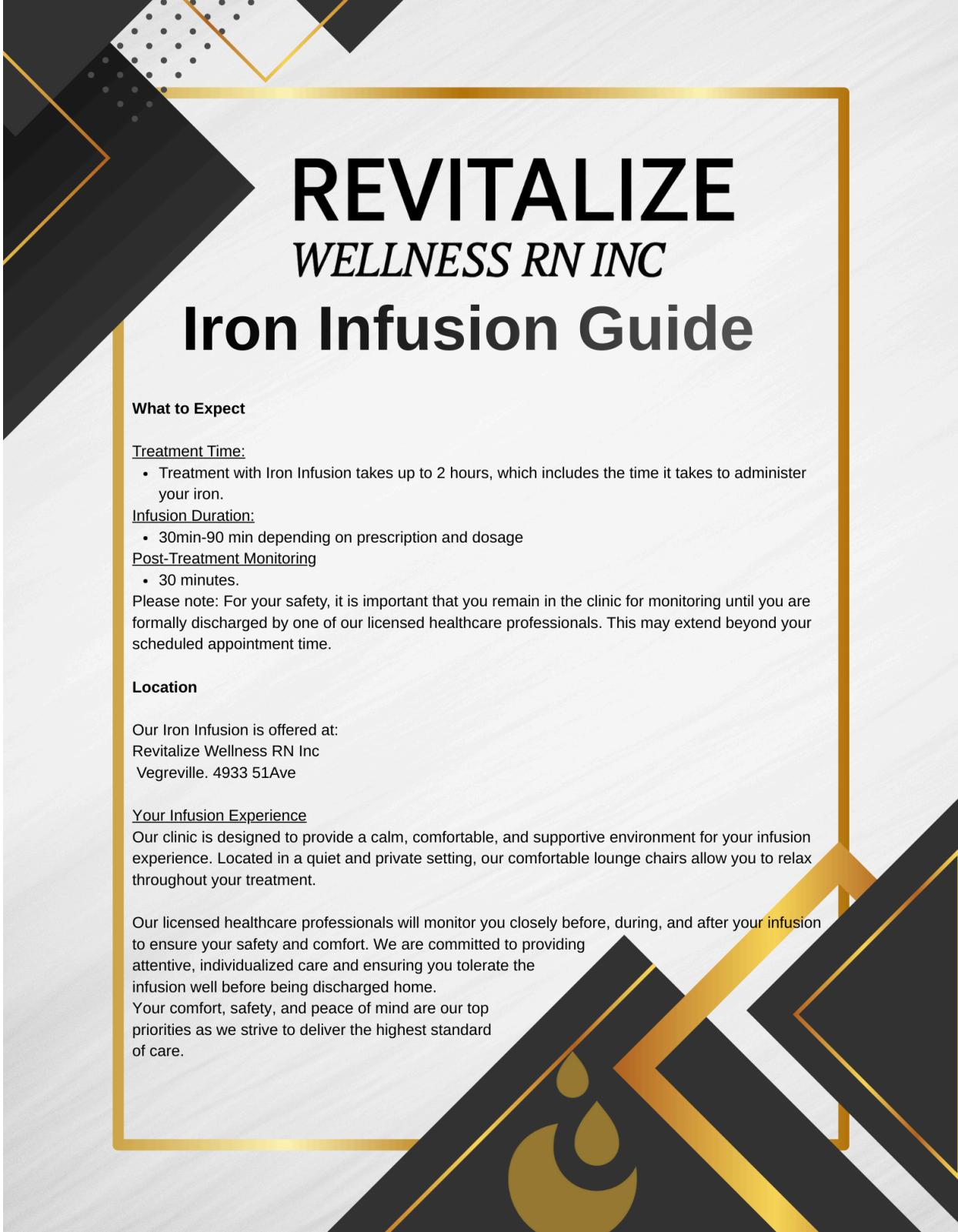
Who Should Avoid Iron Infusions?

