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MEDICINES/VITAMINS/FOODS TO AVOID PRIOR TO SURGERY

Patients scheduled for surgery should **STOP** taking all products containing aspirin and/or non-steroidal anti-inflammatory drugs (NSAIDs) **2 WEEKS PRIOR TO SURGERY**. These drugs can cause bleeding problems. You may take Tylenol (acetaminophen) as needed for headaches, cramps, aches, and pain.

This is a list of common products to avoid, but the list is NOT complete. If you are not sure about a medication, ask your pharmacist. Please review this list to ensure you have stopped taking these medications.

MEDICATIONS TO AVOID:

Advil	Daypro	Panadynes
Aleve	Disalcid	Panalgesic
Alka-Seltzer	Dristan	Pepto-Bismal
Anacin	Duradyne	Percodan
Anaprox	Duragesic	Persantine
Ansaid	Easprin	Quagesic
APC	Ecotrin	Relafen
Arthritis Pain Formula	Emprazil	Sinutab
ASA	Equagesic	Soma Compound
Ascodeen-30	Excedrin	Talwin
Ascriptin	Fiorinal	Tolectin
Aspergum	Ibuprofen	Toradol
Aspirin	Indomethacin	Trandate
Bayer Aspirin	Lodine	Trental

Bufferin	Measurin	Trialgesic
Cama Arthritis	Meclomen	Triaminicin
Celebrex	Midol	Vioxx
Cephalgesic	Midol PMS	Voltaren
Children's Aspirin	Mobegesic	Wesprin
Clinoril	Momentum Muscle	Zactin
Congespirin	Motrin	Zorpin
Coumadin – stop for 2 days prior	Naprosyn	***Accutane needs to be stopped for at least 3 months prior to your procedure date
Darvon Compound	Nuprin	
Darvon with ASA	Pabirin Tablets	

HERBAL MEDICINES, VITAMINS, AND FOODS TO AVOID:

<i>HERBAL MEDICATIONS</i>	<i>FOOD AND VITAMINS</i>
Astragalus (Huang-Q)	Garlic
Carnitine Chromium	Ginger
Citrimax (Garcinia)	Grapefruit Juice
Creatine	Lemongrass
Echinacea	Red Wine
Ephedra	Vitamin E
Ginkgo Biloba	<i>***Drinks that contain any of the above products such as Sobe Beverages and should be avoided.</i>
Ginseng	
Gotu Kola	
Licorice Root	
Kava (piper methysticum)	
L-Proline	
St. John's Wort	
Taurine	
Valeria	
Yohimbe (corynanthe yohimbe)	

What if it is not safe for me to stop my blood thinners?

Some patients cannot stop their blood thinners for 14 days. These include patients with some heart conditions or patients with a high risk of stroke. For those patients special arrangements will need to be made with Dr. Anzarut and his office. If you cannot safely come off blood thinners for the 14 days prior to the surgery please call Dr Anzarut as soon as possible to discuss alternative arrangements.