

# Pre-op Home Medication Guidelines



Hold the following medications prior to surgery as instructed



## Angiotensin Converting Enzyme (ACE) Inhibitors Hold day of surgery

Benazepril / amlodipine (Lotrel)  
Benazepril (Lotensin)  
Benazepril / HCTZ (Lotensin HCT)  
Captopril (Capoten®)  
Captopril / HCTZ (Capozide)  
Enalapril (Vasotec®)  
Enalapril / HCTZ (Vaseretic)  
Fosinopril (Monopril)  
Fosinopril / HCTZ (Monopril HCT)  
Lisinopril (Prinivil®, Zestril®)  
Lisinopril / HCTZ (Prinzide or Zestoretic)  
Moexipril (Univasc)  
Moexipril / HCTZ (Uniretic)  
Perindopril (Aceon)  
Quinapril (Accupril)

## Particulate Antacids Hold day of surgery

Gaviscon  
Maalox  
Mylanta  
Milk of Magnesia

## CBD/THC Products Hold day of surgery

No Flower, Edibles  
Concentrates,  
Topicals, or Tinctures

## Angiotensin Receptor Blockers (ARB) Hold day of surgery

Azilsartan (Edarbi)  
Candesartan (Atacand)  
Candesartan/HCTZ (Atacand HCT)  
Eprosartan (Teveten)  
Eprosartan/HCTZ (Teveten HCT)  
Irbesartan (Avapro)  
Irbesartan / HCTZ (Avalide)  
Losartan (Cozaar)  
Losartan / HCTZ (Hyzaar)  
Olmesartan (Benicar)  
Olmesartan / HCTZ (Benicar HCT)  
Telmisartan (Micardis)  
Telmisartan/HCTZ (Micardis HCT)  
Valsartan (Diovan)  
Valsartan / HCTZ (Diovan HCT)

## Diuretics - Hold day of Surgery

EXCEPTION: Do take for congestive heart failure or ascites, as directed by your doctor.

Acetazolamide (Diamox)  
Amiloride  
Amiloride/Hydrochlorothiazide (Moduretic)  
Bendroflumethiazide  
Bumetanide (Bumex)  
Chlorothiazide (Diuril)  
Chlorthalidone (Thalitone)  
Eplerenone (Inspra®)  
Ethacrynic acid (Edecrin)  
Furosemide (Lasix®)  
Hydrochlorothiazide (Microzide, Esidrix®)  
Indapamide (Lozol)  
Metolazone (Zaroxolyn)  
Methazolamide  
Spironolactone (Aldactone)  
Metolazone (Zaroxoxlyn)  
Spironolactone/Hydrochlorothiazide (Aldactazide)  
Toremide (Demadex)  
Triamterene (Dyrenium)  
Triamterene / HCTZ (Dyazide, Maxzide)

## Appetite Suppressant (Diet Drug)

Discontinue for 6 days before surgery

Phentermine (Adipex®, Suprenza®)  
Phentermine / Topiramate (Qsymia®)

## SGLT-2 Inhibitors

Discontinue according to time listed below:

Jardiance (empagliflozin) 3 days before surgery  
Invokana (canagliflozin) 3 days before surgery  
Farxiga (dapagliflozin) 3 days before surgery  
Brenzavvy (Bexagliflozin) 3 days before surgery  
Zynquista (Sotagliflozin) 3 days before surgery  
Steglatro (ertugliflozin) 4 days before Surgery

## GLP-1 Agonist

See Presurgical Guidelines on next page



## PATIENTS TAKING GLP-1 AGONIST PREPARING FOR SURGERY

### Pre-Surgical Guidelines For GBMC Joint Replacement or Neurosurgery

The pre-surgical diet guidelines below are for patients using GLP-1 Agonist medication for diabetic management or weight loss management. Your physician, surgeon, or anesthesiologist may require you to follow an alternative plan. In that case, follow your physician's instructions.

