

## **Important Information about Blood Thinners. Please read carefully!!!**

Anticoagulants (blood thinners) usually need to be stopped several days before surgery. It is extremely important that both your surgeon and your physician (who has ordered the anticoagulants) discuss the optimum timing for stopping these medicines. Please be aware that many drugs and herbal products may be anticoagulants (blood thinners) although they are not used for that purpose.

### ***Prescription anticoagulants include:***

***These blood thinners require special instructions from your prescribing doctor before stopping prior to surgery. Inform your surgeon if you are on one of these blood thinners but wait for our instructions before stopping the medication.***

- Aspirin (when prescribed by your doctor)
- Coumadin (warfarin)
- Plavix (clopidogrel)
- Pradaxa (dabigatran)
- Xarelto (rivaroxaban)
- Eliquis (apixaban)
- Brilinta (ticagrelor)
- Efficient (prasugrel)
- Ticlid (Ticlopidine)
- Aggrenox (Persantine) (dipyridamole)
- Lovenox (enoxaparin)
- Pletal (cilostazol)
- ***Prescription Omega 3*** (Lovaza, Vascepa)

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### ***Commonly used over-the-counter medications that are blood thinners.***

***Stop the medications below 10 days prior to surgery.***

#### ***Non-steroidal anti-inflammatory (NSAIDs) such as:***

- Aspirin, including Baby Aspirin, when taken as a preventative, and not prescribed by your doctor. Ecotrin, Bufferin, Anacin, B.C. Powder, Excedrin, and Alka-Selzer are all aspirin products.
- Aleve (naproxen)
- Motrin, Advil, Midol (all are ibuprofen)
- Mobic (meloxicam), Celebrex (celecoxib), Feldene (piroxicam)
- Voltaren (diclofenac)
- Indocin (indomethacin)

#### ***Non-prescription (over-the counter or herbal) products that are anticoagulants include:***

- Vitamin E (1000 units or more per day)
- Omega 3 (Fish Oil, Mega Red, Salmon Oil, Krill Oil)
- Flax Seed Oil

**You may take Tylenol (acetaminophen) if needed for pain.**

**\*\*\* Note: There are many more over-the-counter products to treat pain and arthritis symptoms that contain aspirin (acetylsalicylic acid), or non-steroidal ingredients. Please check the label carefully and do not take for 10 days prior to surgery if it contains one of these medications.**