

# MEDICATIONS INSTRUCTIONS BEFORE YOUR SURGERY

NAME: \_\_\_\_\_

Your medications have been reviewed in the Pre-Admission Clinic at Vancouver General Hospital. Please follow these instructions for taking your medications before your surgery.

On the day of surgery, bring all your prescription medications, in their original containers, or bubble packs. **EXCEPTION** - do not bring your NARCOTICS to the hospital.

**Medications to CONTINUE, including the day of surgery:**



Take all your prescription medication(s) at your usual times **EXCEPT** for the medications listed in the STOP table below.

You can still take your medications on the day of surgery with sips of water, even after you have stopped eating solid foods.

**Medications to STOP before your surgery and when to STOP them :**



√ = take medication    X = do not take medication

Medication	4 days before surgery	3 days before surgery	2 days before surgery	1 day before surgery	SURGERY DAY

**\*\*Non-prescribed vitamins, supplements, herbal medications/tea, take your last dose 8 days before your surgery\*\***

Prepared by: \_\_\_\_\_ Date: \_\_\_\_\_

## Frequency Asked Questions

**1. I was told not to eat after midnight the night before my surgery, should I take my medications when I am fasting?**

When you stop eating after midnight, you can still take the medications you have been instructed to continue. Please continue those specific medications with a small sip of water. DO NOT take the medications that you have been instructed to stop prior to surgery.

**2. I only see some of my medications in the STOP section of the medication table. Can I take the medications that are not listed on this table?**

For simplicity, we have only listed the medications that need to be stopped prior to surgery. If your medication is NOT in this table, then you can continue taking it at the usual time, including on the day of surgery.

**3. My medications have changed since my appointment at the VGH Preadmission Clinic. Who should I talk to?**

Please call the VGH Preadmission Clinic at 604-675-3670. Our clinic staff will update your chart and inform you of any new medication instructions, if applicable.

**4. Do I need to bring my medications to the hospital?**

Yes, please bring all your prescription medications in their original containers or bubble packs to the hospital with one exception - do not bring your narcotics to the hospital. On the day of surgery, one of our pre-operative nurses will verify your medications before your surgery.

**5. Will I need to use my own medications when I stay in the hospital?**

The hospital will supply your medications during your stay. However, if you are on a medication that our hospital does not routinely stock, our Preadmission Clinic Pharmacist will inform you to bring that medication for use during your hospital stay.

**6. I forgot to stop my medications before surgery as instructed. Will this affect my surgery?**

Please call the VGH Preadmission Clinic at 604-675-3670 and one of our pharmacists will review your medications with you.

**7. I was instructed to hold some of my medications before surgery. When do I restart them?**

After your surgery, your surgeon will decide when it is safe to restart your medications.

**8. My medications are in blister packs. I don't know which one I should stop before surgery.**

You can bring your blister pack along with the medication instruction sheet to your community pharmacist and they can help you to identify which medications to stop. If you are not able to reach your community pharmacist, please call the VGH Preadmission Clinic at 604-675-3670 and one of our pharmacists will assist you.

**9. I was asked to stop my anti-inflammatory pain medications 4 days before surgery. How should I manage my pain in the interim?**

You can take Tylenol as an alternative when you are not taking your anti-inflammatory pain medication. If Tylenol is ineffective, you can take ibuprofen (e.g. Advil, Motrin) up to 1 day before your surgery.

**10. I take some vitamins and supplements. Do I need to stop them before surgery?**

Yes. Some supplements may contain blood thinning properties or can interact with medications given during Anesthesia and Surgery. For your safety, we recommend stopping all vitamins and supplements 1 week before your surgery.