

## Medications to Stop

**On the day of your surgery, please bring an updated and accurate list of medications to the hospital, or bring all of your medications to the hospital in their original bottles.** In preparation for surgery there are several types of medications that need to be stopped for your safety. Unless Dr. Cunningham or your personal physician tells you otherwise, please stop all of the following medications. If another doctor's office has given you instructions regarding medications, please share that information with Dr. Cunningham's office. If you have any questions about whether or not to continue a certain medication, please call Dr. Cunningham's office to discuss your concerns. **If you take anticoagulants (blood thinners), please talk to your personal physician or cardiologist to determine if it is safe for such medications to be stopped. You will also need to discuss if "bridging" medications like lovenox will be necessary after stopping blood thinners.**

### **Plavix (Clopidogrel):**

- **Stop at least 7 days before surgery**, and do not start again until at least 3 days after surgery

### **Prasugrel:**

- **Stop 10 days before surgery**, and do not start again until at least 3 days after surgery

### **Ticagrelor:**

- **Stop 5 days before surgery**, and do not start again until at least 3 days after surgery

### **Aspirin:**

- **Stop 7 days before surgery**, and do not start again until at least 3 days after surgery.
- This includes baby aspirin, Bayer, Excedrin, Goody's powder, ecotrin, or other aspirin containing products. **Please check the labels of any over the counter medications or pain relievers to make sure they do not contain aspirin.**

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**Coumadin (warfarin):**

- **Stop 5 days before surgery**, and do not start again until at least 5 days after surgery.
- Your cardiologist or family doctor may prescribe lovenox shots instead

**Lovenox:**

- **Stop at least 12 hours before surgery**, and do not start again until 24 hours after the surgery.

**Meloxicam (Mobic):**

- **Stop at least 4 days before surgery**, and do not start again until 2 days after the surgery.

**Relafen (Nabumatone):**

- **Stop at least 6 days before the surgery**, and do not start again until 2 days after the surgery.

**Arixtra (fondaparinux):**

- **Stop at least 3 days before the surgery**, and do not start again until 3 days after the surgery.

**Pradaxa (dabigatran):**

- **Stop at least 5 days before the surgery**, and do not start again until 3 days after the surgery.

**Xarelto (rivaroxaban):**

- **Stop at least 3 days before the surgery**, and do not start again until 3 days after the surgery.

**Eliquis (apixaban):**

- **Stop at least 5 days before the surgery**, and do not start again until 3 days after the surgery.

**Stop at least one week before surgery, and hold for one week after surgery:**

- Oil supplements including Fish Oil, Omega 3, Flaxseed Oil, or similar
- Vitamin E
- All herbal supplements (Ginko Baloba, Ginger, Garlic, Danshen, Dong Quai, Gensing, Glucosamine, Kavakava root, St John's Wort, mauhang, MSM, Vitamin E, SamE, Tumeric)
- Multivitamins or supplement packs with numerous ingredients

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**Stop at least 3 days before surgery:**

- NSAIDs (except for Meloxicam and Relafen) including Ibuprofen, Advil, Motrin, Aleve, Naproxen, Diclofenac, Celebrex
- Please see the recommendations above for Meloxicam and Relafen.

**Diabetes Medications:**

- Please do not take your oral diabetes medications on the morning of surgery.
- If you take insulin you will likely need to reduce your insulin dose before surgery. Please discuss this during your pre-operative clearance with your doctor and follow their instructions.

**Blood Pressure Medications:**

- Please make sure to continue your Beta Blocker medications on the morning of surgery. This includes medications like metoprolol, carvedilol, propranolol, atenolol, etc.
- Please hold your ACE inhibitors/ARBs. This includes medications like Lisinopril, losartan, captopril, enalapril, benzapril, ramapril, irbesartan, olmesartan, losartan, valsartan, etc.
- Please continue other blood pressure medications such as diuretics, calcium channel blockers, or other antihypertensive medications.
- **If you have any questions about which medications to take the morning of surgery, or you are unsure what type of blood pressure medication you are taking, please contact Dr. Cunningham's office for clarification.**

**Please CONTINUE the following medications:**

- Your normal daily medications should be continued until the day before surgery unless they are listed above.
- These may include thyroid, cholesterol, asthma, or other medications.
- Take your normal morning medications on the day of surgery with the smallest sip of water you can manage.
- If you use an inhaler, bring it with you the morning of surgery.
- You may continue to take Tylenol until the day before surgery.

Thank you for your cooperation in stopping these medications. Our goal is to avoid delaying or cancelling your surgery due to a medication issue. If you have any questions or concerns about whether or not a medication is safe to continue, please call the office for clarification.

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