



### Platelet-Rich Plasma (PRP) Preparation Instructions

1. Discontinue all anti-platelet therapies at least 10 days prior to the PRP treatment. If the anti-platelet therapies are prescribed by a physician other than the doctors at Generation Next Fertility, discontinuing must be approved by the prescribing physician.
2. Remain off all anti-platelet therapies for at least three weeks following a single PRP treatment.
3. If a series of treatments is planned, remain off anti-platelet therapies throughout the PRP treatment series, and three weeks following the final treatment. Anti-platelet therapies include the following:
  - Aspirin
  - NSAIDs
    - Ibuprofen (Advil, Motrin)
    - Naproxen (Aleve)
    - Celecoxib (Celebrex)
    - Ketorolac (Toradol)
    - Indomethacin (Indocid, Indocin)
    - Diclofenac (Voltaren Topical Gel)
  - Clopidogrel (Plavix)
  - Apixaban (Eliquis)
  - Warfarin (Coumadin)
3. Remain off Omega-3 Fish Oil supplementation (this includes prenatal vitamins with DHA) for at least three weeks following a single PRP treatment. If a series of treatments is planned, plan to remain off Omega-3 Fish Oil supplementation throughout the PRP treatment series, and three weeks following the final treatment.
4. Notify us if you have a recent history of corticosteroid injections (e.g. recent joint injection) or systemic corticosteroid use (e.g. for acute auto-immune flare) within the past 3 weeks.
5. If you are Vegan or Vegetarian, we recommend Vitamin B supplementation during the period of treatment.
6. General health recommendations which will improve the potency of the natural healing capabilities with PRP include:
  - Active lifestyle/exercise (avoid being sedentary)
  - Avoid excess alcohol consumption
  - Avoid tobacco, especially cigarette smoke
  - A healthy diet rich in fresh vegetables, especially leafy greens, are best. Lean meats like fish and chicken, and healthy fats like avocado and olive oil are recommended.
  - Proper hydration throughout treatment series is important for optimizing outcomes.
7. Instructions for the day of treatment:
  - Do not exercise within 24 hours of the treatment day. Plan for low activity, rest, and no exercise for 1 week after the PRP treatment
  - Avoid fatty meals with high glycemic indices within 24 hours of the treatment day
  - Do not drink alcohol within 24 hours of the treatment day
  - Being well hydrated will make it easier to draw the amount of blood needed. Since you will have IV sedation for the procedure and will need to be fasting, plan to drink up to 3 hours prior to the scheduled treatment
  - Avoid caffeine and other potent diuretics in order to maintain an optimal hydration status for the day of treatment
  - Have Acetaminophen (Tylenol) available for pain relief post-procedure