



# VILLA MEDICA

CLINIC FOR REGENERATIVE MEDICINE  
GERMANY-SINCE 1978

## LABORATORY EXAMINATIONS

### STANDARD LABORATORY TESTS FOR ADULTS AND CHILDREN OVER 14 YEARS OLD

Complete Blood Counts:	WBC, RBC, Haemoglobin, Platelets, MCV, MCH, MCHC, Neutrophil, Lymphocyte, Monocyte, Eosinophil, Basophil
Coagulation parameters:	INR
Lipid Profile:	Total Cholesterol, HDL-Cholesterol, LDL-Cholesterol, Triglycerides
Liver Profile:	Alkaline Phosphatase, SGPT (ALT), SGOT (AST), G-GT
Kidney Profile:	Creatinine
Metabolic Profile:	HbA1c
Inflammation parameter:	Homocysteine, Hs-CRP (high sensitive CRP), ESR
Thyroid Profile:	fT3, TSH

#### ***For female patients above 40 years of age***

As additional test it would be desirable to have a check-up report from the gynaecologist (not older than 6 months) and the following basic Hormonal Screening: **Progesterone, Estradiol, FSH, DHEA, SHBG (sexual hormone binding globuline), Vitamin D3 (25-OH)**

The blood test can be taken in between the 19th and 25th day of the cycle after the first day of the menses, ideally between the 21st and 23rd day in the morning. For woman in menopause, (menses stopped longer than 3 month) the blood can be drawn at anytime in the morning.

#### ***For male patients above 45 years of age***

As additional test it would be desirable to have a report from the urologist not older than 6 months and the following basic Hormonal Screening: **Progesterone, Testosterone, free Testosterone, Estradiol, PSA, DHEA, SHBG, Vitamins D3 25-OH**. The blood test has to be taken in the morning.



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**LABORATORY EXAMINATIONS**  
**STANDARD BLOOD TEST FOR CHILDREN**

AGE 6-14 YEARS

Complete Blood Counts:	WBC, RBC, Haemoglobin, Platelets, MCV, MCH, MCHC, Neutrophil, Lymphocyte, Monocyte, Eosinophil, Basophil
Coagulation parameters:	INR
Liver Profile:	G-GT
Kidney Profile:	Creatinine
Inflammation parameter:	Hs-CRP (high sensitive CRP) , ESR
Thyroid Profile:	fT3, TSH

AGE UNDER 5 YEARS

Complete Blood Counts:	WBC, RBC, Haemoglobin, Platelets, MCV, MCH, MCHC, Neutrophil, Lymphocyte, Monocyte, Eosinophil, Basophil
Coagulation parameters:	INR
Inflammation parameter:	Hs-CRP (high sensitive CRP) , ESR
Thyroid Profile:	fT3, TSH



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## LABORATORY EXAMINATIONS STANDARD BLOOD TEST

### FOR FACIAL AESTHETIC TREATMENTS

Haematology:	WBC, RBC, Haemoglobin, Platelets, ESR
Coagulation parameters:	INR

### FOR PATIENTS WHO WILL RECEIVE ONLY JOINT TREATMENTS

Haematology:	WBC, RBC, Haemoglobin, Platelets, ESR
Coagulation parameters:	INR

### ***For patients having signs of Diabetes***

As additional test it is advisable to include in addition to all other laboratory data the following:

- HbA1c
- Urine Microalbumin
- Urine Creatinine
- Microalbumin / Creatinine Ratio



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## FRESH CELL THERAPY PRE-TREATMENT PREPARATION

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### LIFESTYLE PREPARATION:

- The objective of treatment preparation is to bring the guest to an ideal healthy state in order to prepare the body to maintain and support Fresh Cell Therapy transplantation.
- Cleansing of the digestive system for a period of 4 weeks whenever possible is ideal; colon hydrotherapy sessions can be administered upon arrival prior to cell injection (kindly liaise with your VMI representative for more information) for guests who do not have facilities offering this service in their home countries:
  - Prescription of good bacteria medications to promote digestive balance.
  - Enemas/colonic irrigation is advised for 2 days prior to fresh cell therapy if patient experiences difficulty of passing stool or is constipated.
  - Dietary modification (e.g. increased high fibre diet, low carbohydrate intake recommended)
  - In cases wherein it is not possible to have colonic hydrotherapy prior to the treatment, a high-fibre diet by eating steamed vegetables is recommended for at least 2 weeks and increased water intake (average of 10 glasses per day) is advised prior to arrival at Villa Medica.
- Fluid and water intake must be increased (average of 10 glasses or more) 24 hours prior to the treatment if it is not contraindicated with the guest's concurrent medical condition.
- Optimize the dosage of multi-vitamins and minerals for 4 weeks, ideally (2000 mg of Vitamin C, multi-vitamin tablets, fish oil every day).
- Guests must not take medications that are not advised by their physician at the time of the injection for at least 7 days (including "street drugs" or "recreational drugs").
- Abstain from any form of alcoholic beverages for 48 hours before fresh cell therapy injection.
- Abstain from smoking 7 days prior to fresh cell injection.
- There must be no exposure to X-ray, microwave or any other form of electromagnetic energy for 3 days prior to fresh cell therapy injection.
- Guests must not have any immunizations or vaccinations 4 weeks before stem cell injection (e.g. chicken pox vaccination, etc).
- Mild to moderate daily physical activity (e.g., walking or cardio exercise) is advised at least 3 days prior to the injection without overwork, parties, excessive physical activity. Physical exhaustion at the time of the injection is not advised for this form of treatment.
- Abstain from eating any food related to sheep for at least 2 weeks.
- In case of overt body infection (e.g. sore throat, problems with urination associated with infection, infectious diarrhea), physician should be informed immediately to initiate proper treatment without delay.



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## FRESH CELL THERAPY POST-TREATMENT CARE

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After fresh cell therapy injection, the following precautions are observed to optimize the effects of the transplantation:

- Resting for 48 hours is advised post-treatment; minor activities such as sitting in a sofa is permissible.
- Continue living a healthy lifestyle by taking a lot of fluids, vitamins, minerals and fish oil and having a high fibre diet for at least 1 month.
- Apart from blood-thinning medications, the taking of which has to be clarified, all other prescribed medication is taken as always. Please bring all necessary medications as well as their prescriptions (if possible) during the trip.
- Avoid intake of alcohol (e.g. wine, beer, sparkling wine); this is allowed only 8 days post-fresh cell injection.
- Consumption of coffee (caffeine-free) is allowed at 1 cup per day only.
- Intake of the following should be avoided: recreational drugs, intake of non-essential medications (those which are not prescribed by your physician).
- Smoking should be avoided for a period of one week.
- Guests should avoid exposure to radiation or electromagnetic energy (e.g. sunbathing, exposure to x-rays, microwave, etc) for a period of 2 months.
- Guests should not have any form of vaccination or immunization for 4-6 weeks post-fresh cell therapy Injection (e.g., cholera, pox virus, yellow fever vaccinations).
- Treatments such as mud baths, mudpacks (fango) and having heat treatment (e.g. sauna) are advised only after 4-6 weeks.
- Mental and emotional strain should be avoided at least 3 days after the treatment if possible.
- Guests should avoid intense activities for 10-14 days; in particular, activities which increase body temperature such as the following:
  - Playing sports
  - Intensive exercise
  - Vigorous sex
  - Cleaning the garage
  - Working on garden
- In case of overt body infection (e.g. sore throat, problems with urination associated with infection, infectious diarrhea), the Villa Medica physician should be informed immediately so that proper treatment could be administered.