

Pre-operative Instructions - Adults

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Please ensure that you have completed your online admission or admission booklet as directed by the staff at SCENT.

If you are over 50 years old or have significant medical problems, please check with your surgeon if any tests are required prior to your operation.

IMPORTANT: Some medications need to be ceased prior to surgery.

Medications

Herbal medications / Supplements

Must be stopped 2 weeks prior to surgery. Please see overleaf for examples.

Blood thinning medications / Anticoagulants

May need to be stopped prior to surgery. It is **ESSENTIAL** that you contact your surgeon to discuss appropriate arrangements for you. These medications include, but are not limited to Warfarin, Clopidogrel, Aspirin and medications containing Aspirin.

Non Steroidal Anti-inflammatory drugs (NSAIDS)

Must be stopped 1 week prior to surgery. Please see overleaf for examples. If you require painkillers during this time use Panadol or Panadeine.

Diabetic medications

Do not take oral hypoglycaemic medication (ie tablets for diabetes) on the morning of your surgery. If you are on Insulin, discuss how to alter your dose with your Anaesthetist.

Sleep Apnoea

Please bring your CPAP machine to use overnight if you usually use this at home.

CT scans or X Rays

Please bring with you to hospital. Failure to do so may result in cancellation of your surgery.

The Hospital will contact you the afternoon or evening prior to your surgery to confirm arrival time and fasting time.

The day of surgery

You are not permitted to eat or drink for 6 hours prior to admission.

Take your usual morning medication (apart from those listed above) with a sip of water.

EXAMPLES OF MEDICATIONS THAT NEED TO BE STOPPED PRIOR TO SURGERY

HERBAL MEDICATIONS & SUPPLEMENTS

Dindevan (Phenindione)	Ephedra	Garlic
Ginseng	Horseradish	Meadowsweet Tea
Primrose Oil	Willow Bark	Echinacea
Ginger	Kava	St John's Wort
Fish Oil	Ginkgo	Valarian
Vitamin E		

BLOOD THINNING MEDICATION

Warfarin	Tirofiban	Coumadin
Prasugrel	Marevan	Ticagrelor
Apixaban	Dabigatran	Abciximab
Rivaroxaban	Edoxaban	

Alternative arrangements for blood thinning will need to be made with your surgeon.

CLOPIDOGREL

Plavix, Iscover

ASPIRIN and medications which contain aspirin

Alka-Seltzer	Aspro / Aspro Clear	Cardiprin 100
Codis	Solprin	Asasantin SR
Cartia	Codox	Streptase
Aspalgin	Astrix	Codiphen
Disprin / Disprin Forte	Ticlid (Tilodene)	

ANTI DEPRESSANTS

Aurorix	Clobemix
Arima	Mohexal (Moclocbemide)

NSAIDS (non-steroidal anti-inflammatory drugs)

Aclin (Sulindac)	Arthrexin (Indomethacin)
Anaprox (Naproxen)	Butazolodin (Phenylbutazone)
Brufen (Ibuprofen)	Clinoril (Sulindac)
Celebrex (Celecoxib)	Crysanal (Naproxen)
Clonac (Diclofenac)	Indocid (Indomethacin)
Dicohexal / Dinac (Diclofenac)	Mobilis (Piroxicam)
Feldene (Piroxicam)	Nurolasts (Naproxen)
Mefic (Mefenamic Acid)	Ponstan (Mefenamic)
Naprogenic/Naproxyn SR/Naprosyn SR(Naproxen)	Toradol (Ketorolac)
Nurofen (Ibuprofen)	Voltaren (Diclofenac)
Orudis SR / Oruvail SR (Ketoprofen)	Panafen (Ibuprofen)
Rafen (Ibuprofen)	ACT-3. Actiprofen/Advil (Ibuprofen)
Inza (Naproxen)	Mobic (Meloxicam)
Proxen SR (Naproxen)	Surgam (Tiaprofenic)
Movalis (Meloxicam)	Piroxicam/Pirohexal
Fenac (Diclofenac)	



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