

## **PREOPERATIVE PATIENT INSTRUCTIONS**

### **MEDICATIONS**

**METFORMIN:** HOLD FOR 24 HOUR PRIOR TO SURGERY    **TRAMADOL:** STOP THE DAY PRIOR TO SURGERY

**XARELTO & ELIQUIS:** HOLD 48 HOURS TO SURGERY    **PRADAXA:** HOLD FOR 72 HOURS PRIOR TO SURGERY

**PLAVIX:** HOLD FOR 5 DAYS PRIOR TO SURGERY    **AGGRENOX:** HOLD FOR 10 DAYS PRIOR TO SURGERY

**WARFARIN/COUMADIN:** REFER TO YOUR ANIT-COAGULATION CLINIC OR PRESCRIBING PROVIDER

**ANTI-INFLAMMATORIES (NSAIDS):** HOLD FOR 10 DAYS PRIOR TO SURGERY (i.e. ADVIL, ALEVE, MOTRIN, IBUPROFEN)

**ASPIRIN AND ASPIRIN CONTAINING PRODUCTS:** HOLD FOR 10 DAYS PRIOR TO SURGERY (i.e. Baby aspirin, Excedrin)

- Tell your Surgeon and Surgery Scheduler if you are taking Plavix, Coumadin or any blood thinner or platelet inhibitor. Your prescribing physician will need to provide a clearance/release for you to stop your medications.

**DIET PILLS (PHENTERMINE):** HOLD FOR 2 WEEKS PRIOR TO SURGERY

**VITAMINS & HERBAL SUPPLEMENTS:** HOLD FOR 2 WEEKS PRIOR TO SURGERY (i.e. GINSENG, GINGER, ECHINACEA, EPHEDRA, GARLIC, GINKO, KAVA, ST.JOHNS WORT, VALERIAN, VITAMIN E and FISH OIL)

It is **OK** to take Tylenol up to the date of your surgery

Please take routine medications with a sip of water the morning of your surgery, unless instructed otherwise.

**METAL ALLERGIES?** If so, please inform the surgery scheduler

**LAP BAND NEEDS TO BE DEFLATED PRIOR TO SURGERY OR CLEAR LIQUID DIET FOR 24 HOURS BEFORE SURGERY**

### **FOOD AND LIQUIDS**

- Do **NOT** eat or drink anything (to include gum, candy, cough drops or breath mints) after 12:00 midnight the night before your surgery  
***\*Eating or drinking after midnight could necessitate delaying or cancelling your surgery\****
- Do **NOT** smoke or chew tobacco on the day of your surgery

### **COSMETIC INSTRUCTIONS**

- Due to the possibility of increased infection risk, removal of all acrylic nails and nail polish prior to your surgery is highly recommended. Should you choose to keep your acrylic nails on, colored nail polish should be removed.
- All jewelry (to include your wedding ring and all body piercings) needs to be removed prior to surgery. It is best to leave your jewelry at home the day of surgery.
- If hand surgery, meticulously wash and clean your hands and fingernails the night before surgery.
- If foot surgery, meticulously wash and clean your feet and toenails the night before surgery.

**PLEASE BE AWARE THAT YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER SURGERY. YOU WILL HAVE TO HAVE SOMEONE, 18+ YEARS, TO DRIVE YOU HOME. FAILURE TO DO SO WOULD RESULT IN CANCELLATION OF SURGERY. PLEASE MAKE TRANSPORTATION ARRANGEMENTS PRIOR TO SURGERY.**

## **HOLDING INSTRUCTIONS FOR ANTICOAGULANT (BLOOD THINNING) MEDICATIONS**

**PLEASE BE AVAILABLE AT THE PHONE NUMBER GIVEN TO US ON THE DAY OF YOUR SURGERY. THERE CAN BE AN OCCURRENCE IN WHICH WE MAY CONTACT YOU TO COME IN EARLIER OR LATER DEPENDING ON THE SURGERY SCHEDULE THAT DAY.**

**If you are currently taking one of the following blood thinners, please review below how many days you will need to discontinue this medication prior to your scheduled surgery.**

- **WARFARIN (COUMADIN)**-Holding instructions will be defaulted to patients Anticoagulation Clinic (ACC) or prescribing provider, notification must be sent to respective ACC with patient demographics, surgery type, and date for surgery.
- **XARELTO (RIVAROXABAN)**-Hold for 48 hours prior to surgery
- **ELIQUIS (APIXABAN)**-Hold for 48 hours prior to surgery
- **PRADAXA (DABIGATRAN)**-Hold for 72 hours prior to surgery
- **PLAVIX (CLOPIDOGREL)**-Hold for 5 days prior to surgery
- **AGGRENOX (ASPIRIN/DIPYRIDAMOLE)**-Hold for 10 days prior to surgery
- **ASPIRIN**- Stop aspirin 10 days prior to surgery. However, your surgeon may request you continue taking this if you take Aspirin for cardiac related issues.
- **NSAIDS (IBUPROFEN, ADVIL, ALEVE, NAPROXEN, ETC.)**- Stop 10 days prior to surgery
- **HERBALS**- Stop ALL herbal supplements 14 days prior to surgery.  
(SEE NEXT PAGE FOR MORE INFORMATION)

## PREOPERATIVE PATIENTS TAKING HERBAL MEDICATIONS

Up to 20 – 40% of preoperative surgical patients use herbals, but many patients don't consider them as medications. All patients, including children, should be questioned about their use. Herbals can have hazardous interactions with other medications given in the perioperative period. The American Society of Anesthesiologists now recommends that, whenever possible, patients stop all herbal medications 2 weeks before surgery. (The exception is Valerian, which should be tapered off to avoid withdrawal.)

The Table below lists the 8 most commonly used herbal medicines, their potential adverse effects, and when they should be stopped. If a patient takes herbals within 2 weeks of surgery, their procedure could be delayed or cancelled if the risk is prohibitive. If surgery cannot be delayed there will be an increased risk of complications

Please help us improve patient safety by encouraging patients to stop taking herbal medications at least 2 weeks before surgery. Patients should be made aware of the serious risks of herbals when they are referred for surgical consultation.

<b>Herbal Medication</b>	<b>Adverse Effects</b>
<b>Echinacea</b>	Delayed healing; immunosuppression
<b>Ephedra</b>	Severe hypertension; seizures; strokes
<b>Garlic</b>	Platelet dysfunction; excess bleeding
<b>Gingko</b>	Platelet dysfunction; seizures
<b>Ginseng</b>	Platelet & coagulation dysfunction; hypoglycemia
<b>Kava</b>	Sedation; hepatotoxic, may cause liver failure, consider LFTs preop:  Dopamine antagonist; may precipitate withdrawal reaction
<b>St. John Wort</b>	Serotonim syndrome; postop hypotension; induction of liver enzymes & increased metabolism of Warfin, Cyclosporin, NSAIDS, Theophylline, oral contraceptives, calcium channel blockers, Midazolam, lidocaine, alfentanil
<b>Valerian</b>	Sedation; likely to precipitate withdrawal reaction

### References

Ang-Lee MK et al. Herbal medicines and preoperative care, JAMA 2001; 286:208-16.  
DeSmet PA. Herbal remedies. N Engl J Med 2002; 347:2046-56 (Dec 19).