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MEDICATIONS AND SUPPLEMENTS THAT MAY INCREASE BLEEDING

Please review this list before surgery. This is not a complete list.

IMPORTANT: Do not stop a prescription blood thinner on your own. Your surgeon and the clinician who prescribed it must tell you when to stop and restart it.

Unless you receive different instructions, avoid aspirin, NSAIDs, and the listed supplements for 7 days before surgery.

PRESCRIPTION BLOOD THINNERS

Call the office if you take any of these. The timing is individualized.

- **Anticoagulants:** warfarin (Jantoven), apixaban (Eliquis), rivaroxaban (Xarelto), dabigatran (Pradaxa), edoxaban (Savaysa), enoxaparin (Lovenox), or heparin.
- **Antiplatelet medicines:** clopidogrel (Plavix), prasugrel (Effient), ticagrelor (Brilinta), aspirin/dipyridamole (Aggrenox), or cilostazol (Pletal).

ASPIRIN AND ASPIRIN-CONTAINING PRODUCTS

- **Aspirin:** all strengths, including 81 mg “baby” or low-dose aspirin.
- **Current examples:** Bayer Aspirin, Ecotrin, and St. Joseph Low Dose Aspirin.
- **Combination products:** Alka-Seltzer Original, BC Original Powder, Excedrin Extra Strength, and Excedrin Migraine.

Brand names may have several formulas. Check the active ingredients and avoid any product containing aspirin.

COMMON NSAIDS

- **Ibuprofen:** Advil, Motrin IB, and generic ibuprofen.
- **Naproxen:** Aleve and generic naproxen/naproxen sodium.
- **Other prescription NSAIDs:** diclofenac, meloxicam, ketorolac, indomethacin, etodolac, nabumetone, piroxicam, and ketoprofen.

VITAMINS, OILS, AND HERBAL PRODUCTS

Tell us about every vitamin, supplement, tea, powder, gummy, or herbal product you use.

- Fish oil or omega-3 supplements
- Vitamin E supplements
- Garlic supplements
- Ginkgo biloba
- Ginseng
- St. John’s wort
- Other herbal or “natural” products not reviewed by the office

BEFORE SURGERY

- **Read the label.** Cold, headache, arthritis, menstrual, and “dual action” products may contain aspirin or an NSAID.
- **Do not drink alcohol** the night before or on the day of surgery.
- **Bring an updated medication list** including prescription medicines, over-the-counter products, vitamins, and supplements.
- **Call the office** if you are uncertain about any medication or if another clinician tells you not to stop it.

PATIENT CHECK

- ☐ I reviewed all prescription blood thinners with the office.
- ☐ I checked OTC labels for aspirin, ibuprofen, or naproxen.
- ☐ I reported all vitamins, oils, and herbal supplements.

Signature

General preoperative guidance only. Follow the specific instructions provided for your procedure.

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