



## Medications to avoid before surgery

- Many medications have an effect on bleeding or on the anaesthesia that is given during surgery
- It is important that you review all medications and supplements with your doctor or nurse before any procedure is performed
- This includes all medications, prescription or over the counter, as well as any herbal supplements or vitamins
- Aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) and vitamin E can all cause bleeding problems by working on platelets – platelets are blood cells that form clots to prevent bleeding
- Taking these medications can increase your risk of bleeding which is especially important during or after an operation

## Medications that affect bleeding

If you are having an operation, stop taking:

- Aspirin, products that have aspirin in them, NSAIDs and vitamin E, **7 days** before the operation

- Warfarin, Plavix or other blood thinners – you will need special instructions before surgery
- Check with your doctor if you are taking COX-2 inhibitors (eg. Celebrex)
- Many medications for colds, flu, headaches and other ailments contain aspirin
- It is important to read the labels for Acetylsalicylic acid which is the name for aspirin
- If you are taking aspirin, an NSAID, or a COX-2 inhibitor, such as Celebrex please tell your doctor or nurse

## Herbs and supplement products that may affect bleeding

(Do not take these for 1 weeks prior to surgery)

- Fish Oil
- St John's Wort

## Medications to take instead

- *In general, Panadol (paracetamol) is a medication that can be taken before surgery*
- You can take Panadol and products that contain it

Use this information as a reference to guide you in taking the proper medicine during your care and consult your doctor or nurse about any concerns