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Medications to be Avoided Before Surgery

Many medications and food compounds that are taken for generalised wellbeing, pain relief, or to ensure the blood stays thin for problems with heart, brain and limb blood supply are not recommended before elective surgery.

These medications may cause serious and potentially life-threatening peri and postoperative bleeding and should be avoided ten days before surgery and not be recommenced for at least two to three weeks after surgery.

Obviously, any decision to cease any of these medications should be discussed with your GP or cardiologist to ensure it is safe to do so.

Should there be any confusion regarding these instructions, please do not hesitate to discuss these with Dr Farrell.

The list below contains many of the common medications and food compounds that should be avoided. It is by no means exhaustive.

The list includes pain killers containing aspirin:

Action Cold & Flu	Codis	Herron Aspirin
Alka Seltzer	Codox	Home Brand Clear Aspirin
Aspirin	Codral Forte	Morphalgin
Aspalgin	Codral Cold Tablets	Solprin
Aspro Preparations	Decrin Powders	Spren
Bayer Aspirin	Disprin Forte	
Codiphen	Ecotrin	

Anti-inflammatory medications which are used for muscle aches and pains and/or period pain:

Acilin	Dolobid	Orudis
ACT-3	Feldene	Oruvail
Actiprofen	Fenac	Pirohexal-D
Aleve	Fensaid	Piroxicam
Anaprox	Hexal Diclac	Ponstan
Arthrexin	Ibuprofen	Proxen SR

Arthrotec 50	Indocid	Rafen
Brufen	Inza	Rosig
Bugesic	Ketoprofen	Sulindac
Candyl	Mefic	Surgam
Celebrex	Meloxicam	Tenixicam
Celecoxib	Mobic	Tilcotil
Clinoril	Mobilis	Toradol
Crysanal	Naprogenic	Tri-Profen
Diclofenac	Naprosyn	Vioxx
Diclohexal	Naproxen	Voltaren
Difunisal	Nurofen	
Dinac	Nurolasts	

Anticoagulant medications specifically designed to ensure that the blood is thin:

Aggrastat	Coumadin (Warfarin)	Plavix
Arixtra	Dindevan	Pradaxa
Asasantin	Fragmin	Reapro
Astrix	Fraxiparine	Thrombotrol - VF
Calciparin	Isocover	Ticlid
Cardiprin	Marevan	Ticlohexal
Cartia	Orgaran	Ticiopidine Hexal
Clexane	Persantin	Tilodene

Natural therapy or vitamin supplements that should be avoided. These include all natural therapy preparations, particularly those containing fish oil, omega 3 supplements, glucosamine and multivitamins. Food additives can also cause bleeding and should be avoided.

Fish oil	Garlic	Glucosamine
Ginkgo	Ginseng	Multivitamins
Omega 3	Ginger	

Your awareness and understanding of the increased risk of bleeding during and after surgery with these medications, and therefore their avoidance prior to surgery, is absolutely essential to help ensure a safe surgical experience.