



Medications to Avoid

If you are taking any medications on this list, they should be discontinued 2 weeks before and after your procedure and only acetaminophen products, such as Tylenol, should be taken for pain. Most importantly we would like you to avoid high dose vitamin E (anything greater than 40IU), aspirin, anti-inflammatories, herbal medications, supplements (fish oil, omega 3's). All other medications – prescriptions, over-the-counter and herbal medications or supplements– that you are currently taking must be specifically cleared by your Doctor prior to surgery. It is absolutely necessary that all of your current medications be specifically cleared by your Doctor and the nursing staff. There are some foods that are listed below. We ask that you refrain from eating excessive amounts of the foods. A small amount is appropriate.

Aspirin Medications to Avoid: *Affect blood clotting.*

4-Way Cold Tabs	Cama Arthritis Pain Reliever	Isollyl Improved Kaodene	Percodan products
5-Aminosalicylic Acid	Carisoprodol Compound	Lanorinal	Phenaphen/Codeine #3
Acetilsalicylic Acid	Cataflam	Ibuprohm	Pink Bismuth
Actron	Cheracol	Lodine	Piroxicam
Adprin-B products	Choline Magnesium	Lortab ASA	Propoxyphene Compound products
Aleve	Trisalicylate	Magan	Robaxisal
Alka-Seltzer products	Choline Salicylate	Magnaprin products	Rowasa
Amigesic Argesic-SA	Cope	Magnesium Salicylate	Roxepirin
Anacin products	Coricidin	Magsal	Saleto products
Anexsia w/Codeine	Cortisone Medications	Marnal	Salflex
Arthra-G	Damason-P	Marthritic	Salicylate products
Arthriten products	Darvon Compound-65	Mefenamic Acid	Salsalate
Arthritis Foundation products	Darvon/ASA	Meprobamate	Salsitab
Arthritis Pain Formula	Diclofenac	Mesalamine	Scot-Tussin Original 5-Action
Arthritis Strength BC Powder	Dipenturn	Methocarbarnol	Sine-off
Arthropan	Disalcid	Micrainin	Sinutab
ASA	Doan's products	Mobidin	Sodium Salicylate
Asacol	Dolobid	Mobigesic	Sodol Compound
Ascriptin products	Dristan	Momentum	Soma Compound
Aspergum	Duragesic	Mono-Gesic	St. Joseph Aspirin
Asprimox products	Easprin	Motrin products	Sulfasalazine
Axotal	Empirin products	Naprelan	Supac
Azdone	Equagesic	Naproxen	Suprax
Azulfidine products	Etodolac	Night-Time Effervescent Cold	Synalgos-DC
B-A-C	Excedrin products	Norgesic products	Talwin
Backache Maximum Strength Relief	Fiorgen PF	Norwich products	Triaminicin
Bayer Products	Fiorinal products	Olsalazine	Tricosal
BC Powder	Flurbiprofen	Orphengesic products	Trilisate
Bismatrol products	Gelpirin	Orudis products	Tussanil DH
Buffered Aspirin	Genprin	Oxycodonc	Tussirex products
Bufferin products	Gensan	Pabalate products	Ursinus-Inlay
Buffetts 11	Goody's Extra Strength	P-A-C	Vanquish
Buffex	Headache Powders	Pain Reliever Tabs	Wesprin
Butal/ASA/Caff	Halfprin products	Panasal	Willow Bark products
Butalbital Compound	IBU	Pentasa	Zorprin
	Indomethacin products	Pepto-Bismol	



Ibuprofen Medications to Avoid: *Affect blood clotting.*

Acular (ophthalmic)	Haltran	Nabumetone	Rhinocaps
Advil products	Indochron E-R	Nalfon products	Sine-Aid products
Anaprox products	Indocin products	Naprosyn products	Sulindac
Ansaid	Ketoprofen	Naprox X	Suprofen
Clinoril	Ketorolac	Nuprin	Tolectin products
Daypro	Ibuprin	Ocufen (ophthalmic)	Tolmetin
Dimetapp Sinus	Ibuprofen	Oruvail	Toradol
Dristan Sinus	Meclofenamate	Oxaprozin	Voltaren
Feldene	Meclomen	Ponstel	
Fenoprofen	Menadol	Profenal	
Genpril	Midol-products	Relafen	

Avoid ALL Diet Aids – Including Over-the-Counter & Herbal

Intensify anesthesia, serious cardiovascular effects.

