

PRE-PROCEDURE MEDICATION INSTRUCTIONS

To help patients prepare for their procedure, we are providing general medication instructions. If the Pre-Anesthesia team determines the need for more personalized guidance after reviewing the medication list, a clinician will contact the patient via Twistle messaging or phone no later than the day before the scheduled procedure. If the surgeon or prescribing provider gives the patient specific medication instructions, please be sure to follow those carefully.

GLP-1 Agonists (Weekly Injections): **STOP for at least EIGHT (8) DAYS before the procedure**

- Weekly injections taken for weight loss and/or diabetes, such as semaglutide (*Ozempic/Wegovy*), tirzepatide (*Mounjaro/Zepbound*), dulaglutide (*Trulicity*), liraglutide (*Victoza*), albiglutide (*Eperzan/Tanzeum*), or exenatide (*Bydureon*). Daily injections (*Soliqua*) or pills (*Rybelsus*) only need to be stopped on the day of the procedure.
- If the patient is newly prescribed a GLP-1, please wait until after the procedure to begin taking it.
- If the patient takes their weekly injection within seven (7) days of the procedure, their procedure may be canceled.

Over the Counter Medications: **STOP seven days (7) before the procedure** to avoid increased bleeding or interactions with anesthesia unless instructed otherwise by the surgeon or the prescribing doctor:

- NSAIDs taken for pain: ibuprofen (*Advil*), naproxen (*Aleve/Naprosyn*), meloxicam (*Mobic*), diclofenac (*Voltaren*), indomethacin (*Indocin*).
- All over-the-counter vitamins (including vitamin E) and/or any herbal supplements.
 - This includes but is not limited to ginseng, ginkgo, turmeric, garlic, and echinacea.

Prescribed Vitamins or Supplements

- If sodium or potassium pills are prescribed by the patient's doctor and filled by the pharmacy, these are considered prescription medications. The patient can continue taking them as prescribed by their doctor.

Aspirin: **Not all procedures require patients to stop Aspirin**

- Patients who have a history of a heart stent, stroke, or vascular surgery should obtain permission to stop Aspirin from their prescribing doctor if the surgeon requests the patient to stop it.
- Patients taking Aspirin for pain or prevention only should follow instructions given by their surgeon. Please contact the surgeon's office directly with any questions regarding Aspirin.
 - Note: Over-the-counter products that contain Aspirin include BC Powder and Alka-Seltzer.
 - When needed for certain procedures, Aspirin is typically held for five (5) – seven (7) days.

Phentermine: **STOP for at least FIVE (5) DAYS before the procedure**

- Phentermine must be stopped at least five (5) days before the procedure.

SGLT-2 Inhibitors: **STOP THREE (3) DAYS before the procedure**

- SGLT-2 inhibitors (alone and in combination pills) such as canagliflozin (*Invokana, Invokamet*), dapagliflozin (*Farxiga, Xigduo, Qtern*), empagliflozin (*Jardiance, Synjardy, Glyxambi, Trijardy XR*).
- Ertugliflozin (*Steglatro, Segluromet, Steglujan*) should be stopped for **four (4) days before the procedure**
- If the patient has diabetes, they should check their blood sugar twice a day and call their prescribing doctor if their blood sugar is higher than 250.

Blood Thinners: Stop ONLY if your surgeon requests. These include warfarin (*Coumadin*), enoxaparin (*Lovenox*), apixaban (*Eliquis*), rivaroxaban (*Xarelto*), dabigatran (*Pradaxa*), clopidogrel (*Plavix*), ticagrelor (*Brilinta*), prasugrel (*Effient*), or cilostazol (*Pletaf*).

- If prescribed by cardiology/vascular/hematology/primary care doctor, the patient will need to consult with their doctor to ensure it is safe to stop. These are usually stopped no longer than one (1) – seven (7) days depending on the medication(s).

If the surgeon or prescribing doctor gives additional medication instructions, please follow those instructions closely.