

the **B I G** list of medications NOT to take prior to surgery

IMPORTANT: Before your surgery, *please* inform our staff about **ANY** and **ALL** medicines, vitamins, herbs, minerals or other supplements you normally take because they can react negatively with prescription medications and anesthesia or cause post-surgical complications.

We ask that you NOT take any brand of *aspirin or any aspirin containing medications, MAO inhibiting and serotonin drugs* for 14 days prior to surgery and 14 days after surgery. Dr. Bassichis and your anesthesiologist will determine which of your medications may be safely consumed prior to your surgery. Disclose EVERY medication, oil, supplement, herb, suspension, etc. -- your health depends upon it. Aspirin and aspirin-containing products, as well as some supplements may inhibit blood clotting and cause difficulties during and after surgery. If you need an aspirin-free fever reducer and pain reliever, we recommend **Tylenol**. Please follow these instructions carefully to ensure your safe surgery and recovery.

A Aches-N-Pains, Actifed, Acuprin, Addaprin, Adprin - B Tablets, Adult Analgesic Pain Relievers, Advil, AK Spore - HC, Alka Seltzer, All Arthritis Medicines, Allergy Relief Medicines (A.R.M.), Alpha Omega (fish oil), Aluprin, Aleve, Amigesic Capsules, Amitriptyline, Anacin, Anacin Arthritis/P, Ansaïd Tablets (generic brand of Ansaïd is Flurbiprofen), Anodynos Tablets, Analval, Anaprox, Anaprox-DS, Anaproxen, Anaproxen Anodynos, Ansaïd, APAC Improved, APC, Argesic Tablets, Arthra-G, Arthralgen Tablets, Arthritis Pain Formula, Arthritis Strength Bufferin, Arthropan, Arthropan Liquid, As-caff, Ascodeen, Ascriptin, Ascriptin AID tablets, Ascriptin with Codeine Tablets, ALL ASCRIPTIN PRODUCTS, Aspir-lox, Asperi-mox, Aspirbuf, Aspercin, Aspergum, Aspirin* (of any kind), Aspirin Suppositories, Aspirin with Codeine, ASpirTab, Asprimox Tablets, Asproject, A.S.A. Tablets, A.S.A. Enseals, Axotal, Azdone Tablets

* Please not take ANY **aspirin** containing medications, whether they are natural, prescription or over the counter.

B B-A-C Tablets, Bayer Aspirin, Bayer Children's Aspirin Tablets, Bayer Children's Cold Tablets, Bayer Timed-Release Aspirin Tablets, Bayer Select Pain Formula, BC Powder/Tablets, Bilberry Tablets, Brufen, Buf Tab, Buff-A-Comp, Buff-A Comp No.3 Tablets with codeine, Buffaprin, Buffasal, Bufferin, Bufferin 37%, Bufferin Arth, Bufferin X/S Butalbit, Buffets II, Buffex, Buffinol, Buroption, Buroption HCL, Bupropion, Butazolidin

C C-Advil, Cama Arthritis Pain Reliever, Cama Inlay Tabs, CataFlam Tablets, Carisoprodol Compound Tablets, Cayenne, Cephalgesic, Cheracol Tablets, Children's Advil Suspension, Children's Aspirin, Children's Motrin Suspension, Chromium, Chromium Picolinate, Claritin, Clinoril, Concerta (for ADD/ADHD), Congespirin, Contac, Cope, Coricidin Tablets, Coricidin "D" Decongestant Tablets, Coricidin, Coricidin Demilets Tablets for Children, Coricidin Mediets Tablets for Children, Coumadin

D Damason-P, Darvon, Darvon with ASA, Darvon Compound, Darvon Compound-65, Darvon w/Aspirin, Darvon-N with Aspirin, Dasin, Dipryridamole, Disalcid, Diurex, Doan's, Dolcn, Dolobid, Dolphirn #3 Tablets, Drinopohn, Dristan, Dristan Sinus, Duoprin-S Syrup, Duradyne Tablets

