

General Time Table for Stem Cells Treatment Program at Tiantan Puhua Hospital

Note: This schedule is subject to changes based on patient's disease situation.

We prefer to get started as soon as you arrive. However, some patients prefer to wait a day or two to get settled in before taking all the tests as they are quite thorough and can be strenuous after a long trip. The first day in this time table refers to the first day you will feel strong enough and ready for the initial check up.

Day 1

Doctor's visit for Initial check up: Reviewing the medical history of the patient, taking tests (physical examination, blood pressure, breath, lung function etc.) and making first Neurological evaluation.

ECG – heart condition check will also be taken at the first day.

If you need an MRI or CT scan, this will be scheduled during the first week.

Day 2:

06:00 Blood test * blood tests whenever will be required by the doctors will be taken at this hour.

07:00 Breakfast

09:00 -10:00 Doctors visit

During the day you will be introduced by a speaking English staff with the Hospital facilities: the rehabilitation center, the Head Nurse counter, laundry services etc.

We will also give you a small tour of the local neighborhood, including the local phone card shop, supermarket, restaurants, hair salon, massage place, shopping centers etc.

Day 3 – Day7:

07:00 Breakfast

09:00 -10:00 Doctors visit

1. Finishing all the standard tests, blood tests and neurological tests.

The medical team will make the final medical plan – determine the kind of stem cells that will be used, schedule the operation for the stem cells injection, and will inform the laboratory to start culturing the stem cells.

2. Self stem cells activation and proliferation program starts:

IV will be given every day as per the doctors' prescription. The IV usually lasts for approximately four hours a day.

Oral medication will also be taken daily as per the doctors' prescription.

3. Rehabilitation therapy and TCM starts: classes each day of physical and occupational therapy. The classes' hours are flexible but are usually spread out over the day.

(Week 2)

Day 8 – Day 14:

*If special preparation would have to be taken before the operation such as fasting – you will be notified by the nurse a day in advance.

09:00 – 10:00 (approximately): surgery.

Brain stem cells injection or Sub-arachnoid stem cells injection surgery.

(When the specific target is unknown the stem cells are injected into the CSF (cerebral spinal fluid) by lumbar or

lateral ventricle Puncture (sub-arachnoid surgery).)

*Day of operation: resting. No rehabilitation activity.

(Recovering time after the operation may take another day of rest depending on the patient's condition.)

After recovery: usual schedule:

07:00 Breakfast

09:00-10:00 doctor's visit.

Self stem cell activation treatment continuous:

IV + oral medications.

Blood tests, brain scans and Neurological evaluation are taken to follow up changes and improvement.

2 hours rehabilitation class and 1 hour TCM daily

Evening: free time

(Week 3)

Day 15- Day 21

07:00 Breakfast

09:00-10:00 doctor's visit.

Self stem cell activation treatment continuous.

Blood tests, brain scans and Neurological evaluation are taken to follow up changes and improvement.

2 hours rehabilitation class and 1 hour TCM daily

Evening: free time

(Week 4)

See week 3.