



Patient Education

Medicines to Avoid Before Surgery

Your doctor tells you to avoid certain medicines or supplements before surgery to prevent bleeding problems and/or complications

Preparing for Surgery

To prepare for your surgery or procedure, your doctor has asked you to avoid certain medicines, including aspirin and aspirin-like products, and other medicines or supplements.

This handout lists medicines and supplements (by generic and trade names) that you should avoid to prevent bleeding problems. Please review with your doctor all medicines that you are taking.

Your doctor wants you to stop taking aspirin, aspirin-like products, or non-steroidal anti-inflammatory agents.

This handout lists specific medicines and supplements to avoid before and after your surgery or procedure.

- Stop taking these products _____ days **before** your procedure.
- You may resume taking these products _____ days after your procedure.
- You may take acetaminophen (Tylenol) as needed for minor aches and pains.
- **Review with your doctor all medicines and supplements that you are taking.**

Important note for patients who have had cardiac stents or other heart surgery in the past year:

Talk with your *cardiologist* (heart doctor) **before** you stop taking any aspirin product, clopidogrel (Plavix), or warfarin (coumadin).

The lists in this handout are not complete. Other products or supplements may also cause bleeding problems.

Avoid these Products in the Days Before and After Surgery as Indicated by Your Doctor

Prescription products with aspirin or other salicylates:

- Amigesic
- Ascomp with codeine
- Alor
- Carisoprodol Compound
- Darvon Compound 65
- Diflunisal
- Dolobid
- Empirin with codeine
- Fiorinal
- Lobac
- Lortab ASA
- Magan
- Magsal
- Mobidin
- Monogesic
- Norgesic
- Novasal
- Orphengesic
- Panasol
- Percodan products
- Roxipirin Salflex
- Salsalate products
- Salsitab
- Soma products
- Synalgos-DC
- Talwin Compound
- Trilisate
- Trisalicylate products
- Zorprin

Prescription products with these nonsteroidal anti-inflammatory agents (brand name in parentheses):

- Diclofenac (Voltaren)
- Etodolac (Lodine)
- Fenoprofen (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Motrin)
- Indomethacin (Indocin)
- Ketoprofen (Orudis, Oruvail)
- Ketorolac (Toradol)
- Meclofenamate (Meclomen)
- Mefenamic acid (Ponstel)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Sulindac (Clinoril)
- Tolmetin (Tolectin)

Other prescription drugs:

- Celecoxib (Celebrex)
- Cilastazol (Pletal)
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Dipyridamole/aspirin (Aggrenox)
- Ticlopidine (Ticlid)

Nonprescription products with aspirin or salicylates:

- Alka-Seltzer products
- Anacin
- Arthropan
- Ascription
- Aspergum
- Asprimox
- Bayer products
- Bufferin
- Doans
- Ecotrin
- Empirin
- Excedrin products
- Halfrin
- Mobigesic
- Pepto-Bismol
- Saleto
- Vanquish

Nonprescription products with nonsteroidal anti-inflammatory agents:

- Advil products
- Aleve products
- Dristan Sinus
- Haltran
- Ibuprofen products
- Menadol
- Midol Extra Strength
- Motrin
- Naproxen

Warfarin (Coumadin)

Ask your doctor:

- How many days BEFORE your surgery to stop taking this drug.
- If you need *bridging* (short-term) therapy with an injectable *anticoagulant* such as heparin or a low molecular weight heparin such as enoxaparin (Lovenox).

Herbal Products and Other Natural Supplements

Stop taking **ALL** natural products, herbal medicines, vitamins, and other supplements **7 days before your surgery**. They may be resumed when your doctor says it is OK.

On the next page are herbs and other supplements that are especially harmful to take if you are having surgery because they can cause extra bleeding.

Natural supplements and herbs that may cause bleeding problems:

- Agrimony
- Alfalfa
- Aniseed
- Arnica
- Artemesia
- Asa foetica
- Bishop's weed
- Bladderwrack
- Bochu
- Bogbean
- Boldo
- Bromelains
- Burdock
- Capsicum
- Cassio
- Celery seed
- Chamomile
- Chinese wolfberry
- Chondroitin
- Clove
- Cod liver oil
- Coltsfoot
- Dandelion
- Danshen (salvia)
- Devil's claw
- Dihydroepiandrosteroe (DHEA)
- Dong quai (angelica)
- Fenugreek
- Feverfew
- Fish oil
- Flax seed
- Gamma linoleic acid
- Garlic
- Ginger
- Ginkgo
- Ginseng
- Glucosamine
- Horse chestnut
- Horseradish
- Licorice
- Meadowsweet
- Melatonin
- Melilot
- Nattokinase
- Onion
- Omega-3
- Pantethine
- Papain (papaya extract)
- Parsley
- Passionflower
- Policosanol
- Poplar
- Prickly ash
- Quassia
- Red clover
- Resveratrol
- Sea buckthorn
- Sweet clover
- Sweet woodruff
- Tonka beans
- Turmeric vinpocetine
- Vitamin E
- Wild carrot
- Wild lettuce
- Willow bark

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Tri-City Orthopaedic Clinic staff are also available to help.

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