



Thank you for choosing Northwest Gastroenterology for your infusions. Please review the following information to help us provide the best possible care.

- **Hydrate, hydrate, hydrate!** It is important to come to your infusion well hydrated to allow easier IV placement and to minimize side effects. Double your fluid intake for 2 days prior to your infusion (at least 6 to 8 glasses of liquid daily). Avoid diuretics, such as caffeine, that can cause fluid losses.
- Report any **vacation plans** as soon as possible so we can address scheduling changes. Depending on your insurance, **you may not be able to receive an infusion early** to accommodate your travel plans.
- The length of infusions can vary. Your infusion nurse can give you an estimated duration for your infusion, though this may change. Feel free to bring food (e.g., lunch or a snack) and/or an entertainment device (with headphones) to occupy your time. The office has free WiFi available. You are welcome to bring one friend or family member with you; however, the infusion area does not have private rooms, so any conversations should be kept at a sound level courteous to others.
- Dress in layers as infusion medications can make you feel cold.
- While you are welcome to use your mobile device (with headphones) to listen to music, play games, or text, **you are not permitted to talk on your phone** in the infusion area.
- **Insurance changes** need to be reported immediately in order to avoid any disruption in therapy. Please contact our billing department as soon as your insurance changes so that we can try to maintain a consistent infusion schedule.
- If you are receiving a biological therapy with Infliximab (Remicade/Inflectra) or vedolizumab (Entyvio) infusion:
  - Call our office as soon as possible to report any **infections or antibiotic use** around the time of your scheduled infusion. Examples of infections include sinus or urinary tract infections, pneumonia, shingles, skin or tooth abscesses, etc. Depending on the infection, we may need to postpone your infusion.
  - Call our office as soon as possible to report any **scheduled surgeries or invasive dental work**. These may require a disruption in therapy if we need to hold your infusion for a certain length of time before and/or after the procedures.
- Contact our office at (360) 734-1420 if you have any **questions or concerns**. We will ask you to sign a copy of this letter at your first infusion to acknowledge that you have had a chance to review it.