Iron infusions are **NOT** recommended for patients with the following conditions:

- Allergies to ferric derisomaltose (Monoferic), Iron sucrose or any components of the medication
- History of severe allergic reactions to other injectable iron forms
- Anemia not caused by iron deficiency, such as hemolytic anemia
- Conditions leading to iron overload or improper iron usage (hemochromatosis or hemosiderosis)
- Liver issues, including cirrhosis or hepatitis

How Many Infusions Are Required?

The number of infusions needed depends on your medical history. You may require several infusions or divided doses over multiple sessions. Your primary care physician will need to assess your blood work after each infusion to evaluate your iron levels and determine if further infusions are necessary.



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Iron Infusion Guide

What to Expect

Treatment Time:

- Treatment with Iron Infusion takes up to 2 hours, which includes the time it takes to administer your iron.

Infusion Duration:

- 30min-90 min depending on prescription and dosage

Post-Treatment Monitoring

- 30 minutes.

Please note: For your safety, it is important that you remain in the clinic for monitoring until you are formally discharged by one of our licensed healthcare professionals. This may extend beyond your scheduled appointment time.

Location

Our Iron Infusion is offered at:

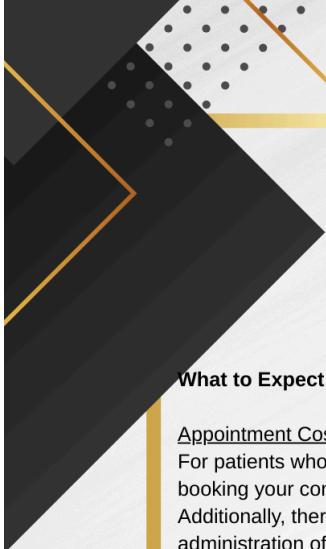
Revitalize Wellness RN Inc
Vegreville. 4933 51Ave

Your Infusion Experience

Our clinic is designed to provide a calm, comfortable, and supportive environment for your infusion experience. Located in a quiet and private setting, our comfortable lounge chairs allow you to relax throughout your treatment.

Our licensed healthcare professionals will monitor you closely before, during, and after your infusion to ensure your safety and comfort. We are committed to providing attentive, individualized care and ensuring you tolerate the infusion well before being discharged home.

Your comfort, safety, and peace of mind are our top priorities as we strive to deliver the highest standard of care.



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What to Expect

Appointment Costs and Associated Costs

For patients who are new Iron Infusion Client, there is a \$75.00 consultation fee that is due upon booking your consultation with us. This fee will be deducted from your Iron infusion appt fee. Additionally, there is an infusion fee of \$225.00 (\$150 for first infusion due to consult fee) for the administration of your iron. This fee applies per infusion session, and additional iron infusions may be recommended based on clinical needs.

Prescription Cost

Once we confirm your eligibility for our Iron Infusion program, you will be provided with a prescription which can be filled at the following pharmacy. **Please do not fill prescription** until after your consultation with our Medical Director.

Vegreville Drug Mart
4925 50Ave
Vegreville
780-632-7660

The cost of your iron prescription is dependent on the amount of iron being used in your infusion. Talk to your pharmacist about insurance coverage. Currently, Approximate iron costs without insurance are as follows:

Monoferic Iron:

