

### Supplements to discontinue during the preoperative period

Herb (other names)	Relevant effects	Perioperative concerns	Recommendations
<b>Bilberry</b> (vaccinium myrtillus)	Excellent antioxidant that strengthens Capillaries and collagen.	Contain anthocyanosides, favonoid compounds that improve visual acuity and are important in treatment of eye disorders. Has antiplatelet activity and may inhibit clot formation.	Discontinue use two weeks prior to surgery.
<b>Cayenne</b> (capsicum annum)	Used for GI tract disorders	Overdose may cause severe hypothermia.	Discontinue use two weeks prior to surgery.
<b>Dong Quai</b> (angelica sinensis)	The main application is in the relief of menstrual cramps. Used in menopausal symptoms.	Active constituent is coumarin derivatives, which may potentiate existing anticoagulant medications	Discontinue use two weeks prior to surgery.
<b>Echinacea</b>	Boosts immunity	Allergic reactions, impairs immune suppressive drugs, can cause immune suppression when taken long-term, could impair wound healing.	Discontinue as far in advance as possible, especially for transplant patients or those with liver dysfunction.
<b>Ephedra</b> (ma huang)	Increases heart rate, increases blood pressure	Risk of heart attack, arrhythmias, stroke, interaction with other drugs, kidney stones.	Risk of heart attack, arrhythmias, stroke, interaction with other drugs, kidney stones.
<b>Feverfew</b> (tanacetum paithenium)	Used for migraine headache prevention as well as arthritis and allergies.	May increase bleeding, especially in patients taking certain anticlotting medications.	Discontinue use two weeks prior to surgery.
<b>Fish oil caplets</b>	Important omega 6 fatty acid, DHA and EPA. Reduces cholesterol and triglyceride levels.	Has blood thinning properties.	Discontinue use two weeks prior to surgery.
<b>Garlic</b> (ajo)	Prevents clotting	Risk of bleeding, especially when combined with other drugs that inhibit clotting.	Discontinue at least 7 days before surgery.

<b>Ginger</b> (zingiber officinale)	Useful as antispasmodic, anti-inflammatory, anti-nauseant. Prophylactic for motion sickness, stimulate appetite. Useful for postoperative emesis.	Use of ginger may alter bleeding time. Ginger may interfere with cardiac and anticoagulant medications.	Discontinue use two weeks prior to surgery.
<b>Ginko</b> (duck foot, maidenhair, silver apricot)	Prevents clotting	Risk of bleeding, especially when combined with other drugs that inhibit clotting.	Discontinue at least 36 hours before surgery.
<b>Ginseng</b>	Lowers blood glucose, inhibits clotting,	Lowers blood-sugar levels. Increases risk of bleeding. Interferes with warfarin (an anti-clotting drug).	Discontinue at least 7 days before surgery.
<b>Hawthorne</b> (crataegus laevigata)	Used for ability to potentiate the action of cardiac glycosides.	Potentiates the actions of digitalis and other cardiac glycosides.	Discontinue use two weeks prior to surgery.
<b>Kava</b> (kava, awa, intoxicating pepper)	Sedates, decreases anxiety	May increase sedative effects of anesthesia. Risks of addiction, tolerance and withdrawal unknown.	Discontinue at least 24 hours before surgery.
<b>Licorice Root</b> (glycyrrhiza Glabra)	Used for gastric, duodenal ulcers, gastritis, cough/bronchitis.	Glycyrrhize acid may cause high blood pressure, hypokalemia and edema	Discontinue use two weeks prior to surgery.
<b>Ma Huang</b> (ephedra sinica)	Used in energy products & weight loss	More than 800 adverse reactions reported to FDA. Causes hypertension, tachycardia, cardiomyopathy, dysrhythmias	Discontinue use two weeks prior to surgery.
<b>Melatonin</b>	Used for jet lag, insomnia & SAD	May potentiate CNS effects of barbiturates and general anesthesia	Discontinue use two weeks prior to surgery.
Red Clover (trifolium pratense)	Used to relieve menopausal symptoms	Active constituent includes coumarin derivatives, which may potentiate existing anticoagulant medications.	Discontinue use two weeks prior to surgery.

<p><b>St. John's Wort</b> (amber, goatweed, Hypericum, klamathweed)</p>	<p>Inhibits re-uptake of neurotransmitters (similar to Prozac)</p>	<p>Alters metabolisms of other drugs such as cyclosporin (for transplant patients), warfarin, steroids, protease inhibitors (vs HIV). May interfere with many other drugs.</p>	<p>Discontinue at least 5 days before surgery.</p>
<p><b>Valerian</b></p>	<p>Sedates</p>	<p>Could increase effects of sedatives. Long-term use could increase the amount of anesthesia needed. Withdrawal symptoms resemble Valium addiction.</p>	<p>If possible, taper dose weeks before surgery. If not, continue use until surgery. Treat withdrawal symptoms with benzodiazepines.</p>
<p><b>Vitamin E</b> 200 units or more</p>	<p>Fat soluble vitamin used in prevention / treatment of cardiovascular disease, cancer age related degenerative diseases.</p>	<p>Anticlotting benefits can prolong bleeding time.</p>	<p>Discontinue use two weeks prior to surgery.</p>
<p><b>Yohimbe</b> (corynanthe yohimbe)</p>	<p>Natural Viagra that has MOA effects. Purported to have psychological/physical effects.</p>	<p>Increases the potency of anesthetics</p>	<p>Discontinue use two weeks prior to surgery.</p>