

Your medications before Surgery



All patients undergoing surgery **MUST "fast"** before anaesthesia (that is, limit food and liquid intake for a period of time beforehand).

You should have no solid foods, milk or non-clear liquids for at least six hours before surgery. You may have very specific clear fluids such as water, clear sports drinks or apple juice (no pulp/non cloudy) up to two hours before surgery.

While fasting it is very important to continue to take your usual medications. The only exception is medications that thin your blood or affect your blood sugar.

Apart from these, you should take all your normal medications while fasting, with just enough water to swallow them comfortably. If you take a lot of medications and find this difficult, the most important medications to take are your blood pressure tablets.

If you are on "blood thinners"

If you are taking warfarin ("Coumadin" or "Marevan"), dabigatran ("PRADAXA") or clopidogrel ("ISCOVER" or "PLAVIX") you should already have received instructions on how to manage these medications. **Usually (though not always) they need to be stopped before surgery.** If you have not received instructions, please contact your surgeon as soon as possible.

If you take diabetic medications.

If you take tablets to control your blood sugar, only take them if you are having breakfast. If you are not having breakfast, do not take your blood sugar tablets.

For more details, see the separate sheet on diabetic medications.

Kind regards

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