

UW Medicine



## Medicines to Avoid Before Surgery

*Stopping certain medicines or supplements to prevent bleeding problems*

*This handout lists specific medicines and supplements that you should avoid before your surgery. Please review with your doctor all medicines that you are taking.*



### Getting Ready for Surgery

To prevent bleeding problems, your doctor may want you to stop taking some prescription, nonprescription, and herbal medicines before your surgery.

**Review with your doctor all medicines and supplements you are taking.**

*Before your surgery, make sure you review with your doctor all medicines and supplements you are taking.*

**IMPORTANT: Talk with your doctor BEFORE you stop taking these prescription anti-platelet drugs used to prevent blood clots, heart attack, or stroke:**

- Aspirin
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Dipyridamole/aspirin (Aggrenox)
- Prasugrel (Effluent)
- Ticagrelor (Brilinta)

**IMPORTANT: These prescription anticoagulant (blood-thinning) drugs require special instructions before you stop or restart taking them. Ask your doctor or Anticoagulation Clinic for instructions.**

- Apixaban (Eliquis)
- Dabigatran (Pradaxa)
- Dalteparin (Fragmin)
- Edoxaban (Savaysa)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)
- Rivaroxaban (Xarelto)
- Warfarin (Coumadin)

## Avoid the Products Listed Below

You will need to avoid the products listed below **in the days before and after surgery**. Here are your specific instructions from your doctor:

- Stop taking the products listed in this handout \_\_\_\_\_ days **before** your surgery.
- You may resume taking these products \_\_\_\_\_ days after your surgery.
- You may take acetaminophen (Tylenol) as needed for minor aches and pains.

**Please note that the lists in this handout are not complete.** Other products or supplements may also cause bleeding problems. Check with your doctor if you have questions about specific products.

### **Prescription pain-relief drugs that contain aspirin or other salicylates:**

- Ascomp with codeine
- Carisoprodol compound
- Empirin with codeine
- Fiorinal
- Lanorinal
- Percodan products
- Salsalate products
- Soma products
- Trisalicylate products
- Zorprin

### **Prescription pain-relief drugs that contain nonsteroidal anti-inflammatory agents:**

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

### **Other prescription pain-relief drugs:**

- Celecoxib (Celebrex)
- Valdecoxib (Bextra)

❑ **Nonprescription products that contain aspirin or salicylate:**

- Alka-Seltzer products
- Anacin
- Bayer products
- Buffasal
- Bufferin
- Buffinol
- Doan's
- Durlaza
- Ecotrin
- Ecpirin
- Empirin
- Excedrin products
- Fem-prin
- Halfprin
- Miniprin
- Pain-off
- Pepto-Bismol
- Saletol
- St. Joseph Adult
- Vanquish

❑ **Nonprescription products that contain nonsteroidal anti-inflammatory drugs:**

- Advil products
- Aleve products
- Ibuprofen products
- Midol Extra Strength
- Motrin
- Naproxen

## **Herbal Products and Other Natural Supplements**

**Starting 7 days before your surgery, stop taking ALL:**

- Herbal products
- Natural supplements
- Vitamins
- Other supplements

You may start taking them again when your doctor says it is OK.

On the next page is a list of foods, herbs, and natural products that may cause extra bleeding. **These products are especially harmful to take if you are having surgery.**

**❑ Foods, natural supplements, and herbs that may cause bleeding problems during and after surgery:**

- Agrimony
- Alfalfa
- Aniseed
- Arnica
- Artemesia
- Asafoetida
- 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
- Dihydroepiandrosterone (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
- 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 healthcare provider if you have questions or concerns.

- ❑ UWMC Outpatient Pharmacy: Call 206.598.4363
- ❑ UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 8
- ❑ Seattle Cancer Care Alliance Pharmacy: Call 206.288.6500