

# Adding Vitamins to Your IV Hydration Bag

Use these instructions with every infusion.

**Important:** Do not change any of the supplies listed here. Keep supplies away from children.

## Gather your supplies:

- Hydration bag
- Vitamin supplies (pictured):
  - Alcohol pads
  - Two vials of liquid vitamins, one of each color
  - Two 10 ml syringes with needles
- Household cleaning wipe with bleach or alcohol
- Liquid soap or alcohol hand foam



*Vitamin supplies (alcohol wipes, vitamins, syringes)*

## Reminders to prevent infection:

- Wash your hands before touching supplies.
- Scrub the bag's medicine port with alcohol for 15 seconds. Let dry before connecting to it.

## Get ready

1. Clean your table top with soap and water or a cleaning wipe. Let it air dry.
2. Clean your hands well for 15 seconds with liquid soap or alcohol hand foam. Let them air dry.
3. Open a vial. Scrub the top with a fresh alcohol pad for 15 seconds. Set the vial aside and let it air dry.
4. Scrub the rubber-tipped port of the hydration bag with a fresh alcohol pad for 15 seconds. Let the port air dry.

## Prepare syringe

5. Pull the cover straight off one needle (don't twist). Be careful not to touch the tip.
6. Follow these steps to fill the syringe with air:
  - **For adults:** Pull the plunger back to the 5 ml mark.
  - **For children:** Follow the instructions given to you from your child's nurse.
7. With the plunger still pulled back, pierce the center of the opened vial with the needle.
8. Push the plunger until you have injected all the air into the vial.

## **Draw up and inject vitamins**

9. While holding your thumb on the plunger of the syringe, turn the vial of vitamins upside down.
10. Make sure the needle tip is below the surface of the liquid. If it is not, push the plunger further to insert it more.
11. Pull the plunger back until you have withdrawn all of the liquid from the vial.
12. To remove air bubbles:
  - Tap the side of the syringe to move any air bubbles closer to the needle.
  - Push the plunger to inject the air back into the vial. This will get all the air out of the syringe. (It is okay to have tiny bubbles inside the syringe.)
13. Remove the needle and syringe from the vial. Insert the needle into the scrubbed, rubber-tipped port of the hydration bag.
14. Inject all the liquid into the bag. Remove the empty syringe and put it in your “sharps” container.
15. Pick up the second syringe and vial. Repeat steps 3 to 15.

**If you have any problems with your infusion, please call us at 612-672-2233 or 800-642-8845.**