The Practice.

P-Shot prep: your do list

3547 Hendricks Ave, Jacksonville, FL 32207
(904) 877-1100 · thepractice.co

Your P-Shot is made from your own blood. The healthier your platelets are on the day of your visit, the better the material we have to work with. The steps below help you show up with your blood at its best.

One rule first: Never stop a medicine a doctor prescribed for you on your own. If anything on this list conflicts with your prescriptions, call us before you change anything.

01 5 to 7 days before

- [ ] **Stop anti-inflammatory pain relievers.** That means ibuprofen (Advil, Motrin), naproxen (Aleve) and aspirin you take for aches. They make platelets less active.
- [ ] **Use acetaminophen (Tylenol) instead** if you need something for pain.
- [ ] **Pause supplements that thin the blood:** fish oil, vitamin E, ginkgo, turmeric and garlic pills.
- [ ] **Cut back on nicotine, or stop.** Smoking and vaping reduce blood flow and slow healing.
- [ ] **Call us if you take a blood thinner, daily aspirin for your heart, or steroids.** Do not stop these yourself. We will work out a plan with you.

02 2 to 3 days before

- [ ] **Drink plenty of water,** about 8 to 12 cups a day. Well-hydrated blood is easier to draw and gives us more plasma.
- [ ] **Skip alcohol.** It dehydrates you and makes bruising more likely.
- [ ] **Eat balanced meals** with protein, vegetables and fruit. Go light on greasy and fried food.
- [ ] **Get 7 to 8 hours of sleep** each night.
- [ ] **Keep your normal exercise routine.** This is not the week to start something new or extreme.

03 The day before

- [ ] **Keep the water going** all day.
- [ ] **No alcohol.**
- [ ] **Have a lighter dinner.** A heavy, fatty meal can make your plasma cloudy.
- [ ] **Get a full night of sleep.**
- [ ] **Check that nothing has changed.** If you feel sick or started a new medicine, call us (see the last section).

04 The day of your P-Shot

- [ ] **Drink 2 to 3 glasses of water** in the two hours before your visit.
- [ ] **Eat a normal meal** an hour or two before. Do not come in fasting; you are more likely to feel lightheaded.
- [ ] **Keep caffeine low.** One cup of coffee is fine. Skip energy drinks.
- [ ] **No nicotine and no alcohol** today.
- [ ] **Shower and wash the area.** Do not put lotion, cream or powder there.
- [ ] **Take your regular prescriptions** as usual unless we told you otherwise.
- [ ] **Wear loose, comfortable clothes** and a top with sleeves that roll up easily for the blood draw.
- [ ] **Arrive a few minutes early** so you are relaxed, not rushed.

Call us before your visit if...

- You take a blood thinner, daily aspirin or steroids, or had a steroid shot in the past month.
- You started a new medicine or supplement since we last saw you.
- You have a fever, a cold or flu, or any infection.
- You have a rash, sore, cut or outbreak in the area being treated.
- You have a bleeding or platelet disorder, or are being treated for cancer.
- You tend to feel faint with needles or blood draws.

It is always better to reschedule than to treat on a day your body is not ready.