

# PREPARING FOR EXOSOME THERAPY

Before undergoing Exosome Therapy, there are specific guidelines to follow to ensure a successful procedure:

- 1. Hydration:** One day prior to the procedure, it is advisable to drink plenty of fluids (water) to stay well-hydrated. Proper hydration can contribute to the effectiveness of the treatment.
- 2. Diet:** On the morning of your procedure, have a light breakfast to help prepare your body for Exosome Therapy. Avoid processed foods or foods high in salt or sugar.
- 3. Medications:** It's crucial to avoid non-steroidal anti-inflammatory drugs (NSAIDs), such as Aspirin, Naproxen, and Ibuprofen, for at least three days before the procedure and continue to refrain from their use for three weeks after the procedure. While NSAIDs will not destroy the injected Exosomes, they can potentially diminish the treatment's effects.
- 4. Rest:** Avoid any strenuous activity for 24 to 48 hours after treatment.

## You need to stop taking the following prescription drugs 72 hours before and after treatment

Prescription steroids in the Corticosteroid family, Opioids and Antibiotics will interfere with your Exosome treatment. If you are currently taking any of the following you will need to wait 72 hours after your last dose before treatment.

### STEROIDS

Hydrocortisone  
Prednisone  
Prednisolone  
Dexamethasone  
Methylprednisolone  
Cortisone  
Fludrocortisone  
Budesonide  
Beclomethasone  
Triamcinolone

### OPIOIDS

Morphine  
Codeine  
Oxycodone (e.g., OxyContin, Percocet)  
Hydrocodone (e.g., Vicodin, Norco)  
Fentanyl (e.g., Duragesic, Actiq)  
Tramadol (e.g., Ultram)  
Methadone (e.g., Dolophine, Methadose)  
Hydromorphone (e.g., Dilaudid)  
Buprenorphine (e.g., Suboxone, Subutex)  
Heroin (illegal)  
Meperidine (e.g., Demerol)  
Tapentadol (e.g., Nucynta)  
Butorphanol (e.g., Stadol)  
Pentazocine (e.g., Talwin)

### ANTIBIOTICS

#### Penicillins:

Amoxicillin  
Ampicillin  
Penicillin V  
Penicillin G

#### Cephalosporins:

Cephalexin  
Ceftriaxone  
Cefuroxime  
Ceftazidime

#### Macrolides:

Azithromycin  
Clarithromycin  
Erythromycin

#### Tetracyclines:

Doxycycline  
Minocycline  
Tetracycline

#### Carbapenems:

Imipenem/cilastatin  
Meropenem  
Ertapenem  
Doripenem

#### Lincosamides:

Clindamycin

#### Oxazolidinones:

Linezolid

#### Monobactams:

Aztreonam

#### Fluoroquinolones:

Ciprofloxacin  
Levofloxacin  
Moxifloxacin

#### Sulfonamides:

Trimethoprim/sulfamethoxazole  
(TMP/SMX)

#### Aminoglycosides:

Gentamicin  
Tobramycin

Amikacin

#### Glycopeptides:

Vancomycin  
Teicoplanin