

ARE SUPPLEMENTS SAFE TO TAKE PRIOR TO SURGERY?

You may be asked to stop taking herbal supplements prior to surgery. Some supplements may cause complications. You should stop taking herbal medications at least two weeks before surgery. If there is not enough time to stop your herbal medications before surgery, bring the product in the original container.

Please STOP taking the following supplements prior to surgery. All the supplements listed below should be stopped two weeks prior to your surgery.

Supplements That Can Cause Bleeding Problems

Arnica montana	Geum japonicum
Baical skullcap root.	Ginger
Bak foong pill	Ginkgo Biloba
Birch Bark	Ginseng
Black Cohosh	Glucosamine and Chondroitin
Bromelain	Grape Seed Extract
Capsaicin	Green tea
Cayenne	Guilinggao (<i>tortoise jelly</i>)
Chines peony	Japanese honeysuckle
Chinese agrimony	Kangen-karyu
CoQ10 (<i>may interact with blood thinners like warfarin and diabetes drug insulin</i>)	Licorice
Cumin	Milk Thistle
Dan Shen	Oil of wintergreen
Devil's claw	Poncitrin (<i>jishi</i>)
Dong Quai	Primrose Oil
Feverfew	Saw palmetto ⁴
Feverfew	Seasonal tonic tea
Fish oils (<i>omega-3 fatty acids</i>)	St Johns Wort
Fritillaria bulbs	Ta gastrinol tea
Garlic	Turmeric and curcumin
	Vitamin E

Supplements That Can Have Cardiovascular Effects

Black Cohosh (<i>blood pressure decrease</i>)	Herbal tea
Ephedra (<i>causes hypertension, palpitations, and tachycardia</i>)	Hoodia (<i>possible arrhythmia</i>)
Garlic (<i>can cause hypotension</i>)	Kava ⁶
Ginseng	Licorice
Goldenseed	Ma Huang (<i>another name for ephedra</i>)
Gotu Kola	Milk Thistle
	Yohimbe

Supplements That Can Cause Drug Interactions

Echinacea ⁷	St. John's Wort / Goat weed
Goldenseal	Tumeric (<i>prolong the duration of many drugs</i>)
Kava root	Valerian
Licorice	

Supplements That Can Have Anesthetic Effects

Kava	
St. John's Wort / Goatweed (<i>sedation, blood pressure changes</i>)	
Valerian	

Supplements Known to Cause Other Types of Adverse Events

CoQ10 (<i>may lower blood sugar levels in diabetics and interact with warfarin</i>)
Ginseng (<i>can cause hypoglycemia</i>)
Hoodia (<i>changes in blood sugar</i>)
St. John's Wort / Goatweed (<i>can cause photosensitivity, especially after laser or chemical peels</i>)

Supplements Safe To Take Before Surgery

Calcium	Vitamin B (<i>complex</i>) / B1 (<i>Thiamine</i>), B2 (<i>Riboflavin</i>), B3 (<i>Niacin</i>), B6, Biotin
Folate	Vitamin B12
Iron	Vitamin C
Magnesium	Vitamin D
Phosphorous	Zinc
Potassium	
Protein and Amino Acids	
Vitamin A	