

What to Know Before Surgery about Common Medications and Supplements

Many common medications and herbal supplements can impact your surgery. They can increase your risk of bleeding, change how you respond to anesthesia or interfere with the healing process. That is why you should stop taking these medications or supplements at least a week before your surgery.

Contact your provider if you have any questions about medications or supplements you take.

Common Medications	Possible Side Effects	When to stop taking
Aspirin, NSAIDs & Anti-inflammatories Examples: <ul style="list-style-type: none"> • Meloxicam (Mobic®) • Ibuprofen (Advil®, Motrin®) • Naprosyn (Aleve®, Naproxen®) • Diclofenac (Voltaren®, Arthrotec®) • Celecoxib (Celebrex®) • Ketorolac (Toradol®) • Nabumetone (Relafen®) 	<ul style="list-style-type: none"> • Can increase your risk of bleeding during surgery 	Stop taking 7 days before surgery
Phentermine (for weight loss) Examples: <ul style="list-style-type: none"> • Adipex® • Atti-Plex P® • Lomaira® • Fastin® • Pro-Fast® • Phentride® 	<ul style="list-style-type: none"> • Can increase your heart rate or blood pressure • Can cause other heart-related problems • Can interfere with anesthesia 	Stop taking 7 days before surgery
Other weight loss or diabetes medications Examples: <ul style="list-style-type: none"> • Dulaglutide (Trulicity®) • Semaglutide (Ozempic®, Weygovy®) • Liraglutide (Victoza®, Saxenda®) • Tirzepatide (Mounjaro®) 	<ul style="list-style-type: none"> • Can increase the risk of stomach contents entering the lungs 	Stop taking 7 days before surgery

Supplements & Herbal Medications	Possible Side Effects	When to stop taking
Omega 3 – Fish Oil	<ul style="list-style-type: none"> • Can increase your risk of bleeding during surgery 	Stop taking 7 days before surgery
All Vitamins, CBD supplements, Garlic, Ginger, Turmeric/Tumeric, Gingko Biloba	<ul style="list-style-type: none"> • Can increase your risk of bleeding during surgery 	Stop taking 7 days before surgery
Echinacea	<ul style="list-style-type: none"> • Can interact with drugs that impact the liver and increase their effects 	Stop taking 7 days before surgery

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Supplements & Herbal Medications	Possible Side Effects	When to stop taking
Ephedra (Ma Huang)	<ul style="list-style-type: none"> • Can increase your heart rate or blood pressure during anesthesia • Can increase the effects of drugs that affect your nervous system 	Stop taking 7 days before surgery
Ginseng	<ul style="list-style-type: none"> • Can increase your risk of bleeding • Can alter your blood sugar • Can interact with drugs that affect your nervous system 	Stop taking 7 days before surgery
St. John's Wort	<ul style="list-style-type: none"> • Can make anesthesia last longer than normal • Can increase the risk of shivering, diarrhea, rigid muscles, fever or seizures with anesthesia 	Stop taking 7 days before surgery
Kava	<ul style="list-style-type: none"> • Can prolong sedation or keep you more deeply asleep than normal 	Stop taking 7 days before surgery
Valerian	<ul style="list-style-type: none"> • Can prolong sedation or keep you more deeply asleep than normal 	Begin tapering down how much you take 14 days before surgery



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