

Quick *reference.*

THE FIVE-MINUTE RULE

From thaw to patient. *Under five minutes.*

Viability drops rapidly once warm. Every additional minute matters.

THAW

Prep first — then thaw.

- 1 Establish IV access or prep injection site fully.
- 2 Draw saline flushes. Ready syringes. Position patient.
- 3 Only now: pull the vial from storage.
- 4 37°C water bath. Hold vertical. Agitate gently.
- 5 Full thaw: 90–120 seconds. Inspect for clarity.

ADMINISTER

IV

- Direct push into the line at controlled rate.
- Saline flush following administration.
- Monitor patient per protocol.

Injection

- Site, gauge, volume: Medical Director's call.
- Ultrasound recommended for intra-articular.
- Strict sterile technique throughout.

DO NOT

- × Refreeze. Ever. Under any circumstance.
- × Store above -60°C.
- × Skip the signed consent form.
- × Pre-thaw before the room is ready.
- × Administer if vial looks cloudy or off.
- × Forget to log the lot number.