

Medications to be stopped 3 weeks prior to surgery

Herbal medicines ~ Spices ~ Fish Oils ~ Antiplatelet agents ~ Anticoagulants



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Introduction

Many over-the-counter ‘pain-killers’ (analgesics) contain compounds which reduce the ability of the blood to form a clot, and this can cause haemorrhage during and after surgery. Unfortunately, surgery is likely to be postponed if these medications are taken within 3 weeks of surgery. If in doubt, please consult your GP.

- PARACETAMOL and CODEINE do NOT affect blood clotting, and these can be taken at any time prior to surgery.
- Anticoagulants (such as Warfarin and Clopidogrel) should NEVER be stopped or changed without advice from either your GP or Cardiologist.

(1) Food /supplements to be avoided for 3 weeks before surgery:

(a) Herbal supplements

Many ‘thin’ the blood, such as ‘Devils’ Claw’

(b) Spices

Including Garlic, Ginger, Ginseng, Ginko Biloba, Green Tea

(c) Fish Oils

There is strong evidence that fish oil supplements are good for our health. But they also are thought to increase the risk of bruising and/or nose bleeds after surgery.

<http://www.livestrong.com/article/450037-how-soon-to-stop-taking-fish-oil-before-surgery/>

<http://www.nhs.uk/Livewell/superfoods/Pages/is-oily-fish-a-superfood.aspx>

Please let Mr Verity know if your surgery is booked *within three weeks* because for smaller procedures taking the above supplements may be acceptable.

(2) Antiplatelet agents and Aspirin-containing medicines

Clopidogrel (Plavex)

Aspirin and related agents:

- Includes tablets for arthritis and back pain

- Aspirin, Actron, Alka Seltzer, Anadin, Aspro, Beechams products, Boots Seltzer, Co-Codaprin, Dispirin, Femigraine, Equagesic

(3) Non-Steroidal-Anti-inflammatory Drugs (NSAIDS)

- Includes tablets for arthritis and back pain
- ACECLOFENAC: Preservex
- ACEMATAVIN: Emflex
- AZAPROPAZONE: Rheumox
- CELECOXIB: Celebrex
- DEXIBUPROFEN: Seractil
- DEXKETOPROFEN: Keral
- DICLOFENAC: Arthrotec, Diclomax SR, Diclomax Retard, Motifene, Voltarol, Voltarol Retard, Voltarol Rapid
- ETODOLAC: Etodolac, Lodine SR
- ETORICOXIB: Arcoxia
- FENBUFEN: Fenbufen, Lederfen
- FENOPROFEN: Fenopron
- FLURBIPROFEN: Froben, Froben SR
- IBUPROFEN: Brufen, Brufen Retard, Fenbid, Codafen Continuous, Nurofen
- INDOMETACIN: Indometacin, Indocid
- KETOPROFEN: Ketoprofen, Orudis, Oruvail Gel
- MEFENAMIC ACID: Mefenamic Acid, Ponstan
- MELOXICAM: Mobic
- NABUMETONE: Nabumetone, Reliflex
- NAPROXEN: Naproxen, Naprosyn, Synflex, Napratec
- NEUROFEN
- PIROXICAM: Piroxicam, Feldene, Brexidol
- SULINDAC: Sulindac, Clinoril
- TENOXICAM: Mobiflex
- TIAPROFENIC ACID: Tiaprofenic Acid, Surgram

(4) Anticoagulant agents

Advice from your GP or cardiologist is required before reducing or stopping these medications

WARFARIN

Newer anticoagulant drugs:

- Dabigatran etexilate,
- Rivaroxaban
- Apixaban