

**M. Douglas Gossman, M.D., PLLC**  
**Supplements and Medications to Discontinue**  
**During the Pre-Operative Period**

Many patients are currently taking nutritional supplements\*. Although these “natural products” and other prescribed or “over-the-counter” medications may be beneficial for a variety of ailments, their use around the time of surgery may not be desirable. Therefore, it is advisable to stop taking potentially harmful products **two weeks prior to the surgery, and two weeks after the surgery**.

**Note:** Prescribed medications should not be discontinued without specific approval of the ordering physician.

Specific nutritional supplements that should be discontinued include:

**Bilberry (*vaccinium myrtillus*)** – Contain anthocyanosides, flavonoid compounds that improve visual acuity and are important in the treatment of eye disorders. Excellent antioxidant that strengthens capillaries & collagen. Has antiplatelet activity and may inhibit clot formation.

**Cayenne (*capsicum annuum*)**- Used for GI tract disorders. Overdose may cause hypothermia.

**Dong Quai (*angelica sinensis*)**- The main application is in the relief of menstrual disorders and menstrual cramps. Often used to relieve menopausal symptoms. Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications.

**Echinacea (*echinacea augustifolia*)** – Immune system stimulant with anti-inflammatory, antiviral, and antibacterial effects. Used as a prophylaxis for upper respiratory infections. Use of Echinacea may impact the liver when general anesthetic or certain other medications such as anabolic steroids or methotrexate are used.

**Feverfew (*tanacetum parthenium*)** – Used for migraine headache prevention and for arthritis, rheumatic disease & allergies. May increase bleeding, especially in patients taking certain anti-clotting medications.

**Fish Oil Caps** - Supplies important omega-6 fatty acid DHA, and EPA, used to reduce cholesterol and triglyceride levels. Has blood thinning properties.

**Garlic (*allium sativum*)** - Garlic has vasodilatory, hypo-cholesterolemic effects and anti-platelet effects. May augment effects of coumadin, warfarin and NSAIDs causing abnormal bleeding time.

**Ginger (*zingiber officinale*)** - Useful as antispasmodic, anti-inflammatory and anti-nauseant. Prophylactic for motion sickness and used to stimulate appetite. Useful for post-op emesis. Use of Ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.

**Ginkgo Biloba (*ginkgo biloba*)** - One of the oldest living tree species which can live up to 1,000 years and grow to a height of 120 feet. Used as an antioxidant and circulatory stimulant. Used for treatment of intermittent claudication, tinnitus, vertigo, memory enhancement, and sexual dysfunction. Anticoagulant activity is 3X stronger than vitamin E.

\* A 2000 survey at the University of Colorado found 73% of surgical patients took preoperative alternative supplements. In a Texas study, of the pre-surgical patients consuming botanical medicines, 70% reported that they did not disclose use during the anesthetic interview.

**Ginseng (panax ginseng/panax quinquefolium)** - At least 3 different varieties: Asian, American & Siberian. Improves physical & cognitive performance, mood or metabolism. An adaptogen and an antioxidant. Anticoagulant that may interact with cardiac, hypo/hypertensive medications and hypoglycemic agents.

**Hawthorne (crataegus laevigata)** - The extract is used for its ability to potentiate the action of cardiac glycosides. Used in the treatment of ischemic heart disease, hypertension, angina and chronic congestive heart disease. Potentiates the actions of digitalis and other cardiac glycosides.

**Kava Kava (piper methysticum)** - Sedative, analgesic, soporific, anti-convulsant, muscle relaxant, anxiolytic. Similar to the effects of benzodiazepines in treatment of anxiety. May potentiate CNS effects of barbiturates, alcohol, antidepressants, antipsychotics, and general anesthetics.

**Licorice Root (glycyrrhiza glabra)** - Used for gastric and duodenal ulcers, gastritis and cough/bronchitis. Glycyrrhizic acid in licorice may cause high blood pressure, hypokalemia and edema.

**Ma Huang (ephedra sinica)** - Used in weight loss % energy products; a natural amphetamine with powerful stimulant effects. More than 800 adverse reactions reported with FDA. Causes hypertension, tachycardia, cardiomyopathy, and cardiac dysrhythmias.

**Melatonin** – A hormone secreted by the pineal gland. Regulates many other hormones that are involved in controlling circadian rhythm. Used for jet lag, insomnia, and SAD (seasonal affective disorder). May potentiate CNS effects of barbiturates and general anesthetics.

**St. John's Wort (hypericum perforatum)** – Herb used as mild anti-depressant, sedative, anxiolytic. May have a monoamine oxidase (MOA) inhibitory effect. Can interact with MAO inhibitors and other anti-depressants. Many other drug interactions reported.

