



Vit D Injection Pre and Post Instructions

PRE-TREATMENT INSTRUCTIONS:

- This injection is provided to you as a supplementation not as a treatment of a disease. If you have been diagnosed with a disease specifically affected by Vit D, you will be referred to your primary care physician for treatment or further evaluation may be required before injection therapy is started.
- Be aware that **aspirin**, aspirin-containing medications (ie: Motrin), fish oil, flax seed, high doses of Vitamin A or E, Ginko Biloba, or Garlic may cause undue bleeding which may result in bruising. If you wish to minimize the risk of bleeding be advised that we recommend you avoid these substances for a minimum of **three days** prior to injection.
- Eat a meal or light snack prior to treatment. Notify clinician if you have a needle phobia, prior to treatment. This allows the clinician to take the appropriate precautions to ensure your treatment is as comfortable as possible.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history.
- It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the muscle is used and the product diffuses into the muscle.
- Please call to reschedule if you experience flu-like symptoms or a respiratory infection the day prior to treatment. Also call to reschedule if you notice any type of skin condition on the area to be treated.

POST-TREATMENT INSTRUCTIONS:

- Effects will start to be apparent within several hours to days after treatment.
- Side effects can occur but are often very mild. Notify your provider right away if you develop any serious side effects post treatment.
- Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, tell your doctor promptly. Many people using this medication do not have serious side effects.
- Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 2-4 weeks. The frequency of injections will be determined between you and your clinician after a full medical history is reviewed.