

GUIDELINES FOR MEDICATIONS PRIOR TO SURGERY

TWO WEEKS BEFORE SURGERY INSTRUCTIONS

- **STOP TAKING** any weight loss medications (prescribed or non-prescribed) for two weeks before AND two weeks after surgery. IF NOT STOPPED, YOUR SURGERY MAY BE CANCELLED!!

ONE WEEK BEFORE SURGERY INSTRUCTIONS

- **STOP TAKING** aspirin, Motrin, Advil, ibuprofen, Aleve, naproxen, nonsteroidal anti-inflammatory drugs (NSAIDs), vitamins, fish oil, supplements and herbal medications one week before surgery.
 - *If you are taking aspirin, Coumadin or Plavix, please check with your family physician or cardiologist prior to discontinuing.*
- **STOP TAKING** hormone (or estrogen) replacement therapy drugs for one week before surgery AND one week after surgery.
- **STOP** smoking, vaping, and all marijuana use one week before surgery.
- You **may take** Tylenol (acetaminophen) for pain or headaches the week before surgery.

DAY OF SURGERY INSTRUCTIONS

- **DO NOT TAKE** diuretics unless you have congestive heart failure.
- **DO NOT TAKE** angiotensin converting enzyme (ACE) inhibitors or angiotensin receptor blockers (ARBs).
- **DO NOT TAKE** Glucophage (metformin).
- You may take approved morning medications with a very small sip of water.
- **DO TAKE** anti-reflux medications (such as Prevacid, Zantac, Prilosec, Pepcid) according to your normal schedule. (*NOTE: If you only take it as needed, DO take it on the day of surgery.*)

DIABETICS

If you take insulin or other medications for diabetes (including all weight loss medications), please contact the doctor who manages your diabetes to discuss when to discontinue or how to manage these medications prior to surgery.

***If you have questions about any of your medications,
please call our office (616-464-4420) and speak with a nurse!***