

MEDICATIONS TO STOP PRIOR TO SURGERY

There are several medications that should be stopped for a period of time prior to surgery. It is important that we have a current list of the medications that you are taking, and these should be reviewed with both your surgeon and your primary care provider/prescribing doctor.

Below is a list of common medications that usually need to be stopped prior to surgery and the common length of time they should be stopped before and after surgery. Always discuss the stoppage of these medications with the physician that has prescribed the medication to establish a plan to do so. Some medications require you to gradually decrease the amount of medication (weaning off) instead of suddenly stopping and some require you to take a different medication until you are able to resume your normal treatment plan. The list below includes commonly used medications. If you take a medication not listed, but similar to one on the list below, please check with your doctor. It is important that these situations be addressed. After all of the planning and preparation that everyone does before surgery, the last thing we want is to have to postpone surgery because a medication wasn't stopped when it should have been. Do not stop taking the medication until you have received instructions on how to do so from your doctor.

Prescription Medications To Stop:

Blood thinners/Platelet inhibitors:

- Coumadin® - 5 days before (may need to take a supplemental medication)
- Plavix® - usually 7 days before and you will be told when to resume taking this drug
- Aspirin - 325mg should be stopped 4-5 days before surgery
- Aspirin - 81mg generally does not need to be stopped prior to surgery

Rheumatoid Arthritis/Auto-Immune Disorders:

- Methotrexate® - Need to discuss with Surgeon & Rheumatologist- typically, no need to stop.
- Enbrel® - 2 weeks before and 4 weeks after
- Remicade® - 4 weeks before and 4 weeks after
- Humira® - 2 weeks before and 4 weeks after
- Orencia® - 4 weeks before and 4 weeks after
- Kineret® - 2 weeks before and 4 weeks after
- Plaquenil® - 2 weeks before

- Check with your medical doctor if you take Coumadin, Heparin, Xarelto, Eliquis, or any other blood thinners. These are usually stopped 5-6 days prior to surgery.
- If you are on any medications for heart problems, lung problems, or high blood pressure, check with the medical doctor to see if you will need to take your medication on the day of surgery (only with a sip of water, and only if directed).
- If you are taking birth control pills or wearing a birth control patch, you must stop it 6 weeks prior to surgery.

Over-the-Counter Medications To Stop:

There are some non-prescription medications that should be stopped prior to surgery. STOP all anti-inflammatory medications 7 days prior to surgery. These include:

- Ibuprofen – also known as Motrin® and Advil®
- Naproxen – also known as Aleve®
- Meloxicam
- Diclofenac
- Aspirin – unless prescribed for a cardiac condition daily by your cardiologist/doctor (please ask them)

Vitamins, Herbs, and Supplements must be Stopped:

Many plant and food remedies function to change pathways in the body and interact with other medications. A common undesirable side effect of these around surgery is increased risk of bleeding. ALL VITAMINS, HERBS, & SUPPLEMENTS SHOULD BE STOPPED 7 DAYS BEFORE SURGERY AND 30 DAYS AFTER SURGERY.

Examples include:

Aloe	Ginko bilboa
Ajoene	Ginseng
Birch bark	Grapeseed extract
Cayenne	Meadowsweet
Chinese black tree fungus	Milk thistle
Cumin	Omega-3 fatty acids
Chamomile	Onion extract
Cranberry	Oregano
Dong quai	Red clover
Evening primrose oil	Saw palmetto
Fenugreek	St. John's wort
Feverfew	Tumeric
Garlic	Vitamins C&E
Ginger	White willow

Medications it is Okay to Continue:

- It is okay to take routine heart, blood pressure, asthma, cholesterol, gout medications up until the night before your surgery. Common examples of these are: Allopurinol, colchicine, metoprolol, atenolol, carvedilol, amlodipine
 - PLEASE ASK YOUR DOCTOR THAT PRESCRIBES THESE MEDICATIONS TO VERIFY THEY ARE OKAY TO CONTINUE
- Celebrex (celecoxib)
- Tylenol