

Bradley C. Daily, M.D. Byron L. Grauerholz, M.D. Gary L. Harbin, M.D. Todd M. Herrenbruck, M.D. Jeffrey L. Horinek, M.D. Michael J. Johnson, M.D. Levi W. Kindel, M.D.

Jennifer L. Alexander, APRN Eric Jusko, PA-C, ATC Lindsy Newton, PA-C Amber Sawyers, PA-C, ATC

## Tips for Controlling Blood Sugars after a Cortisone Injection

- Increase intake of proteins, vegetables, and whole grains.
- Increase exercise as able.
- Decrease intake of carbohydrates, sugars, starches, and fruit

Follow these guidelines for 3-5 days following your injection. Please call our office if you have any questions.



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