



SPINE SURGERY  
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**Medications and Herbs That Affect Bleeding**

Many drugs, herbs, vitamins and diet supplements may increase bleeding during surgery. Below is a list of the more common agents that may cause bleeding. This list does not include every drug and you should always contact your surgeon’s office if you are not sure whether it is safe to continue taking a particular drug, vitamin or herb.

- Stop taking all vitamins, herbs and diet supplements 7 days before surgery. You may resume them 7 days after your surgery.
- Stop taking all anti-platelet drugs, non-steroidal anti-inflammatory drugs, and aspirin 7 days before surgery. Consult your surgeon for instructions on when to restart these medications.
- If you are taking anti-coagulants ask the prescribing physician about when to stop these prior to surgery. Please be sure your surgeon is aware if you are taking any of these medications. Your surgeon will advise on when it is safe to restart these medications.

<b>ANTI-PLATELET AGENTS</b>	<b>ANTI-COAGULANTS</b>
Anagrelide (Agrylin)	Anisindione (Miradon)
Aspirin (Any brand, all doses-including “baby aspirin”)	Enoxaparin (Lovenox) Injection
Cilostazol (Pletal)	Heparin Injection
Clopidogrel (Plavix)	Pentosan Polysulfate (Elmiron)
Dipyradamole (Persantine)	Warfarin (Coumadin)
<b>HERBS AND VITAMINS</b>	Dalteparin (Fragmin)
Ajoene	Apixaban (Eliquis)
Birch Bark	Dabigatran (Pradaxa)
Cayenne	Rivaroxaban (Savasya)
Chinese Black Tree Fungus	<b>NON-STEROIDAL ANTI-INFLAMMATORY DRUGS</b>
Cumin	Diclofenac (Voltaren, Cataflam)
Evening Primrose Oil	Diflunisal (dolobid)
Feverfew	Etodolac (Lodine)
Garlic	Fenoprofen (Nalfon)
Ginger	Flurbiprofen (Ansaid)
Ginkgo Biloba	Ibuprofen (Motrin, Advil, Nuprin, Rufen)
Ginseng	Indomethacin (Indocin)
Grapeseed Extract	Ketoprofen (Orudis, Actron)
Milk Thistle	Ketorlac (Toradol)
Omega 3 Fatty Acids (FISH OIL)	Meclofenamate (Meclomen)
Onion Extract	Meloxicam (Mobic)
St. John’s Wort	Nabumeton (Relafen)
Turmeric	Naproxen (Naprosyn, Naprelan, Aleve)
Vitamins C & E	Oxaprozin (Daypro)
Valerian Root	Piroxicam (Feldene)
Dong Quai	Salsalate (Salflex, Disalcid)
Kava	Sulindac (Clinoril)
Ephedra	Sulfapyrazone
Echinacea	Tolmetin (Tolectin)
Goldenseal	Trilisate (Salicylate Combination)