E Vitamin E, E-aspirin, Easprin EC, Echinacea, Ecolrin, Ecotrin Tablets, EFFEXOR[®] XR, Elavil, Emagrin, Empirin, Empirin with Codeine, Emprazil, Endodan Tablets, Epromate Tablets, Equagesic, Equazine-M, Excedrin, EFFEXOR[®] XR (venlafaxine HCl) Extended-Release, ExPrazi

F Feldene, Fenoprofen Tablets, Feverfew, Fiogesic Tablets, Fioricett, Fiorinal, Fiorinal with Codeine, Florgen PF, Fluoxetine, Flurbiprofen Tablets, 4 Way Cold Tablets

G Garlic (*allium sativum*) tabs & do not eat garlic excessively (some say not at all - but if you accidentally get some or have a little garlic toast, it's okay, it's more for garlic tablets), Genaced, Genacote,

Gelpirin Tablets, Genprin, Gensan, Ghemnisym, Gingko, Ginbko Biloba, Gennin, Ginger, Gingko, Ginkobiloba, GNP aspirin, Goody's Headache Powder, Goody-s Extra Strength

H Halfprin Tablets, Haltran, Heparin, Hydroxycut

I, J IBU, IBU-Tab, Ibuprofen, Ibuprin, Ibuprohm, Indocin, Indochron E-R Capsules , Indomethacin Caspules, Indomethacin Suspension, Infantol Pill, Isollyl Improved Tablets & Capsules

K Ketoprofen Capsules

L Lanorinal, Licorice Root, Lodine, Lortab ASA

M MAO inhibitors, Magan, Magnaprin, Magnasprin, Magsal, Marnal, Marthritic Tablets, Maximum Bayer Aspirin, Measurin, Meclomen, MecloFenamate Capsules, Medigistic-Plus, Medipren, Meditren, Melatonin, Menadol, Meprogesic Q, Micraninin, Midol/Midol 200, Midol Original, Midol PMS, Mobidin, Moblgesic, Momentum Back Ache Formula, Monogesic, Motrin, Motrin IB, Multi-Vitamin

N Nalfon, Nardil, Nardilzine, Naprosyn, Neomycin, Neogesic, Norgesic, Norgesic Forte, Norwich Extra Strength Aspirin, Nov-naproxen, Nuprin, NyQuil/NyQuil P.M.

O Orphenagesic, Orphenagesic Forte, Orudis, Oruvail Capsules, Oxycodine, Oxycodone

P P-A-C, Pabalate-SF, Pabrin, Pacaps, Pain Reliever Tablets, Pamprin-IB, Panalgesic, Panodynes, Papaya, PediaProfen, Pedrazil, Percodan, Percodan Demi Tabs, Persantin, Persirin, Persistin, PetoBismol, Phenaphen, Phenetron Compound, Piroxicam Capsules, Polymyxin, Ponstel Capsules, Presalin, Propoxyphene Compound, Propoxyphene Napsylate with Aspirin, Prozac

Q Quagesic, Quiet World Analgesic (sleeping aid), Quinine

R Relafen Tablets, Rexolate, Rhinex, Robaxin, Robasisal, Roxiprin Tablets, Rufin, Robaxisal

S S-A-C, Salabuff, Salatin. Saletto, Saletto 200, Saletto-400,600,800 Tablets, Salflex, Salicylamide, Salocol, Salsalate, Salsitab, Serzone, Sign Off Sinus Tablets, Sine Aid, Sine Off, SK-65 Compound Capsules, Soma Compound, Soma Compound with Codeine, St. John's Wort, St. Josephs Aspirin, St. Joseph Cold Tablets (for children), Stanback Analgesic, Stanback Powder, Sudafed, Sulindac Tablets, Supac, Synalogos Capsules, Synalgos-DC Capsules

T Talwin Compound, Tenol-Plus, Tolectin 200,600 Tablets, Tolectin DS Capsules, Tolmetin Tablets/Capsules, Toradol Injection/Tablets, Tr-Pain Tablets, Trilisate Tablets and Liquid, Trendar, Trental, Triaminicin Tablets, Tricosal tablets, Tri-Pain, Trigesic, Trilisate, Tusal

U Ultraprin, Unipro, Ursinos Inlay Tablets

V Valesin, Valtrex, Vanquish, Verin, Viro-Med Tablets, Vivarin, Voltaren

W, X Warafin (Coumadin), Wellbutrin, Wesprin Buffered

Y Yohimbe

Z Zactrin, Zolofit ,Zorprin, Zyban

Other Supplements, Vitamins and Herbal Remedies not to ingest when undergoing surgery and why...

