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## Preparing for your Injection Series:

1. **STOP all NSAIDS (Motrin, Celebrex, etc.) for at least 10 days**

If you take a daily baby aspirin, continue to do so **Except** for the day of your procedure.

If you are unsure if a medication prescribed by another physician is an anti-inflammatory please ask your pharmacist

2. Eliminate Toxins- cigarette smoking, excessive alcohol, excessive caffeine
3. Optimize nutrition: ensure adequate intake of lean protein, omega 3 fatty acids, vitamins and minerals
4. Get adequate sleep, continue regular aerobic conditioning (walking, bicycling), muscle stretching and flexibility exercises
5. Have joint mobilization done just prior to the injection procedure
6. Do not ice the injection site following your procedure
7. You may choose to apply heat, however the use of heat may increase your pain level

## Nutritional Protocol for Injection Therapy

<u>Nutrient</u>	<u>Daily Recommendation</u>
Combination Supplement: Glucosamine Hydrochloride Chondroitin Sulfate MSM (methylsulfonylmethane)	Choose either Liquid or Capsule Form Capsule form: 1 capsule 2 times a day Liquid form: as directed on bottle
***Costco carries a High Quality Liquid Formula and a Capsule Walmart carries a High Quality Capsule	
Vitamin C (Buffered or Ester)	1000 mg 2 times a day
Multiple Vitamin/Mineral Supplement	As Directed