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Preoperative Guidelines for Medications

Please refer to the instructions below for management of your medications before your surgery. If there are any questions or concerns, please contact Camarillo General Surgery or your Primary Care Doctor.

- **Aspirin:** (Alka Seltzer, Bayer, Excedrin, Midol, Aspirin): these medications should be discontinued at least **one week** prior to the planned operation.
- **Antidepressants:** (Imipramine, sertraline, others): these medications should be **continued until and including the day of** operation.
- **Anxiety Medications:** Should be **continued until and including day of operation.**
- **Hormonal medications:** Should be **continued until and including day of operation.**
- **Insulin:**
 - Take ½ of your long acting (NPH) insulin dose for your normal dose prior to surgery.
 - Basal insulin should be **decreased by 25%** for your normal dose prior to surgery.
 - Continue your regular insulin until the **day of surgery**, do not take any regular insulin the day of surgery, unless directed by your primary or diabetes doctor. Please consult your primary or diabetes doctor for further instructions.
- **Chronic Steroids** (Prednisone, Cortef, others): should be **continued until and including on the day** of operation.
- **Immune Suppression Medications** (Steroids, methotrexate, Remicade/ infliximab, etc.): please talk to your prescribing doctor and discontinue **1 week before surgery** if possible.
- **Non- Steroidal Anti-Inflammatory Medications** (Ibuprofen, naproxen, others): should be **discontinued** at least **7-10 days prior** to planned surgery.
- **Opiate Pain Medications** (Hydrocodone, oxycodone, Vicodin, Methadone, etc.): should be **continued until and including day of** operation.
- **Oral Contraceptives:** Should be continued **until and including** the day of operation.



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- **Oral Diabetic Medications:** Should be taken until the day before the operation but **discontinued on the day of operation.**
 - SGL2 Inhibitors (Invokana/canagliflozin, Jardiance/empagliflozin, Farxiga/dapagliflozin, Steglatro/ertugliflozin) should be **discontinued 4 days before surgery.**
 - GLP-1 Agonists (Ozempic/Wegovy/Rybelsus/semaglutide, Trulicity/delaglutide, Bydureon BCise/Byetta/exenatide, Saxenda/Victoza/liraglutide, Adlyxin/lixisenatide) should be **held the day before surgery.** If taken on a weekly basis **hold for 7 days prior to surgery.**
 - Please contact your primary doctor or endocrinologist for other means of glucose control while off of these medications.
- **Probiotics:** Should be continued until the day of the operation. If you are not on or taking a probiotic, consider getting one to take for the week before surgery.
- **Thyroid Medication** (Synthroid, Desiccated Thyroid, Propylthiouracil, others): should be **continued until** and **including on** the day of the operation.
- **Vitamins and Nutritional Supplements: Stop 10-14 days prior** to surgery unless otherwise directed by your surgeon. This includes **ALL** megadose vitamins, vitamin E, antioxidants, and fish oil.



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Anticoagulation Medications

Before your surgery, please discontinue all blood thinning medications unless otherwise instructed by Dr. Brand. After surgery, you will be given instructions on when to resume these medications. If you have any questions or concerns, please contact Camarillo General Surgery.

Blood Thinning Medications:

- **Aspirin** is to be discontinued **1 week before surgery.**
- **Antiplatelet agents: Plavix/ clopidogrel, Brilinta/ticagrelor, Effient/ prasugrel, Persantine/ dipyridamole** are to be discontinued **1 week before surgery.**
- **NSAIDS** are to be discontinued **1 week before surgery.**
- **Aggrenox** is to be discontinued **10 days before surgery.**
- **Pletal/ cilostazol** is to be discontinued **5 days before surgery.**
- **Coumadin/ warfarin** is to be discontinued **5 days before surgery.**
- **Eliquis/ apixaban** is to be discontinued **4 days before surgery.**
- **Xarelto/ rivaroxaban** is to be discontinued **3 days before surgery.**
- **Pradaxa/ dabigatran** is to be discontinued **3 days before surgery.**
- **Edoxaban/ savaysa** is to be discontinued **3 days before surgery.**