- 1000mg vial: \$515
- 500mg vial: \$260

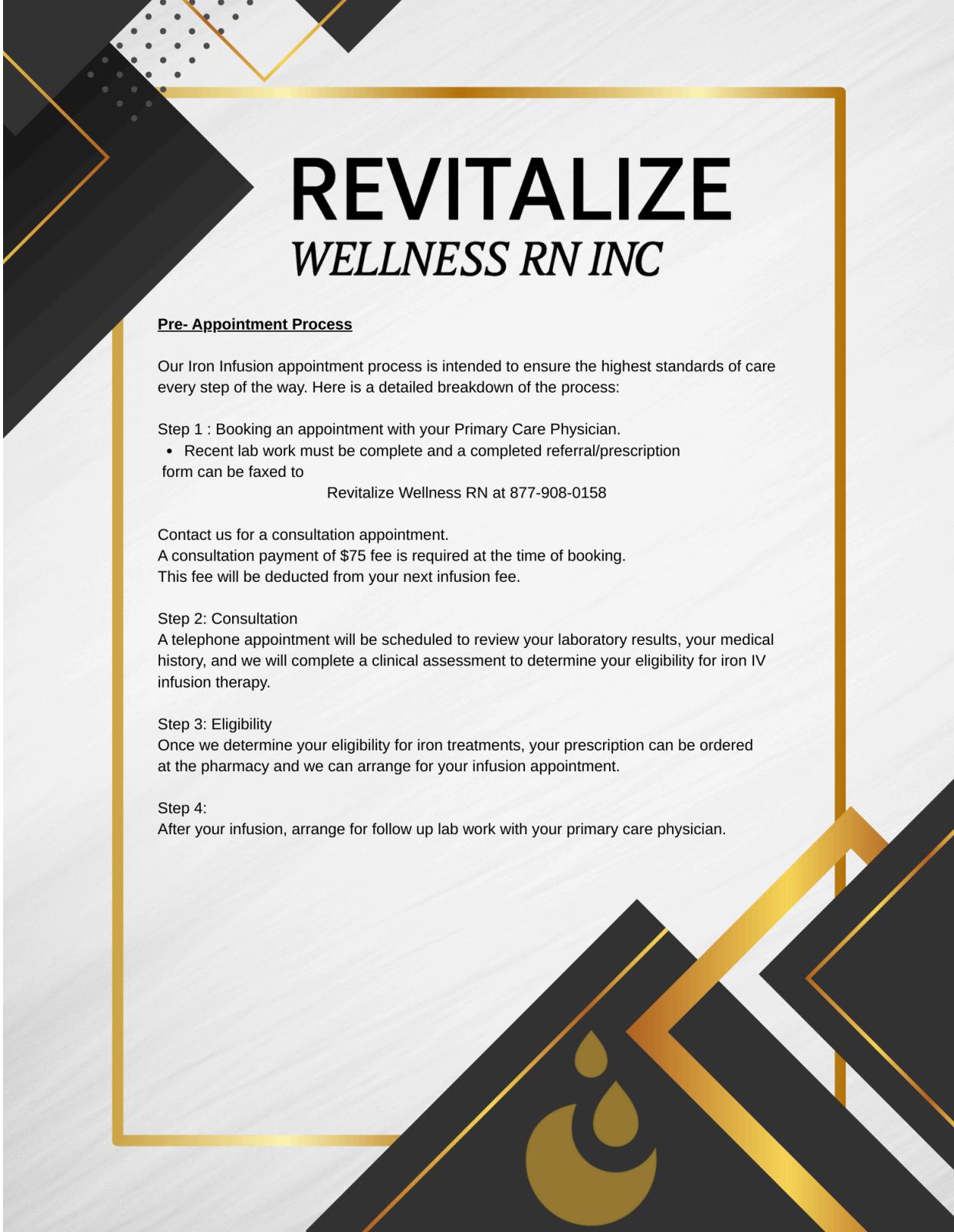
Iron Sucrose:

- 200mg: \$90
- 300mg: \$135

Please note that these costs are not fixed and are subject to change at any time without notice. Revitalize Wellness RN Inc. does not submit insurance claims on behalf of clients; receipts will be provided for you to submit directly to your insurance provider. If you have a Health Spending Account, you may be able to use it for payment or retain receipts for tax purposes.

Please consult your insurance provider for coverage details.

The pharmacy will advise you of the cost of the iron medication and any applicable insurance coverage.



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Pre- Appointment Process

Our Iron Infusion appointment process is intended to ensure the highest standards of care every step of the way. Here is a detailed breakdown of the process:

Step 1 : Booking an appointment with your Primary Care Physician.

- Recent lab work must be complete and a completed referral/prescription form can be faxed to

Revitalize Wellness RN at 877-908-0158

Contact us for a consultation appointment.

A consultation payment of \$75 fee is required at the time of booking.
This fee will be deducted from your next infusion fee.

