

# PREPARING FOR IVIG TREATMENTS

- Hydrate, hydrate, hydrate—It doesn't matter if you like to drink water or not, this is a must! You must start hydrating at least 48 hours prior to infusion and for the following 48 hours, not to mention during the procedure. If you are not well hydrated you are increasing your risk for blood clots, aseptic meningitis (with world's most excruciatingly painful headache) and extreme feeling of the flu.
- Take Benedryl or Tylenol—Most doctors will order this in what they call “pre-meds”. Ask your nurse first so that you don't double dose. You might be getting it in your IV. The Benedryl gives you a better chance of not having an allergic reaction which can set off the immune response thus rendering the whole treatment useless. Tylenol will reduce the achy, flu like feeling.
- Get a good night's sleep before and after—Anyone with an autoimmune disorder knows a poor night's sleep can worsen their symptoms.
- Prepare healthy snacks to eat during treatment— Snacks like, cheese and crackers, nuts, banana or bagels will help you stave off a head or stomach ache. Prepare your snacks the night before.