

## MEDICATION RESTRICTIONS

Certain medications may interfere with your stem cell procedure. Please complete the [Medical History Form](#) and include all medications, supplements, and hormones you are taking. This is reviewed to ensure there are no contraindications and to confirm if you need to adjust or withhold any medications for a specified period prior to, during, or after your procedure.

Through our research and experience, we have found certain medications can inhibit cell growth in culture or have a detrimental effect on healing. Based on our clinical experience or published medical research, the medications/products listed below have been shown to be particularly problematic and must be stopped. Some medications may not be safe to abruptly discontinue, so you must check with your Regenexx doctor, who may have you contact your prescribing physician as well. **Do not stop any prescribed drug without speaking to a physician.**

In an effort to optimize your outcome, please adhere to the below recommendations.

MEDICATIONS	EXAMPLES	STOP PRIOR TO PROCEDURE (BMA and re-injection)	RESUME POST PROCEDURE (re-injection)	NOTES
Steroid (Oral)	methylprednisolone, prednisone, etc.	At least 6 weeks	At least 6 weeks	Suppresses the immune system's inflammatory and allergic responses
Steroid (Injection)	For knee or joint arthritis or sciatica. Includes cortisone, dexamethasone, prednisone, triamcinolone	At least 6 weeks	At least 6 weeks	Suppresses the immune system's inflammatory and allergic responses
Steroid (Inhaled)	For asthma. Includes Advair, beclomethasone, budesonide, Flovent, fluticasone, mometasone, Nasonex, prednisone, Pulmicort, QVAR	At least 2 weeks	At least 2 weeks	Suppresses the immune system's inflammatory and allergic responses
Steroid (Topical)	bethamethasone, hydrocortisone, etc.	At least 2 weeks	At least 4 - 6 weeks	Suppresses the immune system's inflammatory and allergic responses
Steroid (Other)	Eye drops, nasal sprays, etc.	At least 2 weeks	At least 4 - 6 weeks	Suppresses the immune system's inflammatory and allergic responses

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NSAIDS (Non-steroidal anti-inflammatory) drugs	Aleve, aspirin, Bayer, Cataflam, indomethacin, ibuprofen, Motrin, Naprosyn or naproxen Cox-2 inhibitors (CeleBREX, Feldene, Voltaren, piroxacam)	2 – 4 weeks	At least 4 – 6 weeks	<b>This is very important.</b>  If you think you will have intolerable pain with stopping these drugs, the physician may have other pain medication alternatives that can be prescribed.  Please read and utilize the “Anti-inflammatory Alternatives”.
NSAIDS (Asthma Medications)	montelukast, Singulair, etc.	2 – 4 weeks	At least 4 – 6 weeks	
Statins (Cholesterol Lowering Drugs)	amlodipine/ atorvastatin (Caduet), atorvastatin (Lipitor, Torvast), ezetimibe/ simvastatin (Vytorin), fluvastatin sodium (Lescol), lovastatin (Altacor, Mevacor), niacin/lovastatin (Advicor), pitavastatin (Livalo), pravastatin (Lipostat/ Pravachol/Selektine), rosuvastatin (Crestor), simvastatin (Lipex/ Zocor)	At least 4 weeks	4 – 6 weeks	If you have a history of heart disease, you must get approval from your prescribing cardiologist or internist to temporarily stop these drugs.  Ask your prescribing doctor about ezetimibe (Zetia), high dose fish oil, red yeast rice, or niacin as temporary alternatives.
ACE Inhibitor (Blood Pressure Drugs)	Accupril, Altace, Enalapril, lisinopril, Prinivil, etc.	2 – 4 weeks	4 – 6 weeks	If you take these medications, consult with your prescribing doctor about switching to a different blood pressure drug, such as a diuretic or calcium channel blocker.

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Beta Blockers	atenolol, carvedilol, labetalol, metoprolol, nadolol, propranolol, sotalol, etc.	2 – 4 weeks	4 – 6 weeks	If you take these medications, consult with your prescribing doctor about switching to a different blood pressure drug, such as a diuretic or calcium channel blocker.
Angiotensin Receptor Blockers	losartan, olmesartan, telmisartan, valsartan, etc.	2 – 4 weeks	4 – 6 weeks	If you take these medications, consult with your prescribing doctor about switching to a different blood pressure drug, such as a diuretic or calcium channel blocker.
Blood Thinners	apixaban, baby aspirin, Coumadin, Eliquis, rivaroxaban, warfarin, Xarelto, etc.	5 days or utilize a protocol, as per your prescribing doctor.	As per doctor's instruction.	These medications increase the risk of bleeding from your procedure.
Testosterone Inhibitors	dutasteride, finasteride, Proscar, Propecia, etc.	2 – 4 weeks	4 – 6 weeks	
Proton Pump Inhibitors	To reduce gastric acid, such as AcipHex, Nexium, Prevacid, Prilosec, Protonix, etc.	2 – 4 weeks	4 – 6 weeks	The following medications are okay to take as an alternative, but should be discontinued 3 days before any blood or bone marrow draw: Axid, famotidine, Pepcid, ranitidine, Tagamet, Tazac or Zantac.

