

Preparation For Injection Therapy

1. Read the Prolotherapy handout and article. Have all questions answered before starting treatment.
2. You may have a light meal the day of your therapy. Avoid eating approximately two hours prior to treatment.
3. It is highly recommended to have someone drive you home after your treatment.
4. Stop Aspirin-containing and Non-steroidal anti-inflammatory medications. It is OK to continue taking "baby" Aspirin (81 mg) unless told otherwise by your doctor.
5. Stop anti-platelets agents (PLAVIX, TICLID) for 7 days prior to your injection with prior approval of your doctor.
6. Please ask your physician to order Lyme Disease Titer, Vitamin D 25-OH, PTH, Rheumatoid factor, CBC, C7,TSH, ESR, ANA.

If you are tested for Celiac Sprue Disease, please bring results with you.

7. Bring any X-Rays, MRI, CAT Scans, Bone Scans or Ultrasound films to your next appointment.
8. Stop Coumadin (Warfarin) for 5 days prior to your injection with prior approval of your doctor. Obtain written clearance from your doctor before and obtain STAT blood tests- PT INR and PTT in the morning of your injection. Have the results faxed to our office prior to your appointment
9. Please contact us prior to your appointment if:
 - a. You have a significant change in your medical history.
 - b. You have any questions about your medications
 - c. You are taking Antibiotics, are being treated for an infection or are feeling ill.
 - d. You have a history of any allergies especially to Lidocaine, Latex or Cod Fish

Thank you,
Jon Trister MD
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