

IMPORTANT NOTICE

Patients who take products containing aspirin, vitamin E, or ibuprofen prior to surgery commonly have a marked increase in operative and post-operative bleeding. These medications transform a normal person into the equivalent of a hemophiliac (a “free bleeder”). Most all “multi-vitamins” and dietary drinks contain vitamin E. All of these substances must be discontinued a minimum of three, preferably four weeks before surgery.

THREE WEEKS BEFORE SURGERY:

Discontinue taking any aspirin, ibuprofen, and vitamin E, ***Not even one tablet is permissible.*** Their effect on blood clotting last weeks! Herbal preparations including all Chinese herbs (even herbs from health food stores) must also be discontinued well in advance of surgery, as must all stimulants, amphetamine products, and anti-inflammatory agents of any kind. If this poses a problem you should discuss it with your doctor. Three weeks assures that these products are out of your system prior to surgery. Should you inadvertently take any of these, please notify our office promptly.

TWO WEEKS BEFORE SURGERY:

Black fungus and Shitaki type mushrooms should be avoided two weeks prior to surgery since some varieties also cause bleeding. They are commonly used in East Asian dishes. Soups or other preparations cooked together with such fungus or mushrooms must also be avoided. It is not enough to simply remove the fungus or mushroom. Do not consume the broth or eat anything else in the “dish”. This additional precaution will help assure the safest surgery with the lowest likelihood of complications, including prolonged bleeding and bruising. Also of major importance, is stopping diet pills, including dietary drinks containing multi-vitamins, at least two weeks prior to surgery. Diet sodas are permissible.

WHAT TO TAKE FOR PAIN:

Tylenol (also known as acetaminophen), extra strength Tylenol, and other pain medications based on Tylenol, such as Darvocet, Percocet, Tylenol #2 or #3 (containing Codeine), Vicodin, Tylox, Talacen, Lortab, Anecxia, Esgic, Fioricet, and others, including Demerol, Morphine, and Codeine may all be taken for pain before or after surgery. There are clearly many alternatives to aspirin/ibuprofen containing medications. ***WHEN IN DOUBT ASK THE PHARMACIST OR ASK US!***

MEDICATIONS CONTAINING ASPIRIN OR IBUPROFEN:

Salicylic acid acetate and acetylsalicylic acid are other terms for aspirin. Butylhydratopic acid is another term for ibuprofen. If products list any of these compounds, or similar sounding ingredients – avoid them. When in doubt, do not use, ask!

(TURN PAGE OVER FOR ITEMIZED LIST)

REMEMBER, THIS IS NOT AN ALL INCLUSIVE LIST. Check with your pharmacist or with us about any over – the – counter medication. Ask whether it contains Aspirin, Ibuprofen, Vitamin E or Amphetamines.

DO NOT TAKE ANY OF THESE BEFORE SURGERY

Abciximab	Dolobid	Pamprin
Advil	Dristan	Panalgesic
Aggrastat	Duoprin	Panodynes
Aggrenox	Duradyne	Paracetamol
Aleve	Ecotrin	Pedicare Fever
Algesal	Efficin	Pepto Bismol
Alka Seltzer Pain Reliever/Antacid	Empirin	Percodan
Alka Seltzer Plus Cold Medicine	Empirazil	Persantine
Anacin	Encaprim	Persistin
Anaprox	Enoxaparin SQ	Plavix
Anturane	Eqtifibatide	Pletal
APAP Fort	Equagesic	Rheopro
A.P.C. tablets with Butalbital	Excedrin	Robaxial Tablets
A.P.C. tablets with codeine	4 –Way Cold Tablets	Rufen
Argesic	Felderie	Sal - Fayne
Artha-G	Florinal	Saletto
Arthoiate	Fragmin	Salsalate
Arthritis Strength Bufferin	Gaysal – S	Sibrafiban
Arthropan	Gemnisyn	Sine - Off
Asscol	Gingko	SK – 65 Compound Capsules
Ascriptin A/D	Heparin SQ	Sulfasalane
Ascriptin with Codeine	Ibuprofen	Sulfindac
Asper Buf	Indocin	Sulfinpyrazore
Aspercin	Indomethasin	Supac
Aspergum	Integrilin	Synalogos
Aspirin	Intralgin	Talwin
Aspirin + Dipyridamole	Isoliyi	Tandearil
Asacol	Ketoralac	Ticlid
Asproject	Ketoprofen	Ticlopidine
Azulfidine	Klerval – PM	Tirofiban
Bayer	Lanorianl	Tisma
BC Tabs	Lovenox	Tolectin
Buff A	Magan	Toradol
Buffaprin	Magsal	Trapidil
Bufferin	Marnal	Triaminicin
Buffers I I	Measurin	Trigesic
Buffinol	Melcomen	Uracel S
Buffinol Cama	Mesalamine	Vanquish
Butazolidin	Micranin	Vitamin E
Cama Iniay	Midol	Warfarin
Cilostazol	Mobidin	Xernlofiban
Cinioril	Mobigesic	Zorprin
Clopedrogil	Momentum	
Cope	Monacet	
Congesperin	Motrin	
Coricidin	Nabumetone	
Cosprin	Nalfon	
Coumadin	Naprosyn	
Dalterparin	Naproxen	
Darvon with A.S.A	Norgesic Forte	
Dasin	Norwich Aspirin	
Diclofenac	Nuprin	
Dicumarol	Orbofiban	
Dipyrdamole	Orudis	
Disacid	Oxalid	
Doans Pills	Pabirin	
Dolcin	Pacaps	

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