

## North Jersey Spine Group: What medications should I stop before surgery?

Some medications increase bleeding during surgery and need to be stopped in time for this effect to wear off.

Aspirin*	Stop at least 10 days before surgery
Other non-steroidal anti-inflammatory medications (e.g. ibuprofen, Motrin, Advil, Nuprin, naproxen, Naprosyn, Anaprox, Aleve, Arthrotec, Clinoril, Lodine, Dolobid, Feldene, Indocin, Orudis, Oruvail, Relafen, Tolectin, Voltaren)	Stop at least 5 days before surgery
Ticlid (ticlopidine) *	Stop 14 days before surgery
Plavix (clopidogrel) *	Stop 5 to 10 days before surgery
Coumadin (warfarin) *	Stop 3 to 5 days before surgery
Persantine (dipyridamole)	Stop 5 days before surgery
Lovaza, fish oil or other sources of Omega -3 fats	Stop 14 days before surgery

\*Discuss stopping these medications with your medical doctor prior to surgery.

### **I am diabetic. Should I take my diabetic medication?**

Discuss this with your medical doctor. Most likely you will take a lower dose of your medication on the day of surgery since you will not be eating.

### **Should I take my heart and blood pressure medication?**

Unless your medical doctor or the anesthesiologist has instructed otherwise you should take your regular cardiac and blood pressure medications before surgery.

### **Should I stop my herbal/natural medications and supplements?**

Yes, you should stop them at least 7 days before surgery.