

Medication List - Anaesthesia

Certain medications need to be stopped before surgery. More explanation is provided below:

1. **Blood thinners:**

- a. **Aspirin** is usually stopped 7-10 days prior **for major surgery only**;
- b. **Clopidogrel®** and other anti-platelet agents need to be stopped 5-7 days prior to surgery unless the patient has a stent less than 12 months old – check with Cardiologist as it may be too risky to cease;
- c. **Warfarin** needs to be stopped 3 days prior;
- d. **Clexane** must be stopped 12-24 hours prior; and
- e. **Heparin** must be stopped 6-12 hours prior to surgery.

2. **Herbal supplements, Fish oil, and Glucosamine** are usually stopped 7-10 days prior.

3. **Pain relief: Non-Selective NSAID's** (e.g. Naproxen, Voltaren, Meloxicam, Brufen, Mobic) should be stopped 3-5 days prior to the surgery.

4. **Diabetes:**

a. **Oral hypoglycemics:**

- i. **Gliflozins (SGLT2 inhibitors** e.g. **Forxiga®, Jardiance®, Jardiamet®**) need to be stopped 3 days prior to surgery;
- ii. **Metformin, Gliclazide** and similar should not be taken on the day of surgery;

b. **Injections:**

- i. Short acting insulins (e.g. Actrapid) must be stopped while fasting; and
- ii. Long acting insulin dose should be reduced (usually half).

5. **Asthmatics** who take **Theophylline** – this must stop on the day of surgery.

6. **Hypertensive patients** need to stop on the day of procedure:

- a. **ARB's** and **ACEI's** (angiotensin receptor blockers/angiotensin converting enzyme inhibitors, e.g. **Perindopril, Avasartan®, Olmetec®, Micardis Plus®**), which can cause excessive low blood pressure with anaesthesia; and
- b. **Diuretics** (e.g. **Lasix®, Hydrochlorothiazide**) need to be stopped on the day of surgery, as they will further reduce fluids in the body with fasting which can cause excessive low blood pressure.

Some medications must be continued: These medications should be taken with water, no closer than 2 hours before the operation (which is typically up to 1 hour before being admitted).

1. **Pain relief:** Opioids, Tramadol, Palexia®, Panadol and Celebrex® should be continued while fasting, with sips of water up until 2 hours before surgery.

2. **Asthma** medications like Ventolin and steroid puffers (e.g. Becotide®) need to be taken on the day of surgery.

3. **Cardiac** drugs like Amlodipine, Diltiazem, Metoprolol, Atenolol should be continued on the day of surgery. (These are known as calcium channel blockers, and beta-blockers).

4. **Reflux** drugs like Nexium must be continued on the day of surgery, as this reduces stomach acid while fasting (which can otherwise injure stomach and lungs).

5. **Gout** medications should be continued, to avoid triggering Gout.

Combination Drugs: If the medication is a combination of two drugs, the priority is usually the drug to hold.

1. E.g. Xigduo®, Jardiamet® which have Metformin + SGLT2 - this combination needs to be stopped 3 days prior;

2. E.g. Exforge® (Amlodipine + Valsartan) should be held for morning operations on the day of surgery, because of Valsartan, and be taken afterwards.

Please contact us on anaesthesia@douglasfahlbusch.com or **08 8554 6078** if you are unsure of any medication and combination or further clarifications.

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