Step 2: Consultation

A telephone appointment will be scheduled to review your laboratory results, your medical history, and we will complete a clinical assessment to determine your eligibility for iron IV infusion therapy.

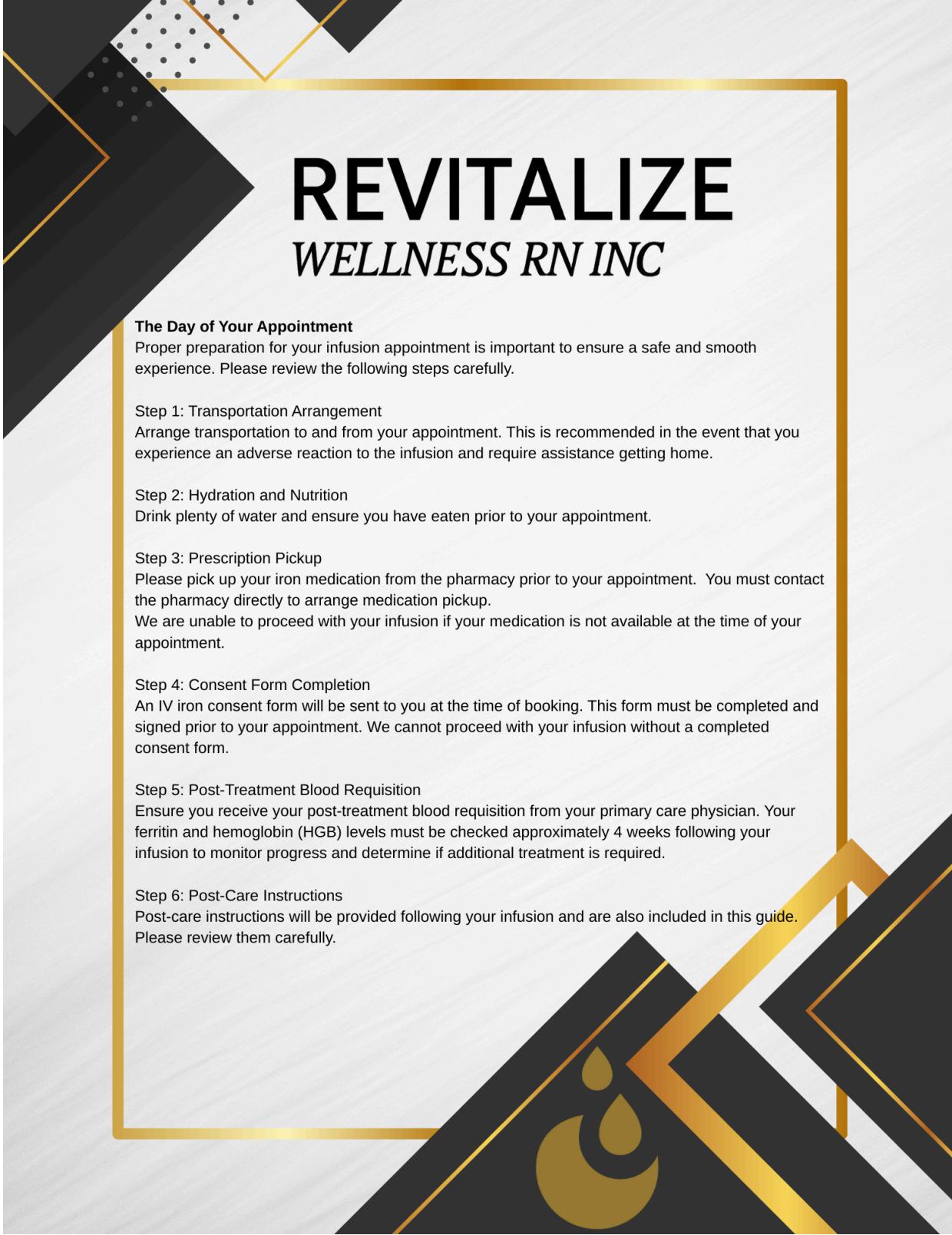
Step 3: Eligibility

Once we determine your eligibility for iron treatments, your prescription can be ordered at the pharmacy and we can arrange for your infusion appointment.

