



**Board of
Pharmacy**

Med Spas and IV Hydration Clinics: Tips for Patients

Med spas and IV hydration clinics are popping up across the state. To make sure you stay healthy and safe, the Ohio Board of Pharmacy would like to share these important tips for patients:



Always see a prescriber. Many procedures provided at med spas and IV hydration clinics involve the practice of medicine. Whether it is a physician (MD/DO), advanced practice registered nurse (APRN), or physician assistant (PA), if you receive IV services or injectable medications (such as botox), you must be seen and evaluated by a prescriber.



Is the facility licensed by the Board of Pharmacy? All IV hydration clinics and most med spas must be licensed by the Ohio Board of Pharmacy. Before receiving services, ask for a copy of the clinic's Board of Pharmacy license or look up the clinic's license by using the state's online licensing verification system: www.pharmacy.ohio.gov/eLicense.



Ask the clinic where they source their drugs. By law, clinics are required to purchase from licensed Ohio Board of Pharmacy drug wholesalers. You can confirm the wholesaler is appropriately licensed using the state's online licensing verification system: www.pharmacy.ohio.gov/eLicense.



Watch out for IVs made ahead of your visit. If receiving an IV, any additions (vitamins, drugs, peptides) should not be added to the bag prior to your visit. All IVs must be prepared pursuant to a prescription which requires an examination by a prescriber. To make certain your IV is sterile, nothing should be prepared prior to the issuance of a valid prescription.



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Retatrutide and/or cagrilintide are NOT FDA approved drugs. These unapproved medications are currently being marketed as a weight loss drug, similar to Wegovy™ and Zepbound™. If a clinic offers these medications, it is a violation of Ohio law and it should be reported to the Board of Pharmacy using the following link:
www.pharmacy.ohio.gov/complaint.

Ask to see the medication vial before receiving an injection. The Board has seen cases where clinics are purchasing counterfeit or unapproved medications from overseas.



Many of these counterfeit or unapproved drugs have labels in other languages. If the drug's labeling is not in English, it is a sign that it was purchased illegally. For more information about identifying counterfeit drugs, visit:
www.pharmacy.ohio.gov/counterfeit.



Look out for vials labeled “For Research Only” or “RUO.” Such medications bearing this designation are not approved by the FDA for human use and must not be administered as part of any treatment regimen, even if the prescriber claims they are participating in a research study.

Patients should report any adverse effects of medications received at med spas or IV hydration clinics to the Ohio Board of Pharmacy (www.pharmacy.ohio.gov/complaint) and the U.S. Food and Drug Administration (www.pharmacy.ohio.gov/reportFDA).