

MEDICATIONS THAT MAY CAUSE BLEEDING PROBLEMS AND SHOULD BE AVOIDED 2 WEEKS PRIOR TO SURGERY

4-Way Cold Tablets
A.S.S. Enseals
A.S.A. Tablets
Aches-N-Pain
Acoda #3
Addaprin
Adlevika
Advil
Advil Cold & Sinus Caplets
Advil Ibuprofen Tablets and Caplets
Advil Suspension (Children's)
Aleve Tablets
Alka-Seltzer (flavored) antacid
Alka-Seltzer (flavored) antacid and pain reliever
Alka-Seltzer Effervescent antacid and pain reliever
Alka-Seltzer Effervescent Tablets
Alka-Seltzer Extra Strength
Alka-Seltzer Plus Cold Medicine Tablets
Anacin Arthritis Formula
Anacin Coated Analgesic Tablets
Anacin Coated Analgesic Caplets
Anacin Maximum Strength Analgesic Tablets
Anacin Tablets and Capsules and Caplets
Anaprox Tablets
Anaprox DS Tablets
Anodynos Tablets
Ansaid Tablets
Aqua Mephyton Amps (Vitamin K derivative)
Argesic Tablets
Arthralgen Tablets
Arthritis Pain Formula Tablets
Arthritis Strength Bufferin Tablets
Arthritis Strength Bufferin Analgesic Caplets
Arthropan Liquid
Arthrotec Tablets
Ascriptin A/D Caplets
Ascriptin A/D Tablets
Ascriptin with Codeine Tablets
Ascriptin X-Strength Caps
Asperbuf Tablets
Aspergum
Aspercreme
Aspirin Uniserts (Rectal)
Aspirin 15gram Delayed Release Tablets
Aspirin 800mg Tablets
Aspirin 800mg SR
Aspirin and Codeine Phosphate Tablets

Aspiricin Tabs
Aspirin X-Strength Tabs
Aspirin X-Strength Tabs
Aspirin Tabs
Aspitab
Asprtab Max Strength
Axotal Tablets
Azdone Tablets
Back-Quell
Bayer Aspirin Tablets
Bayer Children's Aspirin
Bayer Aspirin Max. Strength Caplets
Bayer Aspirin Max. Strength Tablets
Bayer Children's Cold Tablets
Bayer Aspirin (Therapy) Caplets
Bayer Timed-Release Aspirin Tablets
BC Cold Powder Non-Drowsy Formula
BC Powder, Arthritis Strength
BC Tablets and Powder
Buf-Tabs
Buff-A Comp No. 3 Tablets (Codeine)
Buff-A Comp Tablets and Capsules
Buffaprin Tablets
Buffasal
Bufferin Analgesic Tablets and Caplets
Bufferin, Tri-buffered Tabs
Bufferin, X-Strength Tri-Buffered
Bufferin, Arthritis Strength
Bufferin with Codeine No. 3 Tablets
Buffets II Tablets
Buffinol Tablets
Butalbital Compound Tabs
Butazolidin Caplets
Butazolidin Tablets
Cama Arthritis Pain Reliever
Carisoprodol Comp. (Soma)
Celebrex Capsules
Clinoril
Codoxy Tabs
Congesprin Chewable Tablets
Cope Tablets
Coricidin D. Decongestant Tablets
Coricidin Tablets
Cosprin Tablets
Cosprin 325 Tablets
Cosprin 650 Tablets
Coumadin

CP-2 Tablets
Damason-P
Darvon Compound Pulvules
Darvon Compound-65
Darvon with A.S.A. Pulvules
Dasin Capsules
Daypro Caplets
Diflunisal Tablets
Dinol Tablets
Dimetapp Sinus Caps
Disalcid Tablets/Capsules
Doan's Pills
Dolobid Tablets
Double-A Tablets
Dristan Sinus Caplets
Dristan Menthol
Duoprin Capsules
Duoprin-S Syrup
Duradyne Tablets

Halfprin
Haltron Tab
Hep-Lock
Heparin
Ibufen-200
Ibuprin
IBU-TAB Ibuprofen Tablets
Ibuprofen Tablets
Idenal Tab
Indocin Supp./Oral Suspension/SR Capsules
Indomethacin Caplets
Isollyl Improved Capsules
Ketoprofen
Lanorinal Tablets
Listerine
Lodine Caplets
Lodine Tablets
Lortabl ASA Tablets
Magan Tablets

