

# Medications and Supplements to Avoid Before Your Procedure

To prepare for your procedure, your care team has asked you to avoid certain medications, vitamins, supplements and herbs. This is to avoid bleeding problems.

You should stop taking blood thinning medications and supplements at least 1 week before your procedure. You may start taking them again 48 hours after your procedure. **Do not stop taking your prescription blood thinner medication before you check with your prescribing physician.**

This is the list of medications and supplements you should avoid. Other medications and supplements may also cause bleeding problems. Please make sure to review all medications and supplements you are taking with your physician.

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## Medications

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Advil® - ibuprofen

Aggrenox® - aspirin/dipyridamole

Aleve® - naproxen sodium

Alka-Seltzer® products

Anacin® - aspirin/caffeine

Arixtra® - fondaparinux

Asacol® - mesalamine

Aspirin

Brilinta® - ticagrelor

Celebrex® - celecoxib

Coumadin® - warfarin sodium

Effient® - prasugrel

Eliquis® - apixaban

Excedrin® - paracetamol/aspirin/caffeine

Fiorinal® - butalbital/aspirin/caffeine

Fragmin® - dalteparin

Heparin

Ibuprofen

Indocin® - indomethacin

Lovenox® - enoxaparin

Midol® products

Mobic® - meloxicam

Motrin® - ibuprofen

Nuprin® - ibuprofen  
Persantine® - dipyridamole  
Plavix® - clopidogrel  
Pletal® - cilostazol  
Pradaxa® - dabigatran etexilate  
Ticlid® - ticlopidine  
Triaminic® products  
Xarelto® - rivaroxaban

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#### Vitamins, supplements and herbs

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Cayenne pepper tablets  
Cinnamon tablets  
Curcumin (turmeric)  
Echinacea  
Evening primrose oil/tablets  
Fish oil/omega-3 fatty acids/DHA (Lovaza®)  
Flax oil  
Garlic tablets

Ginkgo biloba  
Ginseng  
Glucosamine  
Green tea tablets  
Herbal tea  
Multivitamin  
Resveratrol  
St. John's wort  
Vitamin A  
Vitamin E  
Vitamin C

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You may take acetaminophen (Tylenol® or Tylenol Extra Strength®) until the day before your procedure for minor aches and pains. You may use arnica montana for minor pain before and after your procedure.

**If you have questions, please call our office at 847.854.3522 (TTY: 711).**