

ATTENTION PATIENTS:

IT IS EXTREMELY IMPORTANT THAT YOU NOTIFY THE DOCTOR IF YOU ARE CURRENTLY TAKING **ASPRIN, BLOOD THINNERS, WEIGHT LOSS MEDICATIONS, AND OR HERBAL SUPPLEMENTS**. YOU **CANNOT** TAKE THESE MEDICATIONS FOR AT LEAST TWO WEEKS BEFORE SURGERY AND TWO WEEKS AFTER SURGERY. THESE MEDICATIONS MAY INTERACT WITH ANESTHESIA OR CAUSE SERIOUS COMPLICATIONS. IF YOU EXPERIENCE PAIN YOU MAY TAKE **TYLENOL OR EXTRA STRENGTH TYLENOL** (GENERIC IS ACCEPTABLE).

IF YOU HAVE A **CARDIOLOGIST OR A HISTORY OF HEART PROBLEMS**, WE WILL NEED A **SURGICAL CLEARANCE NOTE** FROM YOUR DOCTOR BEFORE SURGERY IS PERFORMED. BE SURE TO MAKE AN APPOINTMENT WITH THEM ASAP TO GET CLEARED FOR SURGERY AND HAVE THEM FAX THE CLEARANCE NOTE TO (361) 906-0330. SHOULD YOU HAVE ANY QUESTIONS, CONTACT US AT (361) 991-9356 EXT. 308.

Common Herbs Can Have Harmful Side Effects

New York City. A number potentially serious side effects of drugs interactions can occur with the use of gerbil medicines; the American society of anesthesiologists warns.

- **Ginseng**, which is claimed to boost energy, may cause ginseng abuse syndrome-sleepiness, hypertonia and edema- at doses of more than 15g per day. Used with other stimulants, ginseng may cause tachycardia or hypertension. It can cause mastalgia or postmenopausal bleeding and it also may decrease the effectiveness of Warfarin.
- **Ephedra sinica**, also called Ma Huang, is included in many over the counter diet aids as an appetite suppressant, and it is also used for asthma and bronchitis. This herb can cause arrhythmias when used with heart glycosides or halothane can enhance sympathomimetic effects with monoamine oxidase inhibitors, and can cause hypertension if used with oxytocin.

"If any of your patients tell you that they're taking Metabolife, this is a very critical thing to be aware of", warned Jessie Leak, MD of Houston. Many deaths have been associated with the use of phedra- containing products.

- **Cayenne**, taken externally for muscle spasm and internally for gastrointestinal tract disorders, can cause skin ulceration and blistering. An overdose can cause severe hypothermia.
- **Feverfew** is taken as an antipyretic or for migraine prophylaxis. It can inhibit platelet activity and increase bleeding, and should not be used by patients on Warfarin or other anticoagulants. Sudden cessation can cause rebound headaches.
- **Garlic**, has been taken for many uses, including the lowering of lipids and blood pressure and for anti-platelets, antioxidant and antithrombotic qualities. This herb may potentiate Warfarin and decrease platelet aggregation.
- **Valerian** is used as a mild sedative and anxiolytic. It can potentiate a barbiturate effect and may decrease symptoms of benzodiazepine withdrawal.
- **Kava Kava**, used as an anxiolytic, potentiates barbiturates and benzodiazepines, and can potentiate the effects of ethanol. It may increase the risk of suicide in patients with endogenous depression.
- **Ginkgo** used as a circulatory stimulant, may enhance bleeding in patients on anticoagulant or antithrombotic therapy.
- **St. John's Wort** is used to treat depression and anxiety, especially in Germany, but it may be a photosensitizer and may prolong the effects of anesthesia.
- **Licorice** is taken for ulcers, gastritis and cough/bronchitis. It may cause high blood pressure, hypokalemia and edema, and is contraindicated in chronic liver conditions, renal insufficiency, hypertonia, and hypokalemia.
- **Echinacea**, used to treat a range of ailments, including colds, wounds, and burns, urinary tract infections and cough. It may cause hepatotoxicity and decrease the effectiveness of corticosteroids.
- **Ginger** is employed as an anti-nauseant and antispasmodic. It is a potent inhibitor of thromboxane synthetase and may increase bleeding time. It should be used cautiously with Warfarin.
- **Saw palmetto**, used for benign prostatic hypertrophy, may have additive effects when taken with hormone therapies.
- **Goldenseal**, taken as a diuretic, anti-inflammatory, laxative, hemostatic agent, may cause paralysis when ingested in excessive amounts and may worsen edema and/or hypertension.

An Aspirin Dictionary

These common, brands-name prescriptions over the counter drugs contain aspirin. It's necessary to stop using them at least two weeks prior to surgery and for one week after. They can cause bleeding and bruising. This list does not include any generic preparations sold under store brands or other names:



Alka-Seltzer tablets	Emprazil tablets
Alka-Seltzer plus cold medicine	Emprazil- C tablets en Tab
Anacin capsules and tablets	Excedrin
APC tables	Extra Strength Bufferin
APC with Bultalbital tablets	Fiorinal
APC with codeine Tabloid brand	Fiorinal with Codeine
Anacin Maximum Strength	4- Way cold Tablets
Arthritis Pain Formula (Anacin)	Gemnisyn
Arthritis Strength Bufferin	Goody's Headache Powers
Ascriptin	Midol
Aspergum	Momentum Muscular Backache Formula
Aspirin	Norgesic
Aspirin suppositories	Norgesic Fore
Bayer Aspirin	Norwich Aspirin
Bayer Children's Chewable Aspirin	Pabirin Buffered tablets
Bayer Children's Cold Tablets	Panalgesic
Bayer Time- Released Aspirin	Percodan and Percodan-Demi tablets
Bufferin	Quiet Word Analgesic/Sleeping Aid
Cama Inlay- Tabs	Robaxisal tablets
Cetased, Improved	SK-65 Compound
Gongesprin	St. Joseph Aspirin for Children
Coricidin D Decongestant Tablet	Sine-Off Sinus Medicine
Coricidin tablets	Supac
Coricidin for children	Synalgos Capsules
Coricidin Medilets Tablets	Synalgos-DO Capsules
Darvon with A.S.A	Triaminicin tablets
Darvon- N with A.S.A.	Vanquish
Dristan Decongestant	Verin
Ecotrin tablets	Viro-Med tablets
Empirin	Zorpi
Empirin with Codeine	

Source: Physician's Desk Reference and Physician's Desk Reference for Non-Prescription Drugs