

# Carolina Eye, Ear, Nose and Throat Associates, LLC

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## MEDICATION AVOIDANCE LIST

Please stop the following medications **14 days prior to surgery** to minimize the risk of bleeding:

▶ All nonsteroidal anti-inflammatory drugs [NSAIDs], including but not limited to:

- Advil (Ibuprofen, Motrin, Midol)
- Aleve (Naproxyn, Anaprox)
- Celebrex
- Mobic
- Meloxicam
- Relafen

▶ Aspirin or Aspirin Containing products, including but not limited to:

- BC/Goody Powders, Excedrin, etc.

\*\*Tylenol/Acetaminophen is safe to use prior to surgery.

\*\*Please check labels of all over-the-counter medications if you are unsure.

▶ Please stop all other vitamins, supplements, herbs, etc.

- Biotin
- Flaxseed Oil
- Folic Acid
- Ginkgo Bilboa
- Ginseng
- Glucosamine Chondroitin
- Herbal Supplements
- Multivitamins
- Red Yeast Rice
- Saw Palmetto
- Vitamins B, D, & E
- Cod Liver Oil/ Fish Oil/ Lovaza/ Omega-3
- Eye Vitamins (Ocuvite, Preservision, etc.)

▶ If you are prescribed an anticoagulant or antiplatelet medication (blood thinners), we will instruct you how to safely come off of these in preparation for your procedure:

<u>Drug</u>	<u>Days Prior To Surgery</u>	<u>Days After Surgery</u>
Warfarin (Coumadin)	_____	_____
Plavix (Clopidogrel)	_____	_____
Effient (Prasugrel)	_____	_____
Eliquis (Apixaban)	_____	_____
Xarelto (Rivaroxaban)	_____	_____
Pradaxa (Dabigatran)	_____	_____
Brilinta (Ticagrelor)	_____	_____
_____	_____	_____
_____	_____	_____

▶ For Anesthesia safety reasons, please stop any **weight loss supplements** or **diet pills**, including but not limited to: Qsymia (Phentermine) two weeks prior to surgery. In addition, please avoid **ACE inhibitors** or **ACE receptor blockers** 24 hours prior to your procedure. Please check with the surgical facility if you are unsure.