



# Pre-Op advice for reducing / pausing medication immediately before surgery

Most medications can continue as normal, but some may need to be reduced or paused just before you are admitted to hospital and restarted after your operation. This leaflet signposts you to information about some medications that are affected and what to do. Your pre-op assessment nurse will help you fill it in and will be able to explain anything you don't understand. They can also give specific advice for any other medications you may be taking.

Please scan QR codes for information relating to each medication. If you do not have access to a smart device, please let your pre-op nurse know so they can print you off a copy of the relevant leaflet.

## Anticoagulant and Antiplatelet medication

- **Anticoagulants (blood thinners):** warfarin, apixaban, rivaroxaban, edoxaban, dabigatran, tinzaparin, enoxaparin or dalteparin
- **Antiplatelets:** aspirin, dipyramidole, clopidogrel, ticagrelor or prasugrel



### Anticoagulant plan:

Day	-5	-4	-3	-2	-1	Operation	1	2	3
Date									
Anticoagulant									
Dose instruction									



### Antiplatelet plan: 7 day plan

Day	-7	-6	-5	-4	-3	-2	-1	Operation	1	2	3
Date											
Antiplatelet											
Dose instruction											

## Cardiac medication

<ul style="list-style-type: none"> <li>• <b>ACE inhibitors:</b> enalapril, lisinopril, ramipril, fosinopril, trandolapril, captopril</li> <li>• <b>Angiotensin II inhibitors:</b> losartan, candesartan</li> </ul>	<ul style="list-style-type: none"> <li>• <b>General anaesthetic: Stop on morning of surgery</b></li> <li>• <b>Local anaesthetic: Continue as normal</b></li> </ul>
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## Diabetes medication

<ul style="list-style-type: none"> <li>• <b>Insulin or tablets:</b> insulin, gliclazide, glipizide, metformin, exenatide, pioglitazone</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Tablets or injections of GLP-1 agonists:</b> Byetta® (exenatide), Bydureon® (long acting exenatide), Victoza® (liraglutide) or Lyxumia (lixisenatide)</li> </ul>	

## HRT / The Pill

<ul style="list-style-type: none"> <li>• <b>HRT: (oral only)</b></li> <li>• <b>Combined pill:</b> Microgynon, Marvelon and Yasmin</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Major surgery / leg surgery / surgery where you won't be able to move around afterwards: Stop 4 weeks before surgery</b></li> <li>• <b>Restart only when you are able to walk again</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Progesterone only pill:</b> Norgeston, Noriday, Cerazette</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Continue as normal</b></li> </ul>

## Non-steroidal anti-inflammatory drugs

<ul style="list-style-type: none"> <li>• <b>NSAIDs:</b> Ketorolac, Ibuprofen</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spinal surgery: Stop 3 days before surgery</b></li> </ul>
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## Any other medication

<ul style="list-style-type: none"> <li>• <b>Herbal medicines:</b> CBD oil, Echinacea, Ephedra, Garlic, Ginkgo, Ginseng, Kava, St. John's wort, Valerian</li> <li>• <b>Vitamin E</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Stop 2 weeks before surgery</b></li> </ul>
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**Please ask if you need this information in another language or format.**

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