**Valerian (valeriana officinalis)** - Used as a sedative, hypnotic, and anti-spasmodic in the GI tract. Relieves anxiety, nervousness and insomnia. May increase effects of sedative hypnotics.

**Vitamin E** – Important fat-soluble vitamin that acts as an antioxidant and prevents the oxidation of polyunsaturated fatty acids. Used in prevention and treatment of cardiovascular disease, cancer, age-related degenerative diseases. Anti-clotting benefits can prolong bleeding time.

**Yohimbe (corynanthe yohimbe)** – “Natural Viagra®” that has MAO effects. Yohimbine is the agent extracted from the bark of yohimbe tree. The tree grows in Africa nations of Cameroon, Gabon, & Zaire. Reported to have both psychological and physical effects. Increases the potency of anesthetics.

To learn more about the nutrients patients can take during the perioperative period to speed wound healing, support inflammatory control and reduce bruising and swelling, please contact:

**VitaMedica, Inc.**  
1140 Highland Ave, Suite 196 Mahattan Beach, CA 90266  
Toll Free: 888-367-8605 Phone: 310-796-4745 Fax: 310-546-7936

The following drugs may have to be discontinued because they interfere with blood clotting:

A A COMPOUND	ASPADINE	CP2	EMPRAZIL
ABITREN	ASPERGUM	DAMSON P	ENTAB 650
ABEIXUMAB	ASPHAC G	DARVON W/ASA	EPTIFIBATADE
ACA	ASPIRIN	DARVON COMPOUND	EQUAGESIC
ACETABAR	ATOKA	DASICON CAPSULES	ETODOLAC
ACETASEM	AXOTOL	DAYPRO	EXCEDRIN
ADVIL	BAYER PRODUCTS	DECOJEN	FEBRINETTE
AGGRENOX	BC TABLETS	DEDACHE	FENDOL
AGGRASTAT	BIACT	DEFENCIN	FLURBIPROFEN
ALEVE	BITRIN	DEWITTS PILLS	FIOGESIC
ALKA SELTZER	BUFF A	DIFEN	FIORINAL
ALLYLGESIC	BUFFADYNE	DIFENE	FORBUTOL
ALUPRIN	BUF	DICLOFENAC	4 WAY W/ CODEINE
AMSODYNE	CAFACETIN	DICLOFLAX	GELCOID
ANACIN	CAMA INLAY	DICLON	GEMNISYN
ANAPROX	CARPON	DIPYRIDAMOLE	GOODYS POWDER
ANEXSIA	CATAFLAM	DOVERS POWDER	HAYSMA
ANODYNOS	CHERACOL	DOVSAL	HEPTO
ANTI TEN	CHRISTODYNE	DRINOPHEN DRISTAMEAD	HISTADYL W/ ASPIRIN
APAC	CILOSTAZOL	DRISTAN	HYPAN
APA DEINE	CLINORIL	DURADYNE	I PAC
APC	COASTALGESIC	DURAGESIC	ISOBAR
ARTHRITIS FORMULA	CADASA TAP CLOPIDOGREL	DYPOSAL	IBUPROFEN
ARTHRITIS BUFFERIN	COLDATE	EASPRIN	INDOCIN
ARTHROTEC	COLREX	ECOTRIN	INDOMETHACIN
ASALCO	CONGESPRIN	EMAGRIN	ISOLLYL
ASCRIPIN	CORICIDIN	EMPIRIN	INTEGRILLIN
ASCODEEN	COVANGESIC		LANORINAL

LODINE	PERCODAN	SALETO	VAN TROL NOL
LOVAZA	PERSANTINE	SALPHENINE	VITAMIN E
MARVAL	PHENTERMINE	SALSPRIN	VOLTAREN TABLETS
MEASURIN	PHENEGAN	SINE AID	VOLTAROL
MENTUM	PHENOTRON	SINE OFF	ZOLTEROL
MEPRO	PLAVIX (stop 5 days prior)	SINEX	
MEPROGESIC		SOLTICE	
MIDOL	PLETAL	SULINDAC	
MOBIGESIC	PRESALIN	SUPAC	
MODIFENAC	PABIRIN	SYNALGOS	
MONACET	PROXYPHENE	TABLOID APC	
MOTRIN	PROPOXYPHENE	TALWIN COMPUND	
NABUMETONE	PROTENSION	TEN SHUN	
NAPRELAN	QUIET WORLD	TICLID	
NAPROSYN	RELAFIN	TICLOPODINE HCT	
NAPROXEN	REOPRO RHINATE	TOLECTIN	
NORGESIC	RHINEX	TOLMETIN	
OPASAL	RHINOCAPS	TRIAMINICIN	
OS-CAL-GESIC	RHUMALGAN		
PAC COMPOUND	RIONA	TRIGESIC	
PAN PAC	ROBAXISAL	URSINUS	
PASIBAR	RU LOR N	VANQUISH	
PENNSAID	SALATIN	VANTRIN	
PERCOBARB			

NOTE: Acetaminophen (Tylenol) with or without codeine and Darvocet can be taken for pain and does not affect blood clotting.