#### **GLP-1 AGONIST BRAND (Generic) examples:**

- Trulicity (*Dulaglutide*)
- Ozempic, Wegovy, Rybelsus (*Semaglutide*)
- Byetta, Bydureon Bcise (*Exenatide, Extended Release*)
- Mounjaro (*Tirzepatide*)
- Saxenda, Victoza (*Liraglutide*)
- Xultophy (*Insulin degludec and liraglutide*)
- Adlyxin (*Lixisenatide*)
- Soliqua (*Insulin glargine and lixisenatide*)

#### **GUIDELINES FOR DIET AND FASTING BEFORE SURGERY:**

- **24 HOURS BEFORE YOUR SCHEDULED SURGERY TIME:**
- **CLEAR LIQUID DIET ONLY.**
- **If you are taking a GLP-1 medication, take CLEAR FLUIDS ONLY BEGINNING 24 hours before surgery time. No Solid Foods.**

### CLEAR FLUID DIET

#### **ALLOWED**

- Water
- Apple, Cranberry & Grape Juice (pulp free)
- Gatorade
- Black Coffee or Tea
- Clear Broth
- Ginger ale and Seltzer
- Jello, Italian Ice, Popsicles (pulp free)

#### **NOT ALLOWED**

- Milk or Dairy Products (including in coffee and tea)
- Citrus Juices
- Prune Juice
- Juices with Pulp
- Any food or beverage not listed in the "allowed" column

- **MIDNIGHT BEFORE YOUR SURGERY:**  
**NOTHING BY MOUTH AFTER 12-MIDNIGHT**

Adhere to **clear liquid diet** starting **24 hours** prior to scheduled surgery time

**Nothing by mouth (NPO) starting at midnight** the night before surgery.

If diet restrictions are broken, your surgery may be canceled.

Patients experiencing active GI symptoms on the day of surgery (such as nausea, vomiting, bloating, or abdominal pain) will have their surgery postponed. Patients with these symptoms should work with their prescriber prior to surgery to de-escalate or hold medication until symptoms are no longer present



Please ask your primary care team prior to taking the following medications before your surgery date



**Anticoagulants and Antiplatelets:**

**You MUST consult with your cardiologist and/or primary care team.**

Continue for carotid surgery, recent heart stent, recent MI or stroke. Again, please consult with your doctor.

**Coumadin:**

Generally, discontinue for 5 days pre-surgery. Again, must consult with your doctor and see if bridging therapy is needed.

- Dabigatran (Pradaxa®)
- Fondaparinux (Arixtra)
- Apixaban (Eliquis®)
- Rivaroxaban (Xarelto)
- Clopidogrel (Plavix)
- Prasugrel (Effient)
- Ticagrelor (Brilinta)
- Ticlopidine (Ticlid)

**Non-steroidal anti-inflammatory:**

**Joint Replacement & Neurosurgical Patients**

**Discontinue 7 Days prior to surgery**

- Diclofenac (Cataflam®, Voltaren®)
- Etodolac (Lodine®)
- Fenoprofen (Nalfon®)
- Flurbiprofen (Ansaid®)
- Ibuprofen (Advil®, Motrin®)
- Ibuprofen/Hydrocodone (Vicoprofen®)
- Ibuprofen/Oxycodone (Combunox®)
- Indomethacin (Indocin®)
- Ketoprofen (Orudis KT®, Oruvail®)
- Ketorolac (Toradol®)
- Meclofenamate (Meclomen®)
- Mefenamic Acid (Ponstel®)
- Tolmetin (Tolectin®)
- Diflunisal (Dolobid®)
- Etodolac (Lodine XL®)
- Meloxicam (Mobic®)
- Nabumetone (Relafen®)
- Naproxen (Aleve®, Anaprox®, Naprosyn®)
- Oxaprozin (Daypro®)
- Piroxicam (Feldene®)
- Sulindac (Clinoril®)

**Aspirin or Salicylates:**

**Discontinue for 10 days prior to your joint replacement or neurosurgery.** May cause excessive bleeding during surgery and recovery period. Again, please consult with your primary care team.

**Herbal Medications and Non-Vitamin Supplements**

**Discontinue for 10 days prior to your joint replacement or neurosurgery.**

**\*\*May cause excessive bleeding during surgery and recovery period**

- \*\* Vitamin E
- \*\* Fish Oil/Omega
- \*\* Glucosamine
- CoQ10
- Gingko Biloba
- Ginseng
- Turmeric
- Garlic
- Dong quai
- Kava
- Ma-huang

**Cox-2 Inhibitor:**

**Consult with your surgeon.**

**Discontinue 7 Days prior to surgery**

**Celecoxib (Celebrex) – Joint Replacement patients can continue to take this medication.**

**MAO inhibitors:**

**Obtain psychiatry consult before elective surgery**

- Isocarboxazid (Marplan®)
- Phenelzine (Nardil®)
- Tranylcypromine (Parnate®)
- Rasagiline (Azilect®)
- Selegiline patch (Emsam®)
- Isocarboxazid (Marplan®)
- Phenelzine (Nardil®)
- Tranylcypromine (Parnate®)
- Rasagiline (Azilect®)
- Selegiline patch (Emsam®)

**Joint Replacements ONLY:**

Apixaban (Eliquis) or Rivaroxaban (Xarelto), hold these medications for 72-hrs before surgery if deemed safe to do so from a cardiac/neuro standpoint. Please consult your doctor(s).