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Antibiotics	quinolones, such as ciprofloxacin, enrofloxacin, Levaquin etc. have been associated with tendon ruptures and nerve injury.  gentamycin, vancomycin, tobramycin, should also be discontinued.	2 – 4 weeks	4 – 6 weeks	The following antibiotics are okay: tetracyclines, including azithromycin, doxycycline and erythromycin. amoxicillin, Augmentin, ceftriaxone, and penicillin are also okay.
Osteoporosis medications	bisphosphonates, such as alendronate, Fosamax, zoledronic acid, Reclast, etidronate, Didronel, risedronate, Atelvia, ibandronate and Boniva	At least 4 weeks	4 – 6 weeks	
Immune suppressant drugs	cyclophosphamide, cyclosporine, Imuran	3 – 6 weeks	6 – 8 weeks	
Immune suppressant drug	Interferon	4 – 6 weeks	4 – 6 weeks	
Anti-Rheumatic drugs	Humira, Enbrel, Remicade, Rituxan, Orencia, methotrexate, Plaquenil, sulfasalazine	2 – 4 weeks	4 – 6 weeks	
Tramadol	Ultram, Ultram ER, Ryzolt, Ultracet	1 – 2 weeks	1 – 2 weeks	
Thiazolidinedione (Antidiabetic drug)	rosiglitazone (Avandia), pioglitazone (Actos)	1 – 2 weeks	1 – 2 weeks	Inhibits platelets
Pepto-Bismol	bismuth subsalicylate	1 – 2 weeks	1 – 2 weeks	Contains salicylates
Chemotherapy drugs		6 – 8 weeks	4 – 8 weeks	
Erythropoietin (EPO)		6 – 8 weeks	4 – 6 weeks	

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Human Chorionic Gonadotropin (HCG)		6 – 8 weeks	6 – 8 weeks	
Marijuana	Marijuana products with THC, including anything inhaled, taken orally, or applied topically.	2 – 4 weeks	2 – 4 weeks	
Cannabidiol (CBD)	CBD-only products, including anything inhaled, taken orally, or applied topically.			Please follow the supplement guidelines.
Alcohol	Wine, beer, spirits, etc.	2 – 4 weeks	4 – 6 weeks	Avoid alcohol or limit to 1 glass of red wine or less per night, or no more than 2 other alcoholic beverages per week.
Tobacco, nicotine	Cigarettes, chewing tobacco, cigars, e-cigarette.			Tobacco inhibits blood flow, decreases healing, impairs cell production and function. Should be stopped immediately for multiple reasons.
Artificial Sweeteners	Products with aspartame, acesulfame K, NutraSweet, saccharin, Splenda, sucralose, Sweet'N Low. Found in many diet sodas and other diet or zero calorie beverages.			Products with stevia or sugar alcohols, such as erythritol, sorbitol, xylitol, etc. are okay.

## MEDICATION RESTRICTIONS

If you are taking a medication or supplement that is not on the above list of restricted medications, please consult your prescribing physician about the following:

### MEDICATION

- If possible, stop the medication **1 - 2 weeks** before your BMA and re-injection blood draw(s).
- If it is **not** possible to come off the medication for **1 - 2 weeks**, please stop **3 - 5 days** prior to your BMA and re-injection blood draw(s). This will allow time for your blood to be cleared of the drug, so it will be less likely to interfere with the culturing process.
- You can resume taking your medication after your procedures.
- If you take blood thinners, such as Plavix or Coumadin, ensure that you receive authorization from your physician before commencing supplementation with Turmeric or Fish Oil because it may increase the risk of bleeding.
- Discontinue fish oil at least **2 weeks** before any surgeries.

### SUPPLEMENTS

- Should be stopped at least **3 - 5 days** before your BMA and re-injection blood draw(s).
- You can resume taking your supplements **2 - 5 days** after your BMA and re-injection blood draw(s).
- The Regenexx Stem Cell Support Supplement and Regenexx Turmeric/Curcumin Complex do not need to be stopped.

### EXCEPTIONS FOR PRESCRIPTION MEDICATIONS

You may continue to take thyroid medication and hormone therapy, but should avoid abrupt changes within **1 - 2 weeks** before or after your procedures. This includes male or female hormone replacement, including thyroid hormones, estrogen, progesterone, testosterone, and growth hormone like Norditropin. This does not include Human Chorionic Gonadotropin (HCG) which should be stopped.

### OTHERS

- Do not donate whole blood (standard donation) **2 months prior** to your BMA. Please also refrain from donating whole blood until **2 months after** your last injection.
- Do not donate Power Red (double-red cell) blood **4 months prior** to your BMA. Please also refrain from donating Power Red blood until **4 months after** your last injection.