

PRE-SURGERY MEDICATION INSTRUCTIONS

Blood Pressure Medications:

For **Knee Replacement Patients**: Please continue to take your scheduled doses of blood pressure medications prior to surgery (both the night before and the morning of surgery) unless instructed otherwise by the anesthesiologist or surgeon .

Please hold any diuretics:

- ▶ For example: hydrochlorothiazide, chlorthalidone, spironolactone, amiloride, triamterene, bumetanide, furosemide, torsemide, metolazone, etc. **If you take a combination blood pressure medication with a diuretic, please take as you normally would prior to surgery.**

Heart Medications and Beta Blockers:

The morning of surgery you **should take your heart medicines and medications for arrhythmias.**

- ▶ **For example:** Digoxin, Amiodarone AND take Beta-blockers, which may include: Coreg (carvedilol), Toprol (metoprolol), Tenormin (atenolol), Inderal (propranolol) and others as prescribed by your physician.
- ▶ **Also take Statins** (usually taken at night) including i.e. Lipitor (atorvastatin), Zocor (simvastatin)
****If you take your beta blocker in the evening, be sure to take it the night before surgery.***

Insulin/Diabetic Medications:

The goal is to have a blood sugar between 100-200 upon arrival at OSI. We want to avoid big swings in your blood sugar. If you are unsure that this will work for you, please discuss with your anesthesiologist the night before surgery.

Morning Procedures

- ▶ If you are Insulin Dependent you should take **50% of your long acting dose of Insulin.** No short acting insulin pre-procedure.
- ▶ **Oral Diabetic medications** should **not** be taken the morning of surgery.

Afternoon Procedures

- ▶ If you are Insulin Dependent you should take **50% of your long acting dose of Insulin in the morning.** No short acting insulin pre-procedure
- ▶ **Oral Diabetic medications** should be taken the morning of surgery.

Remember: *If you feel that you have a low blood sugar level during the fasting period, take a glucose pill or drink clear liquid juices up to 4 hours before admission; for example: apple, grape, or cranberry. No pulp juices for example orange juice and no solid food.*

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Blood Thinning Medications:

Unless specifically ordered by your physician you will need to stop taking blood thinner (i.e. Coumadin, Lovenox, Arixtra, Plavix, Ginkgo Biloba, Fish Oil or Vitamin E). Inform your admitting nurse if you have taken blood-thinning medications within the last month prior to surgery.

If you take blood thinners please:

- ▶ **Stop Lovenox (Enoxaparin)** - 1 days prior to surgery
- ▶ **Stop Eliquis (Apixaban)** - 3 days prior to surgery
- ▶ **Stop Coumadin (Warfarin)** - 5 days prior to surgery
- ▶ **Stop Plavix (Clopidogrel)** - 7 days prior to surgery
- ▶ **Stop Arixtra (Fondaparinux)** - 10 days prior to surgery

In addition, some of the more common drugs to stop are Advil, Anacin, Motrin, Excedrin, Ibuprofen, Nuprin, Aleve, Medipren, Midol-200, Motrin IB, Anaprox, Naprosyn and Toradol

Erectile Dysfunction Medications:

Any medications used for erectile dysfunction (Viagra, Cialis, Levitra, etc.) need to be **discontinued 4 days prior to surgery.**

Vitamins and Supplements:

Please stop taking vitamins, supplements and herbal medications **7 days before surgery.**

Continue the Day of Surgery (with a sip of water):

- ▶ Psychiatric medications
- ▶ Anti-depressants or anti-anxiety medications
- ▶ Neurological Medications
- ▶ Narcotics for pain management i.e.: Fentanyl patches or Methadone.
- ▶ Asthma medicine
- ▶ Acid reflux
- ▶ Eye drops
- ▶ Thyroid
- ▶ Estrogen, birth control or other hormone replacement therapy.
- ▶ Antivirals
- ▶ Allergy/Antihistamines

Exception: *If you are taking Tagamet (cimetidine), do not take this medication for 24 hours before your planned surgery.*

*If you have any questions regarding these instructions, please call the **Oregon Surgical Institute Pre-Admission Nurse at 971-708-0400.***

[These instructions provided by the Oregon Surgical Institute Medical Directors]