

## Pre-PRP Injection Checklist (Preparation Phase)

### 1–2 Weeks Before the Procedure

- Stop non-steroidal anti-inflammatory drugs (NSAIDs): Avoid ibuprofen (Advil, Motrin), naproxen (Aleve), aspirin (unless low-dose for heart issues—discuss with your doctor), diclofenac, meloxicam, etc. Most guidelines recommend stopping for at least 7–10 days (ideally up to 2 weeks) because NSAIDs can impair platelet aggregation and growth factor release.
- Stop or avoid acetaminophen (Tylenol): Some evidence shows it can reduce platelet function
- Stop blood-thinning or antiplatelet medications (if approved by your prescribing doctor): Examples include clopidogrel (Plavix), other antiplatelets, or anticoagulants (e.g., warfarin, Eliquis, Xarelto). One week prior to your procedure - never stop without medical clearance.
- Stop systemic corticosteroids (e.g., prednisone): Avoid for at least 2–4 weeks prior (or longer for injections at the treatment site, often 1–2 months).
- Avoid platelet-affecting supplements and herbs: Stop fish oil/omega-3s, vitamin E, garlic, ginger, ginkgo, ginseng, green tea, turmeric/curcumin, flax oil, evening primrose oil, and similar items for 7–14 days.  
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### 3 Days to Day of Procedure – Hydration and Blood Draw Optimization

- Hydrate properly: Drink plenty of water (e.g., at least 4 eight-ounce glasses the day before, plus 3 more glasses in the hours leading up to the appointment). Good hydration makes the blood draw easier and improves PRP yield. Some clinics recommend hydrating well for 48–72 hours prior.  
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- Eat normally: Have a healthy meal or light breakfast on the day of (unless fasting is specified). Avoid caffeine overload if it affects you.
- Exercise lightly (optional but helpful for some): 20–30 minutes of cardio on the morning of the blood draw can help with vein access if you have a history of difficult draws.
- Clothing and logistics: Wear comfortable, loose clothing for easy access to the blood draw site (usually arm) and injection area. Arrange transportation if sedation or significant discomfort is possible.

### Day-of Additional Precautions

- Inform your provider of all medications, supplements, allergies, and medical conditions.
- You may take acetaminophen (Tylenol) for pain if approved, but confirm with your team.
- Expect a standard blood draw (typically 60 mL), processing, and injection.