Step 4:

After your infusion, arrange for follow up lab work with your primary care physician.





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The Day of Your Appointment

Proper preparation for your infusion appointment is important to ensure a safe and smooth experience. Please review the following steps carefully.

Step 1: Transportation Arrangement

Arrange transportation to and from your appointment. This is recommended in the event that you experience an adverse reaction to the infusion and require assistance getting home.

Step 2: Hydration and Nutrition

Drink plenty of water and ensure you have eaten prior to your appointment.

Step 3: Prescription Pickup

Please pick up your iron medication from the pharmacy prior to your appointment. You must contact the pharmacy directly to arrange medication pickup.

We are unable to proceed with your infusion if your medication is not available at the time of your appointment.

Step 4: Consent Form Completion

An IV iron consent form will be sent to you at the time of booking. This form must be completed and signed prior to your appointment. We cannot proceed with your infusion without a completed consent form.

Step 5: Post-Treatment Blood Requisition

Ensure you receive your post-treatment blood requisition from your primary care physician. Your ferritin and hemoglobin (HGB) levels must be checked approximately 4 weeks following your infusion to monitor progress and determine if additional treatment is required.

Step 6: Post-Care Instructions

Post-care instructions will be provided following your infusion and are also included in this guide. Please review them carefully.

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Iron Replacement Post-Care

Possible Side Effects & How to Manage Them

Immediate Reactions (During Infusion)

Some patients may experience isolated symptoms or *Fishbane-type* reactions during their infusion. These may include:

- Irritation or discomfort at the IV site
- Abdominal pain
- Itching
- Facial flushing
- Nausea
- Chest or back tightness
- Diarrhea
- Joint pain

What Happens Next?

If you experience any of these symptoms during your infusion, notify your nurse immediately. Your nurse will:

1. Pause or stop the infusion to allow symptoms to resolve
2. Administer medication if clinically indicated
3. Restart the infusion at a slower rate once symptoms have subsided, if appropriate

Delayed Reactions (24–48 Hours Post-Infusion)

Some patients may experience delayed flu-like symptoms within 24–48 hours after their infusion, which may include:

- Fever or chills
- Headache
- Muscle aches
- Joint pain
- Sore throat

How to Manage Delayed Symptoms

Delayed symptoms are typically self-limiting and can be managed with:

- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours as needed
 - Maximum daily dose: 3,000 mg

🚫 Avoid NSAIDs, as they may increase the risk of side effects or interfere with iron absorption.

These include:

- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®, Midol®)
- Aspirin

When to Seek Further Medical Advice

- Symptoms typically resolve within 3–7 days
- If symptoms persist beyond 7 days, worsen, or you experience severe reactions, refer to the Monoferic® Iron Patient Guide or contact your healthcare provider for further assessment
- Seek immediate medical attention (911) for signs of a severe allergic reaction, including difficulty breathing, swelling of the face or throat, or loss of consciousness

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Iron Replacement Aftercare

Possible Side Effects & How to Manage Them

Severe Reactions — Seek Immediate Medical Attention

It is important to seek medical advice if your symptoms worsen. For non-urgent concerns, you may contact Health Link by dialing 8-1-1 for medical guidance.

 **CALL 9-1-1 IMMEDIATELY** if you experience any of the following symptoms:

- Difficulty breathing or rapid breathing
- Hives or severe itching
- Fainting, near-fainting, or severe dizziness
- Swelling of the lips, tongue, throat, or airway
- Wheezing or tightness in the chest
- Very fast or irregular heartbeat

These symptoms may indicate a severe allergic or anaphylactic reaction. While rare, severe reactions can occur within 48 hours following an iron infusion and may be life-threatening if not treated promptly.

 **Do NOT** drive yourself to the emergency department. Call emergency services immediately.

Clinic Contact Information

If you have questions or concerns following your infusion that are not urgent, please contact:

Revitalize Wellness RN Inc.

Email: revitalizewellnessrn@gmail.com

 Nicole- 780-907-3407

 Jessica- 780-603-8282

