

# Charles Street Obstetrics~Gynecology Associates, P.A.

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## Guidelines for Medication

- **Blood pressure medications** – take as usual on the morning of surgery, except diuretics (water pills)
- **Diuretics (water pills)** – do NOT take on the morning of surgery; these include Lasix (furosemide), hydrochlorothiazide (HCTZ)
- **Insulin** – consult your primary care doctor
- **Oral diabetic medications** – do NOT take on the morning of surgery
- **Metformin / Glucophage / Glucovance (diabetes medications)** – stop 24 hrs before surgery
- **Thyroid medication** – take as usual on the morning of surgery
- **Heartburn or ulcer medication / acid blockers (Zantac, Pepcid, Prilosec, Propulsid, Nexium, Reglan)** – take as usual on the morning of surgery
- **Antacids (Maalox, Tums, Carafate)** – do NOT take on the morning of surgery
- **Plavix (anti-platelet) and NSAIDs** – consult your primary care doctor; should be stopped at least 7-14 days prior to surgery
- **Aspirin and Coumadin** – consult your primary care doctor
- **Asthma inhalers** – use as usual on the morning of surgery, and bring with you to the hospital
- **Diet medications (including phentermine)** – stop 1 week before surgery

## Herbal supplements:

- **Echinacea** – stop 1 month prior to surgery (may suppress immune system)
- **Ephedra** – stop 24 hrs before surgery (may cause cardiac side effects)
- **Garlic** – stop 7 days prior to surgery (may interfere with clotting)
- **Ginkgo** – stop 1 week prior to surgery (may interfere with clotting)
- **Ginseng** – stop 1 week prior to surgery (may interfere with clotting)
- **Kava** – stop 24 hrs prior to surgery (may interact with anesthetic agents)
- **St. John's Wort** – stop 1 week prior to surgery ( may interact with anesthetic agents)
- **Valerian** – consult your primary care doctor, especially if you have been using this herb for a long time