

REGENEXX™ PRE-PROCEDURE INSTRUCTIONS

Arrival Time

- If you are receiving IV sedation anesthesia, you will need to arrive **1 hour (60 minutes)** prior to your scheduled procedure time unless directed otherwise.
- **Please do not arrive prior to 7:00 a.m.**

Food and Fluids

- **If you are having your blood drawn:**
 - Clear liquids okay (plain water, clear broth, clear sodas, Gatorade, tea or coffee without milk or cream)
 - Nothing to eat 6 hours prior to your procedure (this includes no chewing gum, candy or mints)
- **If you are having a BMA, planned sedation or any type of procedure:**
 - Nothing to eat 6 hours prior to your procedure (this includes no chewing gum, candy or mints)
 - Nothing to drink 2 hours prior to your procedure
 - OK to sip small amount of water if taking medications

General Instructions

Please follow these instructions:

- Wear comfortable clothing
- **DO NOT** use creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.
- Please leave valuables such as jewelry at home. Remove all piercings, jewelry, remove contacts, and wear your glasses.

Your Ride Home and Care at Home

- If you are taking Valium or another sedative, or having IV sedation, you must be accompanied by an adult (18 or older). Driving while on a sedative medication could result in a DUI.
- A responsible person should stay with you up to 24 hours following your procedure.