Aspirin Tablets	Magnaprin Arthritis Strength Tab
EC- Naprosyn Delayed Release Tablets	Magsal Tablets
Ecotrin Duentric	Marnal Capsules
Ecotrin Max. Strength Duentric	Maximum Bayer Aspirin
Ecotrin Enteric Coated Aspirin Maximum Strength	Maximum Strength Arthritis Pain Formula (Anacin)
Ecotrin Enteric Coated Aspirin Regular Strength Tab	Maxiprin -15
Ecotrin Tablets	McNess Pain Tabs
Efficin Tablets	Measurin Tablets
Eldepryl	Mecofenamate Capsules
Emagrin Tablets	Mefenamic Acid
Empirin Tablets	Meclomen Caplets
Empirin with Codeine Tablets	Medipren Ibuprofen Caplets and Tablets
Enteric Coated ASA	Menadol -IB
Equagesic Tablets	Megaprin
Equazine -M Tabs	Mephyton Tablets (Vitamin K)
Excedrin Extra-Strength Analgesic Tablets and Caplets	Mepro-Analgesic #2
Excedrin Tablets and Caplets	Meprobamate and Aspirin Tablets
Feldene Caplets	Methocarbamol with Aspirin Tablets
Fenoprofen Tablets	Micrainin Tablets
Fiogen Tablets	Midol Caplets
Fiorinal Capsules	Mobidin Tablets
Fiorinal Tablets	Mobigesic Tablets
Fiorinal with Codeine	Mobisylcreme
Flexeril	Momentum Muscular Backache Formula Tablets
Fortabs	Motrin (All Motrin Products)
FungiCure	Motrin (Children's)
Gaysai -S Tablets	Myofluxcreme
Gelpirin Tablets	Nabumetone (Relafen)
Gemnisyn Tablets	Nalfon Caplets/Capsules
Genacote	Nalfon Tablets
Genacote Max. Strength	Naprelan Tablets
Genpril	Naprosyn Susp.
Genprin Film -Coated Tab	Naprosyn Tablets
Gensan	Naprosyn Sod. Tablets
Goody's Headache Powder	Naprosyn Sod. Tablets
Goody's X-Strength Tabs	Neocylate Tablets
Naproxen Tablets	Norgesic Forte Tablets
Norgesic and Norgesic Forte Tablets	Norwich Aspirin Tab
Norwich Extra Strength Aspirin	Nuprin
Nuprin Ibuprofen/Analgesic Tablets & Caplets	Orphengesic
Orudis	Oruvail Capsules
Os-Cal-Gesic Tablets	Pabalate
Pabalate -SF Tablets	Pain Reliever Tabs
P-A-C Revised Formula	PediaProfen Suspension
Pamprin Max. Pain Relief Caplets	Percodan And Percodan -Demi Tablets
Pepto-Bismol Tablets and Suspension	Phenylbutazone
Persistin Tablets	Propoxyphene HCl/Aspirin Formula
Ponstel Kapseals	Relafen Tablets
Propoxyphene Compound -65	Robaxisal Tablets
Regular Strength Ascriptin Tablets	Roxiprin Tablets
Rowasa (5-ASA)	S-A-C Tablets
Rufen Tablets	Salicysal
Saleto Tablets	Sine-Off Sinus Medicine Tablets-Aspirin Formula
Salocol Tablets	Sloprin
SK-65 Compound Capsules	Soma Compound with Codeine Tablets
Soma Compound Tablets	St. Joseph Cold Tablets for Childred
St. Joseph Aspirin for Childred	
Salflex Tablets	
St. Joseph's Adult Chewable Aspirin Caps	Stanback Tablets and Powder
Sulindac	Supac
Supac Tablets	Surasal Tablets
Synalgos Capsules	Synalgos -DC Capsules
Tablets and Caplets	Talwin Compound
Talwin Compound Tablets	Tenstan Tablets
Ticlid	Tolectin DS Caplets/Tables
Tolectin	Tolmetin Tablets
Tolmetin Caplets	Torado IM
Toradol Tablets/IM Injections	Toradol Syrup
Triaminicin Tablets	Tricosal
Tri-gesic	Trilisate Tablets/Liquid
Uracel -5	Ultraprin
Valprin	Uvsius Inlay Tabs
Verin	Vanquish Caplets
Voltaren Ophthalmic Sol.	Voltaren Tablets/X-R Tablets
Yutopar Tablets	Vioxx

Note: Plus any over-the-counter cold medication

THE PREOPERATIVE PERIOD

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. If time permits, 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 patenium*) ~ 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 antinauseant. 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's 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/hypertensive 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.

Potentiate 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 (MAO) inhibitory effect. 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.