

BEFORE YOUR SURGERY

Your Medications

Which to stop, which to keep taking, and how to get your exact plan — safely.

Stop

Blood thinners · NSAIDs · most supplements

On the schedule your team gives you.

Continue

Blood pressure · heart · seizure

With a small sip of water that morning.

Your surgical team gives you the **exact list** — never start or stop a medication on your own.

Blood thinners	Warfarin, Eliquis, Xarelto, Plavix, aspirin. Often paused before surgery — but the exact timing is set by your physicians , especially with a stent or stroke history. Never stop one on your own.
Diabetes meds	Insulin and pills are usually reduced or held the morning of surgery. Your team gives exact doses — bring your supplies.
GLP-1 (Ozempic, Wegovy, Mounjaro)	Can slow stomach emptying and raise aspiration risk - tell your team well before surgery; they will tell you whether to hold it and for how long.
Blood pressure & heart	Usually continue with a small sip of water. Water pills (diuretics) are a common exception that may be held.
Pain relievers	NSAIDs (ibuprofen, Aleve) stop about 7 days before — they increase bleeding. Tylenol is usually fine.
Supplements & vitamins	Stop most about 7 days before (fish oil, vitamin E, garlic, ginkgo). A regular multivitamin is usually OK.
How to prepare	Bring a complete list (or your bottles) to pre-op, get written instructions a week ahead, and have your doctors coordinate. When unsure, call — don't guess.

Medication questions? Call your surgical & anesthesia team

Your facility's care team

Your Surgery Center · Patient education for surgery.
Educational information only, not personal medical advice.
Always follow the specific instructions from your care team.