

## MEDICATIONS TO BE AVOIDED 2 WEEKS BEFORE SURGERY

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be **avoided for two weeks prior to surgery**. If you need to take something for the relief of minor pain, YOU MAY TAKE TYLENOL or another "acetaminophen product." Please let us know if you are currently taking any of these medications.

Advil	Buff-a-comp No. 3	Efficin
Alka-Seltzer	Bufferin arthritis strength	Elavil
Alka-Seltzer Plus	Bufferin extra strength	Emagrin
Anacin	bufferin with codeine	Emprazil
Anaprox	No. 3	Empirin with codeine
Anadynos	Buffets II	Encaprin
Ansaid	Buffinol	Endep
A.P.C	Buf-tabs	Equagesic tablets
Argesic	Butazolidin	Etrafon
Arthropan liquid	Cams arthritis pain	Excedrin
Arthritis pain formula	reliever	Feldene
Arthritis strength	Carisoprodol	Fiorinal
bufferin	Cheracol capsules	Fish oil
A.S.A	Chlortrimeton	Flagyl
A.S.A Enseals	Clinoril	Flexeril
Ascriptin	Congesprin chewable	Four-way cold tablets
Ascriptin A/D	Cope tablets	Gaysal-S
Ascriptin with codeine	Cosprin tablets	Gelprin
Ascriptin extra strength	CP-2 tables	Gemnisin
Asperbuf	Damason-P	Goody's
Aspergum	Darvon compound	Ibuprofen
Aspirin	Darvon compound-65	Indocin
Atromid	Darvon N with A.S.A	indomethacin
Axotal	Darvon with A.S.A	Lanorinal
Azolid	Pulvules	Lioresal
Bayer aspirin	Di-gesic	Lortab
Bayer aspirin maximum	Disalcid	Magan
Bayer children's aspirin	Dolobid	Magsal
Bayer children's cold	Dolprin	Marnal
Bayer time-release	Dristan	Maximum bayer aspirin
aspirin	Durasal tablets	Measurin
B.C tablets and powder	Easprin	Medomen
Buff-a-comp	Ecotin	Methcarbamol with

Aspirin	Pepto-Bismol suspension	St. Joseph's cold tablets
Micrainin	Percodan	Sulindac
Mobidin	Percodan demi tablets	Surmontil
Midol	Persantine	Synalgos
Mobigesic	Persistin	Tagamet
Momentum muscular	Phentermine	Talwin compound
Backache formula	Phenylbutazone	Tenuate dospan
Motrin	Ponstel	Tetracycline
Mysteclin F	Propoxyphene compound 65	Tolectin
Nalfon	Robaxisal	Tolmetin
Naprosyn	Rufen	Triaminicin
Naproxen	Ru-tuss	Triavil
Neocylate	S.A.C	Trigesic
Nicobid	Saleto	Trilisate tablets and liquids
Norgesic	salocal	Uracel
Norgesic forte	Sine aid	Vanquish
Nuprin	Sin-off sinus medicine	Verin
Oraflex	Sinutab	Vibramycin
Orudis	SK-65 Compound	Vitamin E
pabalate-SF	Stanback	Voltaren
Pamelor	Stendin	Zomax
Parnate	St. Joseph's children's aspirin	Zorprin

**If you are taking any steroid and/or medication for arthritis,  
please call our office at (664) 634-3790**

## **SUPPLEMENTS TO AVOID TWO WEEKS PRIOR TO SURGERY AND FOR TWO WEEKS AFTER SURGERY**

The “natural products” listed below may be beneficial for a variety of ailments, but THEIR USE AROUND THE TIME OF SURGERY MAY NOT BE DESIRABLE. Therefore, it is advisable to stop taking these products to avoid problems with surgery and anesthesia. Discontinue the use of these products two weeks prior to surgery and two weeks after surgery. Specific nutritional supplements that should be discontinued include:

**Bilberry (*vaccinium myrtillus*)** - Contain anthocyanosides, flavonoid compounds that improve visual acuity and are important in the treatment of eye disorders. Excellent antioxidant that strengthens capillaries and collagen. Has antiplatelet activity and may inhibit clot formation.