We know many people take herbal supplements and some can be good for you, but many are contraindicated with anesthesia or surgery in general. Some people may not disclose their herbal supplements to their surgeon or anesthesiologist because of the belief that since these supplements are over the counter (OTC) they must be safe. This is simply not true. In fact, many of these supplements are specifically prohibited when used in conjunction with anesthesia, other prescription medications, or while undergoing surgery. You may also think that because these products are from plants, and are therefore "natural," that they are not dangerous. On the contrary, in addition to natural supplements many medications, dangerous drugs, and even poisons are derived from plants. Some people are embarrassed to admit taking supplements for weight loss, to increase your sexual stamina, for acne or depression, etc. Please know that nothing is embarrassing when it comes to your safety and well being. Again, we ask you to please inform Dr. Bassichis and your anesthesiologist of ALL supplements, oils, herbs, minerals, and vitamins etc. you are taking!

- **Vitamin E** has anti-platelet properties and inhibits vital clot formation. We ask you to cease consuming Vitamin E in any form at least 2 to 3 weeks prior to any surgery and for 2 to 3 weeks afterwards.
- **Garlic** (*allium sativum*), **Ginger**, **Alfalfa**, **Cayenne**, **Papaya**, **Feverfew**, **Chamomile**, **Dong Quai root**, **Willow bark**, **Goldenseal**, **Guarana**, **Horse Chestnut** and **Bilberry** Tablets/Supplements also have anti-platelet properties and may inhibit vital clot formation. These medications are normally taken to remedy *edema* (fluid retention). You may resume consumption of these supplements 2 to 3 weeks post-operatively.
- **Ginkgo**, **Ginkgo biloba**, & **Selenium** are powerful anti-coagulants. They are considered to be 3 times stronger than Vitamin E.
- **Ginseng** may cause rapid heartbeat/and or high blood pressure in some individuals as well as coagulation disruption.
- **St. John's Wort**, **Yohimbe**, ("**The natural Viagra®**") and **Licorice root** have a mild *monoamine oxidase* (MAO) inhibitory effect and may intensify the effects of anesthesia.
- **Melatonin** decreases the amount of anesthesia needed for surgery.
- **Kava Kava**, **Hawthorn**, **Lemon verbena**, **Muwort**, **Lavender** and **Valerian/Valerian Root**: (taken to promote relaxation and sleep) have tranquilizing properties and should *not* be combined with other sedative agents. **WARNING!** Tell your anesthesiologist/surgeon if you take any of these.
- **Echinacea** may have a severe impact on the liver when general anesthesia is used. It also has some coagulation disruption properties.
- **Ma Huang (a.k.a. Ephedra)**: Used by many people for weight loss and is a major component of most weight loss supplements. Ephedra has been **associated with more than 800 adverse health effects including DEATH**. It is an amphetamine-like compound with the potential for stimulating the central nervous system and heart. **We strongly discourage the use of this supplement in any form.**
- **Gotu Kola** has a stimulant effect as well.
- **Ackee fruit** as well as, **Alfalfa**, **Aloe**, **Argimony**, **Barley**, **Bitter melon**, **Burdock root**, **Carrot oil**, **Chromium**, **Coriander**, **Dandelion root**, **Devil's club**, **Eucalyptus**, **Fenugreek seeds**, **Foti**, **Garlic**, **Ginseng**, **Grape seed**, **Guayusa**, **Gmena**, **Juniper**, **Nem seed oil**, **Onions**, **Periwinkle**, **Yellow root** alter the blood glucose level.
- **Garlic and Onions** as a food: Even moderate consumption of onions and garlic can affect the body negatively when the body undergoes surgery. Try to limit your consumption for 2 weeks beforehand.

We will recommend a regimen of vitamins and some supplements to promote effective healing and recovery from surgery. Do not take larger than recommended doses.