

# Doctors Same Day Surgery

## MEDICATION USE PRIOR TO SURGERY

Certain medications, including herbal products, over-the-counter products (OTC), and prescription medicines can cause serious complications before and after surgery. These complications may include increased bleeding, altered heart function, cardiac instability, altered immunity, impaired healing capability, increased sedation, increased drug metabolism, and decreased blood glucose levels. Due to the seriousness of these conditions, it is important to talk to a healthcare professional prior to any surgical procedure about all current medication use.

### HERBALS

As a reminder, the Federal Drug Administration (FDA) does **NOT** regulate herbal products; consequently, the efficacy and safety of these products have not been fully recognized. The following 8 herbals are among the most common herbals used and have been studied for their potentially harmful effects during surgery. Remember to check the labels on all herbal products for potentially harmful ingredients. Charted below is the recommended discontinuation time for herbal products prior to surgery. Talk to your health care professional about all herbal products that you are currently taking.

<b>HERBAL PRODUCT</b>	<b>RECOMMENDED STOP TIME</b>
Echinacea	Stop as far in advance as you can, especially if you are a transplant patient or have liver impairment
Ephedra	Stop at least 24-hours before surgery
Garlic	Stop at least 7 days before surgery
Ginkgo	Stop at least 2 days before surgery
Ginseng	Stop at least 7 days before surgery
Kava	Stop at least 24 hours before surgery
St. John's Wort	Stop at least 5 days before surgery
Valerian	Try to taper weeks before surgery; if not, continue until surgery. Talk to physician about potential withdrawal symptoms

Other herbals of caution: Stop 2-3 weeks before surgical procedure  
Diet aids, Feverfew, Licorice, Metabolife, and Willow bark

### OTC AND PRESCRIPTION MEDICATION

Both prescription and nonprescription medications need to be evaluated during the preoperative evaluation. There are some medications that can complicate surgery as well as the healing process. It is very important to consult with your health care professional about the OTC and prescription medications that you are currently taking. Remember to read all product labels or package inserts, especially OTC preparations, in order to identify ingredients that may be potentially harmful. The following medications can cause surgical complications. Recommended discontinuation times have been documented; however, **NO prescription medication should be stopped without the consent of your physician.** No discontinuation time is recommended for anticoagulation and other chronic prescription therapy.

## **ASPIRIN PRODUCTS – STOP TAKING 14 DAYS BEFORE SURGERY**

### **ACETYLSALICYLIC ACID PRODUCTS –**

Alka-Seltzer®, Anacin®, Arthritis Pain Formula®, Ascriptin®, Aspergum®, Pepto Bismol®

### **ASPIRIN PRODUCTS –**

Baby Aspirin, Bufferin®, Darvon Compound®, Ecotrin®, Empirin®, Equagesic®, Fiorinal®, 4-Way Cold®, Genprin®, Halfprin, Midol Max Strength®, Norgesic®, Percodan®, Sine-Off®, Triaminicin Cold®, Vanquish®, Zorprin®

**\*This is not an all-inclusive list\***

## **NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs)**

### **IBUPROFEN PRODUCTS – STOP 1 DAY BEFORE SURGERY**

Advil®, Bayer Select®, Excedrin IB®, Haltran®, Medipren®, Midol Cramp Formula®, Midol IB®, Motrin®, Nuprin®, Pamprin IB®, Rufen®

### **DICLOFENAC, ETODOLAC, FLURBIPROFEN, KETOPROFEN, KETOROLAC, MECLOFENAMATE, MEFENAMIC ACID, TOLMETIN PRODUCTS – STOP 2 DAYS BEFORE**

Arthrotec®, Cataflam®, Voltaren®, Lodine®, Ansaïd®, Orudis®, Toradol®, Ponstel®, Tolectin®, Tolectin DS®

### **DIFLUNISAL, FENOPROFEN, INDOMETHACIN, SULINDAC PRODUCTS—STOP 1 DAY BEFORE**

Dolobid®, Nalfon®, Indocin®, Clinoril®

### **MELOXICAM, NABUMETONE, NAPROXEN PRODUCTS – STOP 4 DAYS BEFORE**

Mobic®, Relafen®, Aleve®, Anaprox®, Naprosyn®

### **OXAPROZIN PRODUCT – STOP 12 DAYS BEFORE**

Daypro®

### **PIROXICAM PRODUCT – STOP 14 DAYS BEFORE**

Feldene®

### **ANTICOAGULANT THERAPY**

Warfarin (Coumadin®) 5-7 days,  
Dipyridamole (Persantine®) 2 days,  
Clopidogrel (Plavix®) 7-10 days,  
Ticlopidine (Ticlid®) 7-10 days,  
Cilostazol (Pletal®) 2 days, Aggrenox® 14 days

### **MISCELLANEOUS MEDICATION**

(Consult with physician about discontinuation time)

Furosemide (Lasix®), Guaifenesin, Imipramine (Tofranil®),  
Nitrofurantoin (Macrobid®, Macrochantin®), Phenelzine  
(Nardil®), Tranylcypromine (Parnate®), Weight loss prescription  
medications, Smoking cessation products

## **FOR CHRONIC PAIN CONDITIONS, THE FOLLOWING ARE ALTERNATIVES FOR PHYSICIANS TO CONSIDER FOR PATIENT'S PAIN RELIEF PRIOR TO SURGERY:**

### **ACETAMINOPHEN – and any other product that does not contain aspirin but contains acetaminophen such as:**

Darvocet®, Excedrin PM®, Fioricet®, Midol Multi-Symptom Formula®, Midol Maximum Strength PMS Pamprin®, Premsyn PMS®, Esgic®

**NSAIDs** – some NSAIDs AND COX 2 products do not cause bleeding problems, Arthropan®, Bextra®, Celebrex®, Disalcid®, Doan's®, Magsal®, Salsitab®, Trilisate®, Vioxx®,

**OTHERS** – Tramadol(Ultram®), Ultracet®, Darvon®

**This is not an all exclusive list. Contact your local pharmacist if you have any questions about your medications.**