



Medication - Supplements to Avoid

BLEEDING AND BRUISING: WHAT TO AVOID

Aspirin or anything containing aspirin should be stopped 10 days to two weeks prior to surgery. Vitamin E also has a tendency to cause more bleeding and bruising (similar to Aspirin) so avoid this vitamin for 10 days to two weeks before surgery. Anti-inflammatory drugs should also be stopped at least 10 days prior to surgery.

The following is a list of aspirin containing medications and anti-inflammatory drugs. Always check the ingredients of any particular medications to be certain they do not contain aspirin.

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| 1) Acetylsalicylic Acid | 30) Glepirin Tablets |
| 2) Advil/Alleve | 31) Ibuprofen |
| 3) ASA (generic) | 32) Indomethacin (Indocin) |
| 4) Effervescent Antacid and Pain Reliever | 33) Lortab ASA |
| 5) Alka-Seltzer | 34) Meclofenamate(Mecloman) |
| 6) Alpha Phed Capsules | 35) Mefenamic Acid (Ponstel) |
| 7) Anacin Analgesic Caplets & Tablets | 36) Meproamate & Aspirin Tablets |
| 8) Arthritis Pain Formula | 37) Midol/Motrin |
| 9) Ascriptin with Codeine Tablets | 38) Mobic |
| 10) Axotal | 39) Naproxen (Naprosyn) |
| 11) BAC tablets | 40) Norgesic/Norgesic Forte |
| 12) Bayer/Bufferin Aspirins – all varieties | 41) Orphengesic |
| 13) Carisoprodol Compound | 42) Oxycodone |
| 14) Clinoril | 43) Percodan/Percodan Demi Tablets |
| 15) Contact | 44) Persistin |
| 16) Damason | 45) Piroxicam (Feldene) |
| 17) Darvon with ASA/Darvon N with ASA | 46) Robaxisal |
| 18) Diclofenac (Voltaren) | 47) Roxaprin |
| 19) Diflunisal (Dolobid) | 48) Soma Compound |
| 20) Di-gesic improved | 49) Sulindac (Clinoril) |
| 21) Dolpron #3 | 50) Supac |
| 22) Easprin | 51) Synalgos DC Capsules |
| 23) Ecotrin | 52) Talwin |
| 24) Empirin with Codeine | 53) Tomerin (Tolectin) |
| 25) Equagesic Tablets | 54) Vanquish |
| 26) Excedrin Extra Strength | 55) Zorprin |
| 27) 4-way Cold Tablets | |
| 28) Fiogesic Tablets, Caplets | |
| 29) Fiorinal Capsules, Tablets | |

ABSOLUTELY NO DIET PILLS 2 WEEKS PRIOR TO SURGERY

These commonly used supplements can jeopardize your surgery and interfere with your anesthesia. They **MUST BE** discontinued two weeks prior to surgery.

- Vitamin E
- Omega Fish Oil
- Flaxseed
- St. Johns Wort
- Yohimbe (the natural Viagra)
- Licorice Root
- Gingko Biloba
- Ginger, garlic, cayenne and bilberry
- Ginseng
- Melatonin
- Echinacea
- Aloe