

## REGENEXX™ PRE-PROCEDURE TO-DO CHECKLIST

<input type="checkbox"/>	<p><b>SECURE APPOINTMENT/DEPOSIT</b></p> <p>Secure your procedure date and time with the procedure deposit, either over the phone with a credit card, or with a check mailed to the clinic.</p>
<input type="checkbox"/>	<p><b>REVIEW PROCEDURE INFORMATION AND MEDICATION GUIDELINES</b></p> <p>Read through <u>all</u> procedure paperwork and email or call with any questions.</p> <p>Ensure that all medications have been verified at the time of scheduling and that all necessary medications are discontinued 2-3 weeks prior to bone marrow draw. You will need to stay off of all of these medications for the entire length of the procedure including 4-6 weeks post procedure.</p>
<input type="checkbox"/>	<p><b>MRI IMAGING</b></p> <p>If an MRI has been ordered and completed, please be sure that an image disc is sent to our office for physician's review.</p>
<input type="checkbox"/>	<p><b>KNEE BRACING</b> (if applicable)</p> <p>Schedule a brace fitting appointment. A brace order will be sent to a Breg brace representative who will coordinate fitting with you. The brace is typically covered by insurance.</p>
<input type="checkbox"/>	<p><b>HOMEWORK</b></p> <ul style="list-style-type: none"> <li>- Read "Tips For Improving Your Stem Cells" linked into your confirmation e-mail (consider taking the Regenexx™ Stem Cell Support Formula)</li> <li>- Read Regenexx e-books available at <a href="https://www.regenexx.com/resources/free-e-books/Orthopedics%20Nutrition%20Knee%20Owner's%20Manual%20Spine%20Owner's%20Manual">https://www.regenexx.com/resources/free-e-books/Orthopedics 2.0, Nutrition 2.0, Knee Owner's Manual, Spine Owner's Manual</a></li> </ul>
<input type="checkbox"/>	<p><b>PHYSICAL THERAPY</b></p> <p>Advise the clinic as to where you would like physical therapy order sent. Plan to work with a physical therapist for 6-8 weeks post procedure.</p>
<input type="checkbox"/>	<p><b>REGISTER WITH REGENEXX™ PATIENT REGISTRY</b></p> <p>An e-mail will be sent to you 10 days prior to your scheduled procedure from <a href="mailto:Registry@Regenexx.Com">Registry@Regenexx.Com</a>. Your participation in the Patient Registry is an important part of Regenexx' ability to provide valuable patient outcome data.</p>
<input type="checkbox"/>	<p><b>PURCHASE INFRARED HEATING PAD</b></p> <p>Regenexx™ recommends Pure Enrichment Infrared Heating Pads for use after stem cell injection. There are different sizes and areas available including back, knee, shoulder, ankle and universal. The heating pad is to be used immediately after cell injection. See: <a href="http://pureenrichment.com">pureenrichment.com</a></p>

**HYDRATION AND FASTING**

Make sure you are well hydrated prior to the bone marrow and blood draw appointment. Start drinking plenty of clear fluids **48 hours** prior

Please fast (no food, water only) for six hours prior to your Regenexx™ blood draw. This is the blood draw that takes place the day before or morning of your bone marrow draw.

**FURTHER QUESTIONS AND CONTACT:** [dnadeau@mtviewrehab.com](mailto:dnadeau@mtviewrehab.com) or **530-379-7845**

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