**Cayenne (*capsicum annuum*)** - Used for GI tract disorders. Overdose may cause severe hypothermia.

**Dong Quai (*angelica sinensis*)** - The main application is in the relief of menstrual disorders and menstrual cramps. Often used to relieve menopausal symptoms. Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications.

**Echinacea (*echinacea augustifolia*)** - Immune system stimulant with anti-inflammatory, antiviral, and antibacterial effects. Used as a prophylaxis for upper respiratory infections. Use of echinacea may impact the liver when general anesthetic or certain other medications such as anabolic steroids or methotrexate are used.

**Feverfew (*tanacetum paithenium*)** - Used for migraine headache prevention and for arthritis, rheumatic disease, and allergies. May increase bleeding, especially in patients taking certain anticlotting medications.

**Fish Oil Capsules** - Supplies important omega-6 fatty acid, DHA, and EPA, used to reduce cholesterol and triglyceride levels. Has blood-thinning properties.

**Garlic (*allium sativum*)** - Garlic has vasodilatory, hypocholesterolemic effects, and antiplatelet effects. May augment effects of coumadin, warfarin, and NSAIDS, causing abnormal bleeding time.

**Ginger (*zingiber officinale*)** - Useful as antispasmodic, anti-inflammatory, and anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for postoperative emesis. Use of ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.

**Ginkgo Biloba** - One of the oldest living tree species which can live up to 1000 years and grow to a height of 120 feet. Used as an antioxidant and circulatory stimulant. Used for treatment of intermittent claudication, tinnitus, vertigo, memory enhancement, and sexual dysfunction. Anticoagulant activity is 3x stronger than vitamin E.

**Ginseng (*panax ginseng/panax quinquefolium*)** - At least 3 different varieties: Asian, American, and Siberian. Improves physical and cognitive performance, mood, or metabolism. An adaptogen and an antioxidant. Anticoagulant that may interact with cardiac, hypo/hyper intensive medications and hypoglycemic agents.

**Hawthorne (*crataegus laevigata*)** - The extract is used for its ability to potentiate the action of cardiac glycosides. Used in the treatment of ischemic heart disease, hypertension, angina, and chronic congestive heart disease. Potentiates the actions of digitalis and other cardiac glycosides.

**Kava Kava (*piper methysticum*)** - Sedative, analgesic, soporific, anticonvulsant, muscle relaxant, anxiolytic. Similar to the effects of benzodiazepines in treatment of anxiety. May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.

**Licorice Root (*glycyrrhiza glabra*)** - Used for gastric and duodenal ulcers, gastritis, and cough/bronchitis. Glycyrrhizic acid in licorice may cause high blood pressure, hypokalemia, and edema.

**Ma Huang (*ephedra sinica*)** - Used in weight loss and energy products; a natural amphetamine with powerful stimulant effects. More than 800 adverse reactions reported with the FDA. Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmias.

**Melatonin** - A hormone secreted by the pineal gland. Regulates many other hormones that are involved in controlling circadian rhythm. Used for jet lag, insomnia, and SAD (seasonal affective disorder). May potentiate CNS effects of barbiturates and general anesthetics.

**Red Clover (*trifolium pratense*)** - Used to relieve menopausal symptoms. Active constituent includes coumarin derivatives, which may potentiate existing anticoagulant medications.

**St. John's wort (*hypericum perforatum*)** - Herb used as mild antidepressant, sedative, anxiolytic. May have a monoamine oxidase (MOA) inhibitory effects. Can interact with MAO inhibitors and other antidepressants. Many other drug interactions reported.

**Valerian (*valeriana officinalis*)** - Used as a sedative, hypnotic, and antispasmodic in the GI tract. Relieves anxiety, nervousness, and insomnia. May increase effects of sedative hypnotics.

**Vitamin E** - Important fat-soluble vitamin that acts as an antioxidant and prevents the oxidation of polyunsaturated fatty acids. Used in the prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anticlotting benefits can prolong bleeding time.

**Yohimbe (*corynanthe yohimbe*)** - "Natural Viagra" that has MAO effects. Yohimbine is the agent extracted from the bark of the yohimbe tree. The tree grows in the African nations of Cameroon, Gabon, and Zaire. Purported to have both psychological and physical effects. Increases the potency of anesthetics.

**If you have any questions about the supplements you are currently taking,  
please call our office at (664) 634-3790**