

# Medicine Use Before Surgery

Certain medicines can cause problems (complications) with your surgery unless you stop taking them before surgery.

## Important

Tell your health care team which medicines you took the morning of surgery and what time you took them.

Talk with your health care provider about **all of the medicines** you take (including prescription medicines such as diabetes medicines, over-the-counter medicines, herbals, vitamins or other supplements) at least 10 days before surgery. Make sure to ask them for instructions if you take a combination medicine. Then use the worksheet on the next page to write down medicines you need to continue or stop taking before surgery.



### Medicines to keep taking before surgery



If you take any of the medicines on the following list, take your morning dose with a small sip of water before you go to the hospital.

- beta blockers such as atenolol (Tenormin<sup>®</sup>), carvedilol (Coreg<sup>®</sup>) or metoprolol (Lopressor<sup>®</sup>)
- any heart medicine such as anti-arrhythmics or calcium channel blockers like diltiazem (Cardizem<sup>®</sup>, Dilacor XR<sup>®</sup>), verapamil (Calan<sup>®</sup>, Isoptin<sup>®</sup>, Verelan<sup>®</sup>) or amlodipine (Norvasc<sup>®</sup>)
- asthma medicine (including an inhaler, steroids or both)
- acid reflux medicine
- pain medicine if needed
- seizure medicine

Follow any instructions your health care provider gives you.





### Medicines to stop taking before surgery



It is important that you stop taking the following medicines 1 week before surgery or as directed by your health care provider.

- aspirin or medicines that contain aspirin
- blood-thinning medicines such as warfarin (Coumadin<sup>®</sup> or Jantoven<sup>®</sup>)
- anti-inflammatories such as ibuprofen (Motrin<sup>®</sup>, Advil<sup>®</sup>) or naproxen (Aleve<sup>®</sup>)

Follow any instructions your health care provider gives you.

 Medicines to Keep Taking	 Medicines to Stop Taking	
Medicine Name	Medicine Name	When to Stop

## Advance Care Planning

### How to Get Started

Allina Health offers three ways to help you get started:

1. Sign up for a free advance care planning class at [allinahealth.org/acpclass](http://allinahealth.org/acpclass).
2. Fill out a free, secure health care directive online. Go to [account.allinahealth.org](http://account.allinahealth.org) to create an account.
3. Print out a health care directive at [allinahealth.org/acp](http://allinahealth.org/acp).

### Planning for your future health care

Advance care planning is the process of giving information to others about your health care choices in case illness or injury prevents you from telling them yourself.

Talk with members of your care circle (family, friends or others close to you) about your health care choices. This is a time for you to share:

- what kind of care and treatment you do or do not want
- your wishes, goals and values and how they relate to your health care choices for the future.

You can put your health care choices in writing by creating a health care directive. Members of your care circle and your health care providers will use this document to interpret and understand your wishes, goals and values for your future health care needs.