



VALLEY ENT

Medications Before Surgery

Most medications should be taken as usual the day before surgery. We recommend against taking oral medication within 8 hours of your surgical time unless specifically recommended by your physician or anesthesiologist.

Do not take vitamins and dietary supplements two weeks prior to surgery as some of them can increase the likelihood of bleeding.

Certain classes of medication including antihypertensives for blood pressure and blood thinning medications require special consideration.

Antihypertensives:

1. Beta-blockers (medications ending in -olol): The American College of Cardiology recommends continuing Beta Blockers in the time up to and around surgery. These medications **SHOULD** be taken the morning of surgery with a sip of water unless otherwise instructed.
2. ACE Inhibitors and Angiotensin Receptor Blockers (medications ending in -opril and -artan): These medications **SHOULD NOT** be taken the day of, or the night before, surgery unless you are told to by your cardiologist or anesthesiologist.

Blood Thinning Medications and Platelet Medications:

Any patient on blood thinners for a cardiac reason including cardiac stent or atrial fibrillation should check with their prescribing physician or cardiologist to make sure it is okay to stop the medication for surgery.

1. Aspirin should be stopped one week prior to surgery unless otherwise instructed.
2. Warfarin/Coumadin should be stopped 5 days prior to surgery.
3. Platelet drugs have differing duration of action and will need to be stopped but should be discussed with your surgeon and the prescribing physician (These drugs include Plavix (Clopidogrel), Effient (Prasugrel), and Brilinta (Ticagrelor).
4. NSAIDS such as ibuprofen and naproxen should be avoided 48 hours prior to surgery.
5. **MANY** over the counter headache, cold, and sleep medications include aspirin (acetylsalicylic acid (ASA)) which is a blood thinner.

Insulin for Diabetics:

Patients on insulin should get instructions for how to utilize their insulin prior to surgery from their endocrinologist or prescribing physician.