

## NAD Appointment Information

Thank you for booking your appointment with us for NAD infusion. Please read through this information prior to arriving on the day of your appointment to make it as comfortable and pleasant as possible.

Your NAD infusion may take anywhere from three to five hours. During this time, you will be seated in a comfortable armchair or lying down on a massage table in a private room. You will be able to use the restroom if needed but we do suggest going to the bathroom prior to getting started.

Because you'll be sitting for a while, we suggest bringing the following:

- A small snack that is easy to access and eat
- Water bottle (you will be getting hydration in the IV but some people still find that they feel the urge to drink something)
- Book, iPad, or another form of entertainment
- Charger for your wireless device/s
- A pillow, if you'd like to try to fall asleep

You are also welcome to bring a laptop for work or entertainment. We can provide you with the wi-fi password upon request.

*Some people experience drowsiness immediately after the treatment. Just in case, we suggest making arrangements with a friend or family member who you can call for a ride home if needed.*

If you have any questions or concerns prior to your treatment, please call our office:  
808.887.2020