

Pre operative Instructions for Adults

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.

1. 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.

2. Sleep Apnoea

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

3. CT Scans

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

The day before and day of surgery

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

You are not permitted to eat or drink for 6 hours prior to admission.
Take your usual morning medication (*apart from those listed within*) with a sip of water.

EXAMPLES OF MEDICATIONS THAT NEED TO BE STOPPED PRIOR TO SURGERY

HERBAL MEDICATIONS & SUPPLEMENTS

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

BLOOD THINNING MEDICATION

WARFARIN (Coumadin, Marevan) - alternative arrangements for bloodthinning will need to be made with your surgeon.

CLOPIDOGREL (Plavix, Iscover)

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

ANTI DEPRESSANTS

Aurorix Arima Clobemix Mohexal (Moclobemide)

NSAIDS (non-steroidal anti-inflammatory drugs)

Aclin (Sulindac), ACT-3/Actiprofen/Advil (Ibuprofen), Anaprox (Naproxen), Arthrexin (Indomethacin)

Brufen (Ibuprofen), Butazolodin (Phenylbutazone)

Celebrex (Celecoxib), Clinoril (Sulindac), Clonac (Diclofenac), Crysanal (Naproxen)

Dicohexal/Dinac (Diclofenac)

Feldene (Piroxicam), Fenac (Diclofenac)

Indocid (Indomethacin), Inza (Naproxen)

Mefic (Mefenamic Acid), Mobic (Meloxicam), Mobilis (Piroxicam), Movalis (Meloxicam)

Naprogesic/Naproxyn SR/Naprosyn SR (Naproxen), Nurofen (Ibuprofen), Nurolasts (Naproxen)

Orudis SR/Oruvail SR (Ketoprofen)

Panafen (Ibuprofen), Piroxicam/Pirohexal, Ponstan (Mefenamic), Proxen SR (Naproxen) Rafen (Ibuprofen)

Surgam (Tiaprofenic)

Toradol (Ketorolac)

Voltaren (Diclofenac)