



## STANDARD OPERATING PROCEDURE

# GLUTATHIONE PUSH

### OBJECTIVE

The objective of this Standard Operating Procedure (SOP) is to provide clear guidelines for administering an intravenous (IV) push of Glutathione to ensure patient safety, medication efficacy, and compliance with regulatory standards. Glutathione is a powerful antioxidant used to treat a variety of conditions and is essential to maintain the integrity and efficiency of the treatment provided.

### SCOPE

This SOP applies to all healthcare professionals involved in the administration of IV glutathione.

### DOSAGE OVERVIEW

Start with 500 mg, increase by 200-400 mg each treatment

May go up to 3000 mg – average is about 1500 mg – given 2-3 times weekly at first

Most useful protocol: 800 mg glutathione with 1cc (1000mcg/ml) of B12 and 500 mg of magnesium chloride

### MATERIALS REQUIRED

- Glutathione vial
- Normal Saline or Sterile Water
- 60 mL syringe
- Sterile gloves
- Alcohol swabs
- 30 mL syringe x2
- 18-gauge needle for drawing up saline or sterile water

- 18-gauge needle for drawing up glutathione

### PREPARATION

- Verify the patient's identity and medication order.
- Gather the necessary materials.
- Inspect glutathione vial for particulate matter or discoloration.
- Wash your hands thoroughly and place gloves on hands.
- Attach the 18-gauge needle to the 30 mL syringe and draw up the amount of glutathione ordered.
- Attach 18-gauge needle to the 60 mL syringe and draw up equal amount of NS or Sterile water that you have in your 30 mL syringe of glutathione.
- Transfer the glutathione into the 60 mL syringe by placing the 18-gauge needle into the tip of the 60 mL syringe. Make sure you pull the plunger down to allow enough room to push the glutathione into the 60 mL syringe without overflowing the syringe.
- Prepare the patient.
- Explain the procedure to the patient and obtain consent.
- Review the patient's chart for allergies, medical history, and potential interactions.
- Position the patient comfortably.
- Procedure for of IV Push
- Flush the IV extension tubing with 5 ml of normal saline.
- Connect the syringe of Glutathione to the IV port.



- Push the glutathione slowly over 3 - 5 minutes, watching for any immediate reactions.
- Disconnect the syringe from the IV port and in entirely completed, remove IV catheter from patient and place gauze with Coban.
- Document the medication administered, the dose, the rate of administration, the IV insertion site, and any adverse reactions in the patient's medical record.
- Source – use a quality pharmacy e.g. Texas Star, to ensure a high-grade product.
- Other IV treatments – do not administer too close to oxidative IV treatments.
- Can “pre-treat” with GHS.
- If patient responds to oxidative therapy with inability to detox, can use GHS as anecdote.
- Vitamin C aids in Phase I Detox – GHS is great as follow up. (20G or less of C as antioxidative)

### **CAUTIONS/CONTRAINDICATIONS**

- Sulfur sensitivity or allergy.
- Pregnancy
- Asthma

### **FOLLOW-UP**

1. Recommended twice a week for 4-6 weeks and then can move a patient into a maintenance phase of once a month.

Revision History  
Date:05/01/2024  
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