

The following is a list of common medications to avoid one week prior to your surgery. This list is meant as a general guide and is not comprehensive. If you have questions about any medication your taking or considering, consult with your physician or nurse practitioner.

Prescription Medications

Anti Neoplastic

Arimidex
Nolvadex
Tamoxifen

Anti Coagulants

Coumadin
Heparin
Plavix
Pletal

Ibuprofen Containing Medications

Indocin/Indocin SR
Motrin Tablets

Ketolorac Containing Medications

Ketolorac
Toradol

Naproxen Containing Medications

Naprosyn
Anaprox/Anaprox DS
Naprogesic
Novo-Naprox Sodium
Darvon
Propoxyphene
Equagesic
Fiorinal
Lortab ASA
Norgesic
Percodan
Soma Compound
Talwin Compound
Trilisate

NSAID Compounds

Feldene
Lodine
Daypro
Genacol
Indocin
Nuprin
Voltaren

Non-Prescription Medications

Aspirin and Aspirin-like compounds

Anacin products
Bayer aspirin products
Ascriptin
Aspergum
Aspercream
Bufferin
Buffaprin
Doan's Pills
Ecotrin
Midol
St. Joseph aspirin products

Ibuprofen Containing Medications/NSAIDS

Aleve
Advil
Excedrin IB
Midol IB
Motrin
Ibuprofen
Children's Advil
Children's Motrin

Ketoprofen Containing Medications

Actron
Orudis KT

Cold/Flu/Sinus Medications

Many over the counter cold, flu, or sinus products contain ibuprofen or aspirin. Please check labels or contact your physician's office if you are unsure of the contents of your medication.

** This information a guide only, not a complete list. Products may contain aspirin, aspirin-like compounds, ibuprofen, or nonsteroidal anti-inflammatory medications. If you are unsure about any over the counter or prescription medication you are taking, consult your physician's office.

Nutritional and Herbal Supplements to Discontinue

Many patients take nutritional supplements and herbal remedies. Although these products are considered to be natural and may be beneficial for a variety of ailments, their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking these products two weeks prior to surgery and two weeks following surgery to avoid problems with surgery and anesthesia.

Nutritional supplements to be discontinued prior to surgery:

Bilberry (*vaccinium myrtillus*)
Cayenne (*capsicum annuum*)
Dong Quai (*angelica sinensis*)
Echinacea (*echinacea augustifolia*)
Feverfew (*tanacetum parthenium*)
Fish Oil Capsules
Garlic Tablets
Ginger Tablets
Ginkgo Biloba
Ginseng
Hawthorne (*crataegus laevigata*)
Kava Kava (*piper methysticum*)
Licorice Root
Ma Huang (*ephedra sinica*)
Melatonin
St. John's Wort (*hypericum perforatum*)
Valerian (*valeriana officinalis*)
Vitamin E
Yohimbe (*corynanthe yohimbe*)