



## Indiana University Health

### *IU Health Physicians Orthopedics & Sports Medicine*

### **BMAC PRE-INJECTION INSTRUCTIONS**

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## **Before Treatment – Bone Marrow Aspirate Concentrate**

### **Stopping Medications Before Treatment**

**You must obtain permission from your primary care physician or the physician who placed you on the medication prior to holding these medications (not including NSAIDs and non-prescribed vitamins/supplements). Failure to do so may result in serious and even fatal complications such as stroke, heart attack, clotting of stents or death.**

We ask you to stop taking the below medications, vitamins and supplements because they can negatively influence platelet function and as such decrease the effectiveness of cell therapy treatment. Acetaminophen (Tylenol) is OK to take before and after the injection.



- 1. 2 weeks (14 days) before treatment please stop the following medications:**
  - a. Steroids – Prednisone, Methylprednisolone, Dexamethasone
  - b. Non-Steroidal Anti-Inflammatories (NSAIDs) – Ibuprofen, Aleve, Motrin
  - c. Aspirin
  - d. Vitamins and Supplements
  - e. May resume these medications 2 weeks after injection
  
- 2. 10 days before treatment please stop:**
  - a. Antiplatelet Therapy (Plavix)
  - b. May resume 10 days after injection
  
- 3. 5 days before treatment please stop:**
  - a. Coumadin / Warfarin
  - b. May resume the day after injection. Please check with your primary care physician on how to restart the medication and when your INR (blood thinness) needs to be checked.
  
- 4. 2 days before treatment please stop:**
  - a. Xarelto, Eliquis, Pradaxa
  - b. May resume 2 days after injection

If you cannot stop any of the above medications before your cell therapy please make your OC provider aware. Even if you cannot stop a medication the cell therapy treatment may still result in improvement. Also, if you cannot stop a medication, another form of cell therapy might be more beneficial to you.

## **Additional Before Treatment Instructions**

### **Weeks to Months Before Treatment**

1. Exercise - There is evidence that exercise, both cardio and weight training, can improve the number of healing cells (stem cells, growth factors, and/or cytokines) harvested from your body.
2. Range of Motion – Work on gentle stretching to maintain/improve motion in the area to be treated.
3. Tobacco (both smoked and smokeless products), drugs and alcohol dramatically decrease



the regenerative ability of the treatments / injections. While completely stopping is preferred before the treatment, even decreasing the amount used can improve the success rate of the injection.

4. Diet – A healthy diet is needed for optimum cell function. A balance diet is desired.

## **Days Before Treatment**

1. Water – Drink plenty of water before your treatment.
2. Sleep – Make sure you are well rested before your treatment.

## **Day of Procedure**

1. Wear comfortable clothes.
2. Arrange another person to drive you home after the procedure.