### **CNS STIMULANTS**

The following medications are CNS stimulants. The following medications must be discontinued for a minimum of 14 days prior to surgery. Please notify Dr. Gossman if you are taking any of the following.

Amphetamine Sulfate

Benzphetamine Hydrochloride

Didrex

Dexefenfluramine Hydrochloride

Redux

Dextroamphetamine Sulfate

Dexedrine

Dexedrine Spansule

Oxydess II

Robese

Spancap #1

Diethylpropion Hydrochloride

M-Orexib

Nobesine

Nobesine-75

Propion

Tenuate

Tenuate Dospan

Tepanil

Tepanil Ten-Tab

Ephedrine (Ephedra)

Ma-Huang (Chinese Ephedrine) – An ingredient in many OTC diet aides, any cause deadly sympathomimetic effects, particularly in conjunction with heart glycosides, guanethedine or other prescription medications. Multiple deaths, primarily as a result of strokes AMD Myocardial Infarctions, have been attributed to these products.

3-Andro Xtreme	Metabolife 356	Dexatrim	Thermo Speed
Adipokinetix	Metab-O-Life	Diet Fuel	Trim Fast
Amphetra-Lean	Ripped Force	Dyma Burn Xtreme	Yellow Jacket
Animal Cuts	Ripped Fuel	Dymetadrine	Ultimate Energizer
Bethalean	Thermadrene	Energel	Ultimate Orange
Clenbutrx	Thermapro	Herba Life	Ultra Chromaslim
Diet Boost	Herbal Phen-Fen	Hydroxycut	Xenadrine RFA-1

Herbal Life Diet Supplement (Note Warning on Bottle)

Cell Excellerator

Thermogestic Gold

Thermicore  
Diet-2x  
GNC-Xenadrine  
Ehpedra Herb  
Thermo-Lift  
AM 300

Metabolite (Note Warning on Bottle)  
Original and Natural Formulas

Fenfluramine Hydrochloride  
Ponderal  
Ponderal Pacaps  
Ponderax  
Ponderax Pacaps  
Pondimin  
Pondimin Extentabs

Metamphetamine Hydrochloride  
Desoxyn  
Desoxyn Gradumet

Phenendimetrazine  
Anorex  
Bontril  
Obalan  
Wehles  
Dyrexan  
Melfiat  
Pre Lu-2  
Plegine

Phentermine Hydrochloride  
Adipex      Duromine      Fastin      Obermar  
Obe-Nix      Obephen      Oby-Trim      Panshape M  
Phentercot      Phentride      Phentride      Phentrol  
Phentrol-2      Phentrol-4      Phentrol-5      T-Diet  
Ionamin Mazindol      Banobese      Obycap      Zantryl

Sibutramine  
Meridia

Risks associated with herbal therapies:

\* Hemodynamics/Drug Interactions\*

Ginseng	Hypertension, Tachycardia
Goldenseal	Hypertension, Edema
Kava-Kava	Potentiates Barbiturate/ Benzodiazepine
Locorice	Hypertension, Edema, Hypokalemia
St. John's Wort	Intensifies or Prolongs effects of anesthesia, Narcotics, possible MAO effects
Valerian	Potentiates Barbiturate effects
Yohimbe	Hypertension, Tachycardia, paralysis

\*Coagulation\*

Dhea	Can prolong bleeding time
EPA	Decreases Platelet Aggregation
Feverfew	Inhibits Platelet Aggregation
Fish Oils	Increases Fibrinolysis
Flaxseed Oil	Increases bleeding
Linseed Oil	Increases bleeding
Garlic	Antiplatelet, Antithromobolytic
Gensing	Increases bleeding
Gingo	Increases Platelet Aggregation
Vitamin E	Inhibits Platelet Aggregation
Milk Thistle	Increases bleeding

Considerations:

1. Abrupt discontinuation could be associated with withdrawal syndrome & change of clinical condition.
2. Many combination products exist that contain various amounts of herbal & non-herbal ingredients.