# You may take the following medications the day of your surgery.



| Beta Blockers                     |
|-----------------------------------|
| Acebutolol (Sectral)              |
| Atenolol (Tenormin)               |
| Betaxolol (Kerlone)               |
| Bisoprolol (Zebeta)               |
| Carvedilol (Coreg)                |
| Metoprolol (Lopressor, Toprol XL) |
| Nadolol (Corgard)                 |
| Nebivolol (Bystolic)              |
| Penbutolol (Levatol)              |
| Pindolol (Visken)                 |
| Propranolol (Inderal)             |
| Sotalol (Betapace)                |

| Bronchodilators, Inhaled Steroids, Anticholinergics, or combination of these |
|--|
| Albuterol (ProAir, Proventil, Ventolin)                                      |
| Albuterol/Ipratropium (Duoneb, Combivent)                                    |
| Formoterol/Budesonide (Symbicort)  |
| Formoterol/Mometasone (Dulera)   |
| Ipratropium (Atrovent)   |
| Levalbuterol (Xopenex)   |
| Salmeterol (Serevent)  |
| Salmeterol/Fluticasone (Advair)  |
| Beclomethasone (QVAR)  |
| Flunisolide (AeroBid)  |
| Fluticasone (Flovent)  |
| Mometasone (Asmanex)   |
| Triamcinolone (Asmacort)   |
| Fluticasone/vilanterol (Breo)  |
| Tiotropium/olodaterol (Stiolto)  |

| Steroids (Glucocorticoids)                  |
|---|
| Prednisone                                  |
| Methylprednisolone (Medrol) or (Solumedrol) |

| Opioid Agonist/Antagonist:   |
|--|
| Consider transitioning to alternative medication 1-2 weeks prior to elective surgery by the prescribing physician. |
| Buprenorphine/Naloxone (Suboxone)  |
| Buprenorphine patch (Butrans)  |
| Naltrexone (Vivitrol, ReVia, Depade)   |

| Thyroid hormone                     |
|-------------------------------------|
| Levothyroxine (Synthroid, Levoxy)   |
| Dessicated thyroid (Armour Thyroid) |

| Calcium Channel Blocker                  |
|--|
| Amlodipine (Norvasc)                     |
| Clevidipine (Cleviprex®)                 |
| Diltiazem (Cardizem®)                    |
| Felodipine (Plendil®)                    |
| Isradipine (Dynacirc®)                   |
| Nicardipine (Cardene®)                   |
| Nifedipine (Procardia®, Adalat®)         |
| Nimodipine (Nimotop®)                    |
| Verapamil (Calan®, Covera-HS®, Verelan®) |

| Statins                 |
|-------------------------|
| Atorvastatin (Lipitor)  |
| Fluvastatin (Lescol)    |
| Lovastatin (Mevacor)    |
| Pitavastatin (Livalo)   |
| Pravastatin (Pravachol) |
| Rosuvastatin (Crestor)  |
| Simvastatin (Zocor)     |

| Opioid/Narcotics  |
|---|
| Fentanyl Patch (Duragesic)  |
| Hydromorphone SR (Exalgo)   |
| Methadone (Dolophine)   |
| Morphine SR (MS Contin, Kadian, Avinza)                                   |
| Morphine SR/Naltrexone (Embeda)   |
| Oxycodone SR (Oxycontin)  |
| Oxymorphone (Opana ER)  |
| Hydrocodone   |
| Hydrocodone/Acetaminophen (Hycet, Lorcet, Lortab, Norco, Vicodin, Zydone) |
| Hydrocodone/Ibuprofen (Vicoprofen)  |
| Hydromorphone (Dilaudid)  |
| Hydromorphone ER (Exalgo)   |
| Morphine  |
| Oxycodone (Roxicodone)  |
| Oxycodone/Acetaminophen (Percocet, Endocet, Roxicet)                      |
| Oxycodone/Aspirin (Percodan, Endodan)                                     |
| Propoxyphene/Acetaminophen (Darvocet)                                     |
| Propoxyphene/Aspirin (Darvon)   |
| Tapentadol (Nucynta)  |

| Celecoxib (Celebrex) - NSAID                     |
|--|
| Celebrex: Joint Replacement patients <b>ONLY</b> |



