

## SURGICAL SPECIALTY SUITES, INC.

### HERBAL PRODUCTS THAT MAY INTERFERE WITH SEDATION/SURGERY

The American Society of Anesthesiologists issued a statement advising patients to stop taking herbal remedies one to three weeks prior to surgery and to let their doctors know what herbs they have been consuming. If it is not possible to stop these remedies, the patient should be advised to bring the preparation(s) with them so the Anesthesiologist can discern the possible complications.

Herbal Preparation	Common Use	Possible Complications
Aloe	Constipation	Potassium depletion causing cardiac arrhythmias
Bilberry	<ul style="list-style-type: none"> <li>➤ Acute diarrhea</li> <li>➤ Local therapy of mild inflammation of mouth</li> </ul>	Hypertension
Bromelain	Anti-inflammatory	Coagulation defects
Cinchona Bark	Bloating	Coagulation defects
Dong Quai	<ul style="list-style-type: none"> <li>➤ Infertility</li> <li>➤ Amenorrhea</li> </ul>	Hypertension
Echinacea	Boost immune system	Hypertension
Ephedra (Ma Huang)	Weight loss	<ul style="list-style-type: none"> <li>➤ Tachycardia</li> <li>➤ Cardiac arrhythmia</li> <li>➤ Hypertension</li> </ul>
Feverfew	<ul style="list-style-type: none"> <li>➤ Migraines</li> <li>➤ Rheumatoid Arthritis</li> <li>➤ Allergies</li> </ul>	Coagulation defects. Inhibits platelet aggregation
Garlic	Increased cholesterol	<ul style="list-style-type: none"> <li>➤ Hypotension</li> <li>➤ Coagulation defects</li> </ul>
Ginger	<ul style="list-style-type: none"> <li>➤ Dyspepsia</li> <li>➤ Motion Sickness</li> </ul>	<ul style="list-style-type: none"> <li>➤ Coagulation defects</li> <li>➤ CNS depression</li> <li>➤ Cardiac arrhythmias</li> </ul>
Ginkgo Biloba	<ul style="list-style-type: none"> <li>➤ Improved memory</li> <li>➤ Intermittent claudication</li> <li>➤ Vertigo</li> <li>➤ Tinnitus</li> </ul>	Coagulation defects
Ginseng	Increased energy	Coagulation defects
Goldenseal	Anti-inflammatory	Hypertension
Kava-kava	<ul style="list-style-type: none"> <li>➤ Anxiety</li> <li>➤ Stress</li> </ul>	Excessive sedation
Licorice	Stomach ulcers	<ul style="list-style-type: none"> <li>➤ Hypertension</li> <li>➤ QT and PR prolongation</li> </ul>
St. John's Wart	<ul style="list-style-type: none"> <li>➤ Sleep aid</li> <li>➤ Depression</li> </ul>	Prolongs anesthetics
Valerian	<ul style="list-style-type: none"> <li>Sleep aid</li> <li>Muscle relaxant</li> </ul>	<ul style="list-style-type: none"> <li>➤ Cardiac arrhythmias</li> <li>➤ Prolongs anesthetics</li> </ul>