On the day of your initial appointment, you will meet with the doctor. Please be sure to bring any pertinent or requested information, including imaging and paperwork, if not sent previously.

Steroids, NSAIDs (ibuprofen, aspirin, naproxen, COX-2 drugs such as Celebrex), certain asthma and allergy medications, statin medications for high cholesterol, as well as other medications and supplements described in the medication information sheet should be discontinued 2-4 weeks prior to the bone marrow draw through 6-12 weeks after the re-injection of cells. It is your responsibility to discuss this with the doctor who has ordered these medications for you. Please inform the doctor of all medications you are currently taking. Please review medication restriction list. Disregarding the recommended medication restrictions may significantly decrease the success of your procedure.

It is very important that you drink plenty of fluids and are well-hydrated beginning 48 hours prior to your procedure, as we will be performing both a bone marrow aspiration and a blood draw.

What can you do to improve the quality of your stem cells? See: [http://www.regenexx.com/2012/05/how-can-i-grow-more-stem-cells-top-10-list-of-things-to-do/](http://www.regenexx.com/2012/05/how-can-i-grow-more-stem-cells-top-10-list-of-things-to-do/)

You will be taken back to the procedure room where you will be prepared for the bone marrow aspiration. The procedure will require you to have a bone marrow sample taken from the back of each of your hips (iliac crest). You will lie on your stomach on the procedure table where an area at the back of your hip will be numbed. A special needle will be used to draw marrow blood out of the back of your hip (back of the iliac crest). Ultrasound will be used to assure the optimum location. This will be done on both sides of your hips. If you have pre-arranged to take anti-anxiety or pain medication prior to the procedure, you must have a driver with you. This will be discussed with you when you schedule your appointment. Please refer to the post-operative instructions for activities after this procedure.

Patients undergo anywhere from 1-3 Regenexx-SD procedures; should the doctor recommend a second injection series, these are generally scheduled 6-12 weeks after your initial injection. Depending on your condition, you may have a pre-injection, re-injection of cells, and a post-injection. If it is recommended that you have all of these injections, there will be a total of three injections over an 8-10 day period. Not all conditions require all injections or the same timing. Please discuss the schedule that is recommended for you when setting up your appointments. Please understand that it is not possible to make a an absolute pre-determination of the treatment plan that will be most appropriate for your condition and that only after being evaluated can the doctor determine the best plan for you.

After the procedure you may eat and drink as tolerated. Please refer to the post procedure instructions for activity after your procedures. We will provide a light snack, water or juice.

**Helping Cells Grow**
- **Bracing:** We utilize braces for our knee and ankle patients during the procedure. Please refer to your post-op information for specific orders in regard to your bracing.

If you have any questions or concerns, please do not hesitate to contact us at the office 513-354-3700

Thank you for allowing us to provide this care for you!