

Medication to Avoid/ Discontinue for Stem Cell Injections

Always consult with your primary care physician before discontinuing **any** medication. It is **not an absolute requirement** that any of these medications be stopped prior to your procedure however, it may affect the results and increase the risk of the procedure.

- Anti-inflammatories: This class of medications **should** be stopped for 1 week prior to your procedure.

NSAIDS (Motrin, Advil, Aleve, Goody's)

Asprin (You **must** talk to your primary care doctor before discontinuing this medication)

Steroids

- Blood Thinners: Have your primary care doctor manage you coming off of these medications

Coumadin

Plavix

Xarelto

In a test tube, stem cells do not grow as well in the presences of the following medications. As such, we recommend that you discontinue using these medications **6 weeks before and 6 weeks after** your procedure. You **must** talk to your primary care physician before discontinuing any of these medications, since stopping them is **not** a requirement for the procedure.

- Blood pressure

ACE inhibitors

Angiotensin Receptor Blockers (ARB's)

- Cholesterol

Statins

- Osteoporosis

Bisphosphonates

- Reflux (GERD)

Proton Pump Inhibitors