# You may take the following medications the day of your surgery.



## GERD/antacids

Esomeprazole (Nexium)  
Lansoprazole (Prevacid)  
Omeprazole (Prilosec)  
Pantoprazole (Protonix)  
Rabeprazole (Aciphex)

## Alzheimer's (acetyl cholinesterase inhibitors)

Donazepil (Aricept)  
Galantamine (Razadyne)  
Rivastigmine (Exelon)  
Tacrine (Cognex)

## Antidepressants (and anti-anxiety)

Citalopram (Celexa®)  
Duloxetine (Cymbalta)  
Escitalopram (Lexapro®)  
Fluoxetine (Prozac®)  
Fluvoxamine (Luvox®)  
Paroxetine (Paxil®)  
Sertraline (Zoloft®)  
Strattera (Atomoxetine®)  
Desvenlafaxine (Pristiq, Khedezla)  
Amitriptyline (Elavil®)  
Bupropion (Wellbutrin)  
Desipramine (Norpramin)  
Doxepin (Sinequan)  
Imipramine (Tofranil)  
Mirtazapine (Remeron)  
Nefazodone (Serzone)  
Nortriptyline (Pamelor)  
Trazodone (Desyrel)  
Buspirone (Buspar)

## Lithium

You may take morning of surgery. Please consult with your psychiatrist for instructions.

## Skeletal Muscle Relaxants

Carisoprodol (Soma)  
Metaxalone (Skelaxin)

## Histamine H2 blockers

Cimetidine (Tagamet)  
Famotidine (Pepcid)  
Nizatidine (Axid)  
Ranitidine (Zantac)

## Psychiatric (including anxiety and depression) and Neurological Medications

Alprazolam (Xanax®)  
Chlordiazepoxide (Librium®)  
Diazepam (Valium®)  
Clonazepam (Klonopin)

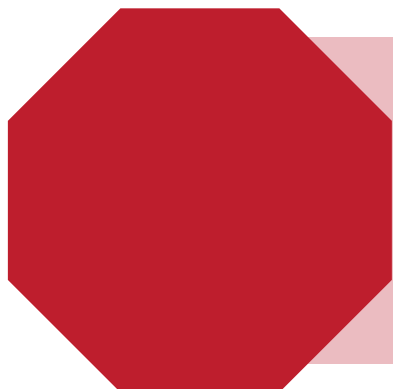
## Anticonvulsants

Carbamazepine (Tegretol)  
Felbamate (Felbatol)  
Gabapentin (Neurontin)  
Levetiracetam (Keppra)  
Lamotrigine (Lamictal)  
Oxcarbazepine (Trileptal)  
Phenytoin (Dilantin)  
Pregabalin (Lyrica)  
Primidone (Mysoline)  
Tiagabine (Gabitril)  
Topiramate (Topamax)  
Valproic Acid (Depakote)  
Zonisamide (Zonegran)

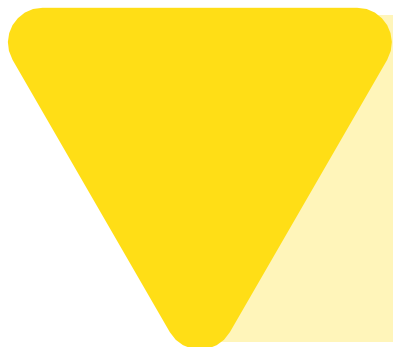
## ADHD (stimulant and non-stimulant)

Dextroamphetamine (Adderall)  
Lisdexamfetamine (Vyvanse)  
Dexmethylphenidate (Focalin)  
Methylphenidate (Ritalin, Metadate, Concerta, Daytrana patch)  
Guanfacine (Intuniv)  
Atomoxetine (Strattera)

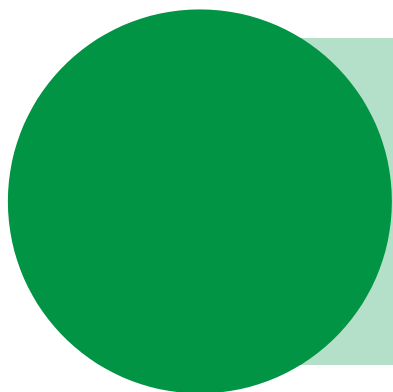
# When is it Appropriate for Patients with a Total Joint Replacement or Neurosurgery to use Antibiotics prior to Dental Procedures?



