

**Informed Consent
Vitamin C Infusion Therapy**

Name and surname
Birth registration number
Address
Allergies

Dear client,

We greatly appreciate your trust, and we would like to inform you in this way about the planned therapeutic procedure. Please pay due attention to the information provided.

Information on the course of infusion therapy

Vitamin C, or ascorbic acid, is of fundamental importance for humans. However, the human body cannot produce it on its own and is dependent on its intake from certain foods. Vitamin C has an essential and irreplaceable role in suppressing oxidative stress. In addition, it is necessary for the normal course of important biochemical reactions, proper fat metabolism, participates in collagen formation, blocks the formation of carcinogens, supports the immune system and brain function, and supports iron absorption.

High gram-level doses can be administered intravenously at once. Symptoms of overdose are not known. The high concentration of vitamin C achieved returns to the initial value within 6 hours after the infusion, which is why it is advisable to repeat the infusions. Its metabolites are excreted mainly in the urine.

During administration and depending on your current state of health, the nurse will measure your blood pressure. If you feel pressure, burning or pain at the injection site, or if you experience any kind of nausea, please inform the nurse without delay. After the therapy is completed and the infusion is removed by the nurse, remain lying down as needed, but for at least 5 minutes, press on the injection site and get up only according to the nurse's instructions. On the day of vitamin C administration, it is advisable to increase fluid intake to 2–3 litres per day. It is also not recommended to drink coffee on this day.

Contraindications

For oncology patients undergoing chemotherapy or radiotherapy, we recommend consultation with the treating oncologist. Caution in indication and administration is required in clients with oxalate kidney stones, in asthmatics, or in diseases caused by excessive iron accumulation in the body.

Vitamin C may affect the effect of blood-thinning medicines (Warfarin), may increase the effect of medicines against platelet aggregation (Anopyrin, Godasal), increase plasma levels of oral hormonal contraception, and may lead to inaccurate determination of blood sugar levels.

This infusion is a supportive, complementary means that enhances the effect in the treatment of tumour diseases; however, it is not a medicine.

Complications that may occur are very rare to isolated. A skin reaction may occur, for example to disinfectant or a plaster, or inflammation of a superficial vein, appearing as a red painful streak on the arm.

Client's declaration and consent

I declare that I have been clearly informed about the nature and course of the infusion therapy and that I have also been informed about the possible risks of this procedure. I have read the information about the possible risks and complications of infusion therapy and undergo it at my own responsibility. Based on the information provided and after my own consideration, I consent to the performance of the infusion therapy. I have understood everything and agree with the proposed procedure.

In Prague on

Patient's signature



Instruction provided by

Signature