

## **Important Information About Your Medications & Supplements**

Please review the following important instructions regarding your medications and supplements prior to your upcoming regenerative medicine procedure:

1. You may continue taking your regularly prescribed medications **unless** specifically instructed otherwise by your provider.
2. If your medication regimen includes a blood thinner or other special medication, our clinical team will give you specific instructions.
3. Please **STOP** taking any Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) **\*\*14 days before\*\*** your procedure. These medications may interfere with your body's natural healing response. This includes both prescription and over-the-counter medications such as:

Aspirin (unless prescribed for cardiac reasons—check with your doctor)

Alka-Seltzer	Excedrin	Meloxicam (Mobic)
Bayer Back and Body	Ecotrin	Naproxen (Aleve)
Bufferin	Fiorinal	Relafen (nabumetone)
Celebrex	Ibuprofen (Advil, Motrin)	St Joseph's Aspirin
Diclofenac	Indomethacin	

4. Please stop other anti-inflammatory pain relievers not listed here.
5. Do NOT take any over-the-counter pain relievers, headache relievers, cold/flu medications, menstrual pain relievers or combination medications that contain Aspirin or a NSAID in the 14 days leading up to your procedure unless cleared by our office.
6. Stop oral and IV steroids 6 weeks before your planned procedure. Additionally, if you have received a steroid injection you must wait:
  - **6 weeks** before receiving BMAC or PRP in a different site.
  - **90 days** before receiving BMAC or PRP in the same site as the steroid injection.
7. Stop the following supplements and vitamins **1 week** prior to your procedure:

Aloe	Garlic Capsules	Turmeric
Astaxanthin	Ginger	Vitamin A
Curcumin	Ginkgo Biloba	Vitamin E
Fish Oil	Ginseng	
Flax Oil	Green Tea Supplement	

8. If you're unsure whether a medication /supplement is safe to take, please contact us. When in doubt, ASK FIRST.

**Thank you for helping us ensure the success of your regenerative medicine treatment.**

**Please call our office if you have any questions: 315-552-6754**