

## GUIDE TO MEDICATIONS, HERBAL, & DIETARY SUPPLEMENTS

- Stop taking aspirin and anti-inflammatory drugs (Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Bextra), Vitamin E and Glucosamine 2 weeks prior to surgery unless otherwise directed by your surgeon. If you take Celebrex, you may continue to take this medication. If you are taking Coumadin (Warfarin), Plavix, or any other “blood thinners” let your surgeon know. Ask your internist or cardiologist to advise you as to when you should stop taking these medications prior to your surgery. You should continue all other medications that you normally take. Stop all prescription diet medications or herbal supplements two weeks prior to surgery. See the next page for common herbal and dietary supplements and their effects during the surgical period.
- The Anesthesia Department will let you know in advance what medication(s) you are to take the morning of surgery. If you are advised to take your medication, swallow only the smallest amount of water. If you are a diabetic, the Anesthesia department will advise you on how to take your oral medication or the amount of insulin to take the morning of surgery.
- If you drink more than two alcoholic beverages a day, you may experience withdrawal symptoms after surgery. Symptoms include mild shakiness, sweating, hallucinations, and other more serious side effects. Interventions can be taken before surgery to minimize withdrawal symptoms. Please let your surgeon and anesthesiologist know about alcohol use. The best goal is for you to stop drinking at least two weeks prior to surgery.
- Stop smoking at least 24 hours prior to your surgery. **The best goal is to stop smoking completely.** If you continue to smoke, attempt to decrease the number of cigarettes. Cigarette smoking may interfere with the healing process.

### IRON SUPPLEMENTS PRIOR TO SURGERY

**We recommend that you take an iron supplement for 4 weeks prior to surgery. In addition, iron must be combined with Vitamin C to promote absorption from the stomach.**

The following supplements can be purchased at any drug store or pharmacy without a prescription:

Feosol (65mg) – take one tablet once a day

**AND**

Vitamin C (500mg) – take one tablet once a day

Tea, coffee, dairy products, Maalox, and Milk of Magnesia interfere with the absorption of iron and should be avoided for 2 hours before and after taking iron. However, do not eliminate dairy products from your diet.

You may notice that your stool becomes dark when taking iron. This is normal. You may also experience diarrhea or constipation. If these are severe, stop taking the iron and notify your physician. If you cannot take iron, eat foods that are rich in iron including liver, lean meats, kidney beans, whole wheat bread, spinach, egg yolks, turnip greens, carrots, apricots, and raisins.

## GUIDE TO HERBAL MEDICATIONS & DIETARY SUPPLEMENTS

<b>Supplement</b>	<b>Complication</b>
Bromelain Garlic Ginkgo Vanadium	Increases risk for bleeding
Chondroitin	Increases risk for bleeding, irregular heartbeat
Chromium	Enhances effectiveness of insulin and oral diabetic agents. Can cause hypoglycemia.
Cysteine	Can cause low blood pressure when given with ACE inhibitors, Nitroglycerin, or isosorbide.
Echinacea	Poor wound healing.
Ephedra	Increases heart rate and blood pressure.
Ginseng	Increases risk for bleeding, hypoglycemia.
Glucosamine	Reduces effectiveness of insulin. Can cause Hyperglycemia.
5-Hydroxytryptophan	Can interact with antidepressants or Ultram (Tramadol) resulting in life-threatening complications.
Kava	Increases risk of sedation.
Omega-3 Fatty Acids	Increases risk for bleeding, stroke.
S-Adenosylmethionine (SAM-e)	Can interact with antidepressants and result in irregular or fast heartbeat.
St. John's Wort	Has <b>multiple</b> herbal and drug interactions.
Valerian	Increases risk for sedation.
Vitamin A	Increases risk for bleeding, liver damage.
Vitamin D	If taking Digoxin, can cause toxic reaction.
Vitamin E	Increases risk for bleeding. Can reduce effectiveness of beta-blockers for high blood pressure.
Zinc	Can decrease effectiveness of anti-inflammatory medications.