

## REGENEXX INSTRUCTIONS – Bone Marrow

Our office staff will let you know what blood work you need to complete. We will provide you with the necessary orders. If you already have blood work completed within 2 months of your procedure, you may use those results.

Please fax all blood work results to 214-956-4655

### *Preparing for Bone Marrow Draw*

- If you are taking blood thinners, please let our office know so we can advise you when to stop taking them
- Stop taking NSAID products (ex. Ibuprofen, Naproxen or Aleve) 1-2 weeks before
- Stop taking steroid products 1 -2 weeks before

### *Day of Bone Marrow Draw and Procedure*

Please arrive 10 minutes before your scheduled appointment time. Payment will be taken upfront. We will then take you into the injection room to prep your IV for moderate sedation.

- You may eat a light meal 6 hours before your procedure, and then nothing after.
- You may take sips of clear liquids only (ex. apple juice, gatorade, water) **until an hour before procedure**
- **You must have a driver** for your bone marrow draw and injection – we will use sedation for both

## *After Bone Marrow Procedure*

You will feel sore for 1-2 weeks after your procedure. This is completely normal. Take pain medication as prescribed. Limit physical activity to allow for proper healing.

**We recommend avoiding following medicines. DO NOT STOP ANY PRESCRIBED DRUG WITHOUT SPEAKING WITH A PHYSICIAN.**

- Steroid drugs like prednisone, inhaled steroids taken for asthma, or steroid injections like those given for knee or joint arthritis or sciatica.
- NSAID drugs like Motrin, Ibuprofen, Aleve, Naprosyn, Celebrex, Voltaren, Cataflam, and others. If you think you will have intolerable pain with stopping these drugs, then please let us know. We can often substitute high dose fish oils or the Regenexx Advanced Stem Cell Support Formula Supplement for these drugs. In fact, one of the ingredients in the Regenexx supplement (Curcumin) was recently shown to be as effective as Ibuprofen for reducing pain and stiffness.
- Statin cholesterol lowering drugs like Crestor, Lipitor, Mevacor, Pravachol, Vytorin, Zocor and others. If you have a history of heart disease, you must clear stopping these drugs temporarily with your prescribing cardiologist or internist. If you have no history of heart disease, then while you still may want to consult with your prescribing doctor, you should ask your Regenexx doctor about discontinuing these medications.
- Testosterone Inhibitors like Proscar or Propecia. If you're on these drugs, consult with your Regenexx doctor and/or prescribing doctor about stopping for a while.
- Quinolone antibiotics like Floxin, Noroxin, Cipro, Levaquin, etc... These have been associated with tendon ruptures, so consider speaking with your doctor about alternative antibiotics

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You could stay on these medications and supplements, if you are on them.

Glucosamine, Chondroitin, Collagen 2, Hyaluronic Acid, Fish Oil (omega 3s, EPA, DHA), DHEA, Curcumin, Quercetin, Bitter Melon, L-Carnosine, Vitamin C, Vitamin D, and Resveratrol

Male or Female Hormone replacement including estrogen, progesterone, testosterone, and growth hormone like Norditropin. You can stay on these hormones. Your Regenexx doctor may make some minor adjustments to your procedure.

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The first 6 weeks we want you to be conservative. For most procedures there is very little down time (1-3 days). Then we want you to balance some activity without over doing it. Pain during or after activity is a good indicator you are doing too much. You should start off with light or easy activity then slowly progress to more strenuous activity as tolerated. Start low and go slow. If an exercise or activity causes more than minimal pain 2/10 during or afterwards then you need to back down the duration or intensity of that activity. If you are able to do light activity with no pain then you should progress to slightly harder activity or increase the duration of your lighter activity. Exercising and using other body areas that were not treated is fine and you have no restrictions on this after the 3rd day as long as it does not affect your treated area(s). Note that every person and situation is different, so some people will progress faster or slower than others. The speed of recovery has no bearing on overall success. Full healing can take up to 3-6 months for platelet procedures and 6-12 months for stem cell procedures.

#### Therapeutic Modality Guidelines:

- Ok at any point: TENS units, alpha stim, light therapy, paraffin, massage, low velocity/gentle manipulation, IMS/dry needling, acupuncture.
- Wait until you at phase 3 of rehab or at least 2 weeks before doing: joint mobilization, chiropractic, muscle activation therapy, active release therapy
- No ultrasound therapy within 2 weeks of the procedure. No ionto- or phono-phoresis for 6 weeks and never with NSAIDs or steroids.

No Accelerated Recovery Performance (ARP) therapy or Extracorporeal Shock Wave Therapy (ECSWT) within 3 months of the procedure