

## HERBAL PREPARATION & DIETARY SUPPLEMENTS

"It is recommended to discontinue non-essential natural supplements 2 weeks prior to surgical procedure."

References: Natural Medicines Database The Perioperative Use of Natural Medicines, Volume 12, No. 102

It will be up to discretion of provider if less time is needed.

Compound	Potential Problems
Bromelain	increased risk for bleeding, excessive menstrual bleeding
Chondroitin	irregular heartbeat, increased risk for bleeding
Chromium	may affect blood glucose
Coenzyme Q10	may affect blood pressure
Cysteine	interaction with ACE inhibitors, nitroglycerin, or isosorbide can result in abnormally low blood pressure
Ephedra	increased heart rate and may affect blood pressure
Feverfew	increased risk for bleeding
Fish Oil	increased risk for bleeding, hemorrhagic stroke
Garlic	increased risk for bleeding, may affect blood pressure
Ginger	increased risk for bleeding
Ginkgo	increased risk for bleeding, cause multiple drug interactions
Ginseng	increased risk for bleeding, low blood sugar
Glucosamine	reduced effectiveness of insulin, high blood sugar, increase risk of bleeding
5-Hydroxytryptophan	interaction with antidepressants or tramadol (Ultram can result in life-threatening 'Serotonin Syndrome')
Kava	increased risk for sedation, caused multiple metabolic drug interactions
L-tryptophan	Serotonergic effects (confusion, restlessness, headaches, changes in blood pressure and temperature). Central Nervous System depression (decreased activity or function such as slow reflexes and breathing)
Melatonin	may cause Central Nervous System depression/sedation
Omega-3 Fatty Acids	increased risk for bleeding
Phenylalanine	reduced effectiveness of both baclofen (muscle spasms) and levodopa (Parkinson's disease)
Resveratrol	increased risk for bleeding
S-Adenosylmethionine	interaction with antidepressants can result in an irregular or accelerated heartbeat
Saw Palmetto	increased risk for bleeding
St. John's Wort	multiple herbal and drug interactions
Turmeric	increased risk for bleeding
Valerian	increased risk for sedation, may cause multiple metabolic drug interaction
Vanadium	increased risk for bleeding
Vitamin E	increased risk for bleeding

**"This is not a comprehensive list of herbal and dietary supplements".**

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