

INNOVATIVE MEDICAL ASSOCIATES

The Medical Hydration Appointment Prep Kit

Everything you need to walk in prepared, confident,
and ready.

Dr. Molly Fantasia, PhD

Marlton, NJ | medicalhydration.com

Welcome Letter from Dr. Molly

Dear Patient,

Thank you for taking this step toward physician-directed, individualized care. I know that for many of you, the road to finding answers has been long and often frustrating. You may have felt dismissed or that your symptoms were not taken seriously. At Innovative Medical Associates, we start from a different place: we listen.

This guide is designed to help you prepare for your first visit so we can make the most of our time together. Unlike standard IV lounges that offer a menu of "one-size-fits-all" cocktails, our practice is rooted in biochemistry and clinical medicine. We handle the complex clinical details privately when you come in, but your preparation helps us build the most accurate picture of your health.

We look forward to meeting you and partnering with you on your path to better health.

Warmly,

Dr. Molly Fantasia, PhD

Clinical Director & Founder

Section 1: How Medical Hydration Works

It is important to understand that what we offer is not just "hydration"—it is **IV nutritional therapy** designed to support your body's cellular function.

What is Medical Hydration?

Medical hydration involves the administration of vitamins, minerals, amino acids, and other essential nutrients directly into the bloodstream. By bypassing the digestive system, we ensure 100% absorption of these nutrients. This is critical because many chronic conditions compromise the gut's ability to absorb what you need from food or oral supplements.

Who Is It Designed For?

While hydration is beneficial for everyone, our protocols are specifically engineered for patients dealing with complex health challenges, including:

- **Cancer Support:** Helping patients maintain strength and nutritional status during chemotherapy and radiation.
- **Chronic Illness:** Supporting those with autoimmune diseases, Lyme disease, and chronic fatigue.
- **Complex Cases:** Assisting patients with POTS, dysautonomia, and other conditions that traditional medicine may struggle to manage effectively.

"We do not use a 'menu' approach. Your protocol is individualized based on your unique biochemistry and health history."

We focus on restoring balance at the cellular level, giving your body the raw materials it needs to repair and heal itself.

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Section 2: Medical Hydration vs. IV Lounges

Not all IV therapies are created equal. It is vital to understand the difference between a medical practice like ours and a recreational wellness spa.

Typical "IV Lounge"	Innovative Medical Associates
Trend-Driven: Often focused on hangovers, beauty, or quick energy boosts.	Physician-Directed: Focused on treating root causes of chronic illness and cellular imbalance.
Cookie-Cutter Menus: You pick a "cocktail" from a list, regardless of your specific bloodwork.	Individualized Protocols: Treatments are custom-formulated based on your medical history and lab results.
Limited Oversight: Often staffed by technicians with limited medical supervision.	Clinical Intake: Comprehensive review by a medical team led by Dr. Molly Fantasia.
Recreational Safety Standards: Generally safe for healthy people, but risky for those with complex conditions.	Medical Safety Standards: Designed specifically for patients with compromised immune systems and complex needs.

"If you're dealing with a serious health challenge, the difference matters."

At IMA, your safety is our priority. We review your medications and health history to ensure no contraindications exist before a single drop is administered.

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Section 3: What to Bring to Your First Visit

To make your intake process as smooth as possible, please ensure you have the following items ready when you arrive.

- ✓ **Photo ID** (Driver's license or state ID)
- ✓ **Insurance Card** (If applicable for consultation coverage)
- ✓ **List of Current Medications** (Include name, dosage, and frequency)
- ✓ **List of Supplements** (Vitamins, herbs, etc.)
- ✓ **Recent Lab Work** (Any blood panels from the past 6–12 months)

- ✓ **Relevant Medical Records** (Specialist notes or recent discharge summaries)
- ✓ **List of Healthcare Providers** (Names and contact info of your other doctors)
- ✓ **Comfortable Clothing** (Short sleeves or layers for easy arm access)
- ✓ **Water and a Snack** (Your initial visit may take some time)

***Note:** All documents are handled securely and kept in your private medical file in compliance with HIPAA regulations.*

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Section 4: Questions to Ask During Your Consultation

We encourage you to be an active participant in your care. Here are key questions that will help you understand your treatment plan.

The Treatment Plan

- What does my individualized protocol look like?

Logistics & Care

- Are there any preparation steps before my sessions?

- How many sessions are typically recommended for someone in my situation?
- What should I expect to feel during and after treatment?
- How will I know if the treatment is working?
- How will you coordinate with my other healthcare providers?
- What does follow-up care look like?
- What are the costs, and are any portions covered by insurance?

Section 5: Getting the Most Value

To maximize the benefit of your consultation and treatments:

- **Be Honest:** Share your full health history, even if it seems minor. We need the full picture.
- **Stay Hydrated:** Drinking water before your appointment makes accessing veins easier and more comfortable.
- **Take Notes:** You will receive a lot of information. Bringing a notebook or a family member to take notes is highly recommended.
- **Ask Questions:** There are no "bad" questions when it comes to your health.

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Section 6: What to Expect — The Full Process

We want you to feel comfortable knowing exactly what happens next.

You have requested an appointment (you are here ✓).

2

Scheduling

Our team contacts you to confirm your consultation time and discuss preliminary details.

3

Intake & Assessment

You arrive for your first visit. We review your medical history, current labs, and symptoms in detail.

4

Plan Development

Dr. Molly and her team develop your individualized protocol based on your biochemistry.

5

Treatment Begins

You begin your therapeutic sessions in our comfortable, supervised clinical setting.

6

Follow-Up & Ongoing Care

We monitor your progress and adjust your protocol as your body heals and strengthens.

"Every step is guided by our medical team. You're never on your own."

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Section 7: When to Seek Urgent Care

IMPORTANT: Not Emergency Medicine

Medical hydration is part of a comprehensive chronic care plan—it is **not** a substitute for emergency medicine. We do not treat acute emergencies like heart attacks or strokes.

If you experience any of the following, call 911 or go to the nearest ER immediately:

- Chest pain or severe pressure
- Difficulty breathing or shortness of breath
- Sudden severe headache or confusion
- Uncontrolled bleeding
- Sudden high fever

Disclaimer: This information is for general awareness only and does not replace professional medical judgment.

Section 8: Insurance & Logistics

Location

Marlton, NJ

(Full address provided at booking)

Serving: Greater Philadelphia,
South Jersey, Delaware

Contact

Phone: (856) 489-0505

Web: medicalhydration.com

Insurance

Our team can discuss coverage options during scheduling. While some therapies may not be covered by standard insurance,

Office Hours

Monday - Friday: 9:00 AM - 5:00 PM

(Hours may vary, please confirm during booking)

we will clarify all costs upfront so
there are no surprises.

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Ready to Schedule?

Our team is ready to help you find the answers and
relief you deserve. No referral needed.

VISIT US ONLINE

medicalhydration.com

CALL TO BOOK

(856) 489-0505

Innovative Medical Associates

Dr. Molly Fantasia, PhD | Clinical Director

This guide is for informational purposes only and does not constitute medical advice. Individual results may vary.