

## Medication List

Discontinue taking aspirin, aspirin products, and **all** anti-inflammatory medications at least **5 DAYS** prior to the procedure date. If your Primary Care Physician has prescribed any of these medications, please contact them or the Juneau Pain Center medical staff for instructions on continuation and discontinuation of your medications.

Medications include, but are not limited to:

- Ibuprofen (including Motrin and Advil)
- Naprosyn (including Aleve)
- Aspirin (including Excedrin and Bayer)
- Celebrex
- Toradol
- Pradaxa
- Nabumetone
- Meloxicam

The following medications must be discontinued prior to surgery but **ONLY** under the guidance of your Primary Physician or the preoperative Nurse; please discuss these medications with the nurse during your preoperative appointment.

- Plavix
- Coumadin
- Lovenox
- Fragmin

Patients who are taking the following medications may do so with a sip of water before coming to the Juneau Pain Center on the morning of your procedure.

- Blood Pressure Medication
- Heart Medication
- Breathing Medication (except Theodur and Brethine)
- Anticonvulsant Medication
- Antidepressants
- Eye Drops prescribed by an Ophthalmologist
- Antibiotics prescribed by a Physician
- Pain Medications (**Only when advised by a Physician**)

**\*\*If you are taking oral medications for your diabetes, DO NOT TAKE THEM THE MORNING OF YOUR PROCEDURE!** Please bring your medication to the Juneau Pain Center. If you are not feeling well and think it may be due to medication, please call the Juneau Pain Center and inform the nurse of your condition, the medical staff will provide you with further information.

## Herbal Supplement List

Like prescription medication, Herbal Supplements also carry a risk of side effects and chemical interactions. The following list of common supplements should be stopped prior to your procedure at the Juneau Pain Center. Please inform your Physician and Preoperative Nurse about **ALL** Herbal Supplements you are taking, as many Herbal Supplements can pose risks during your procedure.

- **Echinacea:** Use with caution in patients with asthma or allergic rhinitis.  
Discontinue use as far in advance of procedure as possible.
- **Ephedra:** Has been responsible for fatal cardiac arrests and Central Nervous System Complications. Discontinue at least 24 hours prior to procedure.
- **Feverfew:** Inhibits platelet function and therefore can increase bleeding.  
Discontinue 7 days prior to procedure.
- **Garlic:** Inhibits platelet function and therefore can increase bleeding.  
Discontinue 7 days prior to procedure.
- **Ginkgo:** Inhibits platelet function and therefore can increase bleeding.  
Discontinue 7 days prior to procedure.
- **Ginseng:** Inhibits platelet function and therefore can increase bleeding.  
Discontinue 7 days prior to procedure.
- **Ginger:** May increase the sedative effects of anesthetics.  
Discontinue 7 days prior to procedure
- **Kava:** May increase the sedative effects of anesthetics.  
Discontinue 24 hours prior to procedure
- **St. John's Wort:** Can significantly increase the metabolism of many drugs.  
Discontinue at least 5 days prior to procedure.
- **Valerian:** Can increase the sedative effects of anesthetics.  
Taper the dose for several weeks prior to the procedure.  
**DO NOT STOP ABRUPTLY BECAUSE OF RISK OF WITHDRAWAL.**
- **Fish Oil:** Inhibits platelet function and therefore can increase bleeding  
Discontinue 7 days prior to procedure.
- **Herbal Teas:** Due to the high amount of various Herbal Supplements  
Discontinue 5 days prior to procedure
- **Energy Drinks:** Due to the high amount of various Herbal Supplements  
Discontinue 5 to 7 days prior to procedure