

INSTRUCTIONS FOR MEDICATIONS PRIOR TO SURGERY

Before your surgery, you will talk to your Physician(s) as to which medication you will need to discontinue taking prior to surgery. Here is a reference list of *SOME commonly used* medications to discontinue.

On the morning of surgery, take all your medications with a small sip of water

EXCEPT FOR THE FOLLOWING:

- Stop any vitamins or herbal supplements **7 days prior** to surgery
- Stop any anti-inflammatories **7 days prior** to surgery (Advil, Ibuprofen, Aleve, Naproxen, Mobic, Celebrex, etc)
- **Stop all blood thinners as discussed with your surgeon (and outlined below)**
- **HOLD** any/all diuretic medications the morning of surgery
- You may take Tylenol as needed up until surgery (*recommend: 2 extra strength tabs, 3x daily, not to exceed 3000mg/day*)
- Please continue the vitamins that were prescribed to you by your surgeon
- If you use an inhaler, please bring it with on day of surgery

Diabetic Medications:

-HOLD all oral hypoglycemic medications the morning of surgery

-HOLD Metformin the day before and morning of surgery

-Insulin Management:

-No *rapid acting* insulin on morning of surgery

NovoRapid (insulin aspart), Humalog (insulin lispro), Apidra® (insulin glulisine)

-*Intermediate acting* insulin (Humalin N, NPH, Novelin N)

-Evening before surgery: take 75% of normal dose

-morning of surgery: take 50% of normal dose

-*Long acting* insulin (Lantus, Levemir)

-if 1x/ day dosing: take 75% of PM dose before surgery, none on morning of surgery

-if 2x/ day dosing: take 100% of PM dose, 50% dosing on morning of surgery

Narcotic Pain Medications:

-if you are taking chronic pain medications, please take your usual dose with a sip of water the day of surgery

-If you are taking **Suboxone**, you must be seen by your prescribing pain provider and establish a planned discontinuation/ substitution prior to surgery

-If you are taking **Methadone**, continue to take as directed

Blood Thinners: *Discontinue as directed by your surgeon or Cardiologist/Internist*

PLAVIX (CLOPIDOGREL) – stop 7 days prior

ASPIRIN – stop 7 days prior

FONDAPARINUX (ARIXTRA) – stop 4 days prior

LOVENOX (ENOXAPARIN) – stop 24hrs prior

COUMADIN (WARFARIN) – stop 5 days, goal INR <1.2

RIVAROXIBAN (XARELTO) – stop 3 days prior

ELIQUIS (APIXABAN) – stop 3 days prior

EDOXABAN (SAVAYSA) – stop 3 days prior

DABIGATRAN (PRADAXA) – stop 5 days prior

PLETAL (CILOSTAZOL) – stop 2 days prior

Rheumatic Disease Medications:

DMARD'S (Disease Modifying Ant-Rheumatic Drugs): *OK to CONTINUE these medications through surgery:*

Methotrexate, Sulfasalazine, Hydroxychloroquine, Leflunomide (Arava), Doxycycline

Biologic Agents: *These MUST be held for a specific time interval prior to surgery, typically one cycle. We will work with your rheumatologist/ primary prescriber to determine the safest time to stop and re-start your medications.*