

Pre-op Instructions

**DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE
DO NOT TAKE ASPIRIN OR BLOOD THINNERS FOR 7 DAYS BEFORE SURGERY
DO NOT TAKE HERBAL PRODUCTS FOR 14 DAYS BEFORE SURGERY**

ATTENTION PATIENTS- It is your responsibility to inform the doctor and the nurse of all medications you are taking. Specific medications must be stopped 2 weeks prior to surgery.

Herbal Remedies- Stop 2 weeks prior to surgery. These include Ginseng, Ephedra, Cayenne, Feverfew, Garlic, Brewer's Yeast, Kava-kava, Ginkgo, Licorice, Echinacea, Goldenseal, Ginger, St. John's Wart, Valerian, Borage Oil, Chamomile, Dong Quai, Primrose Oil, Flaxseed, GBL, BD, GHB, Gossypol, Green Tea, Grapefruit, Hawthorn, Melatonin, Ginkobiloba, Fish Oil, Bilberry, and Saw Palmetto.

Diet Pills- Stop 2 weeks prior to surgery. These include Metabolife and Phentermine.

Blood Thinning Products- May need to be stopped 5-7 days prior to surgery. Please call the office if this has not been addressed with you during surgery arrangements as decisions will be made on a patient to patient basis. These medications include Aspirin, Plavix, Vitamin E, Coumadin, Ticlid, Aggrenox, Ibuprofen, Motrin, Advil, and Aleve.

Diabetic Medications- Please notify your nurse if you are diabetic, as certain diabetic medications must be stopped 24 hours before surgery. These include Metformin, Glucophage, Glyburide, Avandamet, Metaglip, Fortamet, and Actoplus. Also, if you are taking any of these medications, please contact your prescribing physician to see if another medication is needed during the 24 hour period.

Remaining prescriptions can be taken the morning of surgery with a small sip of water. Please contact your doctor's office to discuss your medications if you are unsure which to hold and which to take.