**Antibiotics are NOT recommended if the patient is allergic to penicillin**



**Amoxicillin may be utilized (but is not required) in most other instances**



**Antibiotics ARE recommended if the patient has a history of uncontrolled Diabetes (1), a medical treatment or condition that causes suppression of the immune system (2), or a history of prior total joint infection**

- 1. Uncontrolled Diabetes – Hemoglobin A1c > 8**
- 2. Immune Suppression – Examples include: stage 3 AIDS, immunosuppressive chemotherapy, immunosuppressants after solid organ transplant, inherited conditions, bone marrow transplant**

**Current Medication List**

**Bring completed form to you primary care team and on the day of surgery**

Refer to Pre-op Home Medication Guidelines (Anesthesia Home Medication Guidelines) for instructions regarding when to stop taking certain medication(s) prior to surgery.

Name:

Date of Birth:

|    | Name of Medication | Dose | Frequency | Used for | Last Dose |
|----|--------------------|------|-----------|----------|-----------|
| 1  |                    |      |           |          |           |
| 2  |                    |      |           |          |           |
| 3  |                    |      |           |          |           |
| 4  |                    |      |           |          |           |
| 5  |                    |      |           |          |           |
| 6  |                    |      |           |          |           |
| 7  |                    |      |           |          |           |
| 8  |                    |      |           |          |           |
| 9  |                    |      |           |          |           |
| 10 |                    |      |           |          |           |
| 11 |                    |      |           |          |           |
| 12 |                    |      |           |          |           |
| 13 |                    |      |           |          |           |
| 14 |                    |      |           |          |           |
| 15 |                    |      |           |          |           |
| 16 |                    |      |           |          |           |
| 17 |                    |      |           |          |           |
| 18 |                    |      |           |          |           |
| 19 |                    |      |           |          |           |

**List all medication allergies, including Latex and IV contrast dye:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_



| Date:  | Stop 14-days before surgery date | Stop 10-days before surgery date | Stop 9-days before surgery date | Stop 8-days before surgery date | Stop 7-days before surgery date | Stop 6-days before surgery date | Stop 5-days before surgery date | Stop 4-days before surgery date | Stop 3-days before surgery date | Stop 2-days before surgery date | Stop 1-day before surgery date | Stop Morning of Surgery | Date and Time of the last dose taken: |
|--|----------------------------------|----------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------|-------------------------|---------------------------------------|
| Medications to stop on:  |                                  |                                  |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                |                         |                                       |
| Daily/Weekly Medications   |                                  |                                  |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                |                         |                                       |
| As Needed Medications  |                                  |                                  |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                |                         |                                       |
| <p><b>Important Reminders for Pre-op Clearance:</b><br/> <i>*Please refer to the pre-op packet from your surgeon's office/surgical scheduler</i></p> <p><b>*30-days prior to surgery date:</b> History and Physical, Cardiac Clearance, Pulmonary Clearance</p> <p><b>*30-60 days prior to surgery date:</b> Your primary care team may order the following items for you to complete:<br/> EKG, Echocardiogram, labwork (BMP, CMP, CBC w/platelets, A1C, PT/INR, PTT, Serum Heg, Urinalysis w/Micro (only if symptomatic for UTI))</p> <p><b>10-30 days before surgery date: MSSA/MRSA swab collected at GBMC's Diagnostic Center</b></p> <p><b>Complete this section ONLY if you have Outpatient PT therapy already scheduled:</b></p> <p>What is the name of the Outpatient Therapy Group/Company you are going to after discharge: _____ Phone number: _____</p> <p><b>When is your first appointment date after you leave the hospital?</b> _____ (your first session should be within 72-hrs from your discharge date)</p> <p>Who is driving you to your first outpatient therapy session? _____</p> |                                  |                                  |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                |                         |                                       |
| <p><b>Notes:</b></p> <p><b>5-7 day before your surgery date:</b><br/> Pick up your prescribed medications from your pharmacy.<br/> Call the surgeon's office if the prescriptions are not at your preferred pharmacy location.</p> <p><b>Begin antibacterial CHG skin prep 1st CHG shower:</b><br/> 3 nights before surgery</p> <p><b>2nd CHG Shower:</b><br/> 2 nights before surgery</p> <p><b>3rd CHG shower:</b><br/> 3 nights before surgery</p> <p><b>4th CHG shower:</b><br/> morning of surgery</p> <p><b>Notes:</b></p> <p>Pack your overnight bag.<br/> If you have a rolling walker or cane, please bring it to the hospital.<br/> If you do not own a rolling walker, your Care Manager on Unit 58 will arrange to have one delivered to your hospital room before discharge.</p>  |                                  |                                  |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                 |                                |                         |                                       |