

Supplements to Discontinue During the Perioperative Period

Currently, many patients are taking nutritional supplements in increasing amounts. Although these “natural products” 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 to avoid problems with surgery and anesthesia. If time permits, discontinue the use of these products two weeks prior to your surgery and two weeks after your 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 annum*) - 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 parthenium*) - used for migraine headache prevention and for arthritis, rheumatic disease, and allergies. May increase bleeding, especially in patients taking certain anti-clotting medications.

Fish oil caps - supplies important omega-6 fatty DHA and EPA used to reduce cholesterol and triglyceride effects. 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 anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for post-op emesis. Use of ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.

Ginkgo Biloba (*ginkgo biloba*) - one of the oldest living tree species which can live up to 1,000 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 stronger than Vitamin E.

Ginseng (*panax ginseng/panax quinquefolium*) - at least three different varieties: Asian, American, and Siberian. Improves physician 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. Potentiates the actions of digitalis and other cardiac glycosides.

Kava Kava (*piper methysticum*) - sedative, analgesic, soporific, anti-convulsant, 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.

St. John's Wort (*hypericum perforatum*) - herb used as mild anti-depressant, sedative, or anxiolytic. May have a monoamine oxidase (MOA) inhibitory effect. Can interact with MAO inhibitors and other anti-depressants. Many other drug interactions reported.

Valerian (*valeriana officinalis*) - used as a sedative, hypnotic, and anti-spasmodic 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 oxidation of polyunsaturated fatty acids. Used in the prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anti-clotting benefits can prolong bleeding time.

Yohimbe (*corynanthe yohimbe*) - "Natural Viagra" that has MAO effects. Yohimbe is the agent extracted from the bark of the yohimbe tree. The tree grows in African nations of Cameroon, Gabon, and Zaire. Purported to have both psychological and physical effects. Increases the potency of anesthetics.

TO OUR PATIENTS:

It is very important that if you come down with a cold, fever, rash, or "any" medical problem close to your surgery date, you should notify our office immediately.

Please do not take any medication which contains aspirin for two weeks prior to the scheduled date of your surgery. Aspirin has an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the postoperative period. Please check the labels of medications that you take (even those available without a prescription) to see that you do not take aspirin.

If you need minor pain medication, please take Tylenol. Tylenol is available at your pharmacy without a prescription and has an action very similar to that of aspirin. If you are allergic to Tylenol or unable to take it for some other reason, please notify us so that we may arrange for a suitable substitute.

PLEASE NOTIFY THE PHYSICIAN IF YOU ARE TAKING ANY VITAMINS, HERBAL MEDICATIONS, OR NATURAL SUPPLEMENTS AS THESE CAN ALSO CAUSE PROBLEMS DURING YOUR SURGERY AND SHOULD NOT BE TAKEN FOR THE TWO WEEK PERIOD PRIOR TO YOUR SURGERY.

Section 1:

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for at least two weeks prior to surgery. If you need to take something for relief of minor pain, you may take Tylenol.

A.P.C.	Cama Arthritis Pain Reliever	Lioresal	Phenylbutazone
A.S.A.	Carisoprodol	Lortab	Ponstel
A.S.A. Enseals	Clinoril	Magan	Propoxyphene Compound
Advil	Congespirin Chewable	Magsal	Robaxisal
Aleve	Cope Tablets	Marnal	Rufen
Alka-Seltzer	Damason P	Marplan	S-A-C
Alka Seltzer Plus	Darvon (all compounds)	Medomen	Saletol
Anacin	Disalcid	Methocarbamol with Aspirin	Salocol
Anaprox	Dolobid	Micrainin	Sine-Aid/Sine-Off/Sinutab
Ansaid	Dolprin	Midol	SK-65 Compound
Argesic	Easprin	Mobidin	St. Joseph's Cold Tablets
Arthritis Pain Formula	Ecotrin	Mobigesic	St. John's Wort (all types)
Arthritis Strength Bufferin	Empirin with Codeine	Momentum Muscular	Sulindac
Arthropan liquid	Endep	Motrin	Synalgos
Ascriptin (all types/brands)	Equagesic Tablets	Nalfon	Tagamet
Asperbuf	Etrafon	Naprosyn	Talwin Compound
Aspergum	Excedrin	Naproxen	Tenuate Dospan
Aspirin (all types/brands)	Feldene	Nardil	Tolectin
Atromid	Fiorinal	Nicobid	Tolmetin
Axotal	Fish Oil	Norgesic	Toradol
B.C. Tablets & Powder	Flagyl	Norgesic Forte	Triaminicin
Backache Formula	Four Way Cold Tablets	Nuprin	Trigesic
Bayer Children's Cold Tablets	Gemnisin	Orudis	Trilisate Tablets & Liquids
Buf-Tabs	Ginseng (all types/brands)	Pabalate-SF	Uracel
Buff-A Comp	Gleprin	Pamelor	Vanquish
Bufferin (all formulas)	Goody's	Parnate	Verin
Buffets II	Ibuprofen	Pepto-Bismol (all types)	Vitamin C (>1000mg/day)
Buffinol	Indocin	Percodan	Vitamin E (>600mg/day)
Butazolidin	Indomethacin	Persantine	Voltaren
	Lanorinal	Phentermine	Zorprin

Section 2:

The drugs listed below can have undesirable side effects that may affect your anesthesia or surgery. Please let us know if you are currently taking any of these medications:

Achromycin	Imipramine HCL	Sinequan
Adapin	Isocarboxazid	Sumycin
Amitriptyline HCL/MCL	Limbitrol	Surmontil
Amoxapine	Ludiomil	Tetracycline
Anafranil	Maprotiline HCL	Tofranil
Asendin	Matulane	Tranlycypromine
Aventyl	Medipren	Tri-Cyclen
Carbamazepine	Mysteclin-F	Triavil
Co-Tylenol	Norpramin	Trimipramine maleate
Comtrex	Nortriptyline HCL	Vibramycin
Desipramine HCL	Novahistine	Vivactil
Desyrel	Omade	Wellbutrin
Dilantin	Perphenazine	Zoloft
Doxepin HCL	Phenelzine sulfate	Zomax
Elavil	Procarbazine HCL	Zovirax
Extrafon	Protriptyline HCL	
Flexeril	Prozac	

Section 3:

The following foods contain salicylates, which affect blood clotting. They do not need to be omitted completely from your diet, but should be kept to a minimum for two weeks prior to your surgery.

Almonds	Grapes	Plums
Apricots	Grape juice	Prunes
Berries	Jellies/preserves	Raisins
Cherries	Nectarines	Tomatoes
Cucumbers	Oranges	Tomato products
Currants	Peaches	Vinegar
Curry	Pickles	Wine