



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Stem Cell Collection Instructions

1. Avoid taking ACE inhibitor medications 24 hours prior to procedure.
 - Examples of ACE inhibitors include: lisinopril, ramipril, quinapril, enalapril, captopril or benazepril.
2. Increase your calcium intake 24 hours prior to procedure.
 - Foods that contain good amounts of calcium include: milk, cheese, yogurt, leafy greens, soy or fortified cereals.
3. Double your fluid intake 24 hours before procedure.
4. Wear loose comfortable clothing on collection day.
5. Plan to spend 4-6 hours with us on the day of your collection.
6. Limit bedside visitors to 1 person.
7. You may bring books, magazines, iPad, laptop, or food with you on day of collection

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