Tricyclic Antidepressants to Avoid: *Intensify anesthesia, cardiovascular effects.*

Adapin	Doxepin	Maprotiline	Tofranil
Amitriptyline	Elavil	Norpramin	Triavil
Amoxapine	Endep	Nortriptyline	Trimipramine
Anafranil	Etrafon products	Pamelor	Vivactil
Asendin	Imipramine	Pertofrane	
Aventyl	Janimine	Protriptyline	
Clomipramine	Limbitrol products	Sinequan	
Desipramine	Ludiomil	Surmontil	

Other Medication to Avoid: *Affect blood clotting.*

4-Way w/ Codeine	Dicumerol	Miradon	Stelazine
A.C.A.	Dipyridamole	Opasal	Sulfinpyrazone
A-A Compound	Doxycycline	Pan-PAC	Tenuate
Accutrim	Emagrin	Pentoxifylline	Tenuate Dospan
Actifed	Enoxaparin injection	Persantine	Thorazine
Anexsia	Flagyl	Phenylpropanolamine	Ticlid
Anisindione	Fragmin injection	Prednisone	Ticlopidine
Anturane	Furadantin	Protarnine	Trental
Arthritis Bufferin	Garlic	Pyrroxate	Ursinus
BC Tablets	Heparin	Ru-Tuss	Virbamycin
Childrens Advil	Hydrocortisone	Salatin	Vitamin E
Clinoril C	Isollyl	Sinex	Warfarin
Contac	Lovenox injection	Sofarin	
Coumadin	Macrochantin	Soltice	
Dalteparin injection	Mellaril	Sparine	

Salicylate Medications, Foods & Beverages to Avoid: *Affect blood clotting.*

(High concentration of foods to be avoided, you do not need to cut out these foods completely.)



Amigesic (salsalate)	Pabalate	Almonds	Garlic
Disalcid (salsalate)	Pepto-Bismol (bismuth subsalicylate)	Apples	Ginger
Doan's (magnesium salicylate)	Salflex (salsalate)	Apricots	Grapes
Dolobid (diflunisal)	Salsalate	Blackberries	Pickles
Magsal	Salsitab (salsalate)	Boysenberries	Prunes
Pamprin (Maximum Pain Relief)	Trilisate (choline salicylate + magnesium salicylate)	Cherries	Raspberries
Mobigesic		Chinese Black Beans	Strawberries
		Cucumbers	Tomatoes
		Currants	Wine

Vitamins and Herbs to Avoid

Affect blood clotting, affect blood sugar, increase or decrease the strength of anesthesia, rapid heartbeat, high blood pressure, liver damage. Note: Just because it is not of this list does not mean that it is safe to take while preparing for surgery.

Ackee fruit	Devil's club	Goldenseal	Muwort
Alfalfa	Dong Quai root	Gotu Kola	Nem seed oil
Aloe	Echinacea	Grape seed	Onions
Argimomy	Ephedra	Guarana	Papaya
Barley	Eucalyptus	Guayusa	Periwinkle
Bilberry	Fenugreek seeds	Hawthorn	Selenium
Bitter melon	Feverfew	Horse Chestnut	St. John's Wort
Burdock root	Fo-ti	Juniper	Valerian/Valerian Root
Carrot oil	Garlic	Kava Kava	"The natural Viagra®"
Cayenne	Ginger	Lavender	Vitamin E
Chamomile	Gingko	Lemon verbena	Willow bark
Chromium	Gingko biloba	Licorice root	Yellow root
Coriander	Ginseng	Ma Huang	Yohimbe
Dandelion root	Gmena	Melatonin	

If you are taking anything not on this list, please call the office at (425) 990-3223 to notify us and make sure that it is okay.