



## ADDENDUM TO ASPIRIN USE

All of these herbal supplements should be discontinued at least **2 weeks** prior to surgery. Please let the nursing staff know if you are taking any of these supplements.

### HERBAL SUPPLEMENTS THAT MAY CAUSE BLEEDING

|                 |                     |                  |                  |
|-----------------|---------------------|------------------|------------------|
| Agrimony        | European            | Horseradish      | Safflower        |
| Alfalfa         | Mistletoe           | Hydroxycut       | Souther Prickly  |
| Angelica        | Echinacea           | Licorice         | Ash              |
| Anise           | Fenugreek           | Meadowsweet      | Stinging Nettle  |
| Asofoetida      | Feverfew            | Melatonin        | Sweet Clover     |
| Aspen           | <b>Fish Oils</b>    | Northern Prickly | Sweet Vernal     |
| Bilberry        | <b>(Omega-3</b>     | Ash              | Grass            |
| Black Cohosh    | <b>Fatty acids)</b> | Onion            | Tonka Bean       |
| Bogbean         | Flax Seed Oil       | Papain           | Tumericx         |
| Boldo           | Fucus               | Passionflower    | <b>Vitamin E</b> |
| Borage Seed Oil | Garlic              | Pau D' Arco      | Wild Carrot      |
| Capsicum        | Ginger              | Plantain         | Wild Lettuc      |
| Cayenne         | Ginkgo              | Poplar           | Willow Bark      |
| Celery          | Ginseng             | Quassia          | Yarrow           |
| Clove           | Goldenseal          | Red Clover       | Yohimbe          |
| Danshen         | Hawthorne           | Roman            |                  |
| DongQual        | Horse Chestnut      | Chamomile        |                  |

### HERBAL SUPPLEMENTS THAT MAY AFFECT ANESTHESIA

Ephedra                      Ma Huang                      Kava                      St. John's Wart                      Valerian