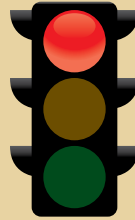


Herb, Supplements and Vitamins

STOP Two Weeks Before Surgery



STOP All Herbal Supplements

Herbal supplements can interfere with anesthesia or medications that you may be given while you are a patient at IOH.

STOP ALL Herbal Supplements

These include Ephedra, Ginseng, Ginko, St. John's Wort.

STOP Energy or Sport Drinks

There are now many soft drinks, energy drinks or sports drinks that have added supplements like Ginseng and high doses of vitamins. It is best to stop using these before surgery because of the possibility that the vitamins or herbs may interfere with medications you will receive at IOH.

Ask your surgeon or the hospitalist staff about any supplements if you are unsure.

Vitamins can interfere with your body's ability to stop bleeding and can react with other medications you may receive the day of surgery.

STOP Taking ANY Weight Loss Supplements

(Prescription or over the counter)

Weight loss supplements contain chemicals that can raise your blood pressure and your heart rate during surgery and may cause lung problems with anesthesia. Your surgery will be cancelled if you have taken a weight loss supplement containing Phenteramine within two weeks of surgery. Phenteramine (Fen-pen) can increase your heart rate and blood pressure during and after surgery.

STOP Taking Glucosamine and Chondroitin Supplements

Glucosamine supplements can raise your blood sugar levels.

