



UW Medicine



手术前需要避免的药物 预防出血的问题

本讲义列出了您在手术前应避免服用的特定药物和保健品。请与您的医生确认您目前服用的所有药物。

为手术做好准备

为了防止出血问题，医生可能会让您在手术前停止服用一些处方药、非处方药和中草药。

与医生一起复查您目前服用的所有药物和保健品。



手术前一定要与医生一起复查您正在服用的所有药物和保健品。

请注意：在您停止服用下列这些用于预防血栓、心脏病发作或中风的抗血小板处方药物之前，请先与您的医生沟通：

- 阿司匹林(Aspirin)
- 氯吡格雷(Clopidogrel /Plavix)
- 双嘧达莫(Dipyridamole /Persantine)
- 双嘧达莫/阿司匹林/脑脉通 (Dipyridamole/aspirin /Aggrenox)
- 普拉格雷(Prasugrel /Effluent)
- (替格瑞洛/布里林塔) (Ticagrelor /Brilinta)

请注意：下列这些处方抗凝剂（稀释血液）药物在您停止或重新开始服用前需要特殊指示。请向您的医生或抗凝血诊所咨询相关说明。

- 阿哌沙班/艾乐妥(Apixaban /Eliquis)
- 达比加群/泰毕全 (Dabigatran /Pradaxa)
- 达肝素钠/法安明) / (Dalteparin /Fragmin)
- 依度沙班(Edoxaban/萨瓦萨 Savaysa)
- 依诺肝素(Enoxaparin /Lovenox)
- 磺达肝素 Fondaparinux (阿里克斯特拉 Arixtra)
- 利伐沙班(Rivaroxaban /Xarelto)
- 华法林(Warfarin/ 库马丁 Coumadin)

避免服用下列的药物

在手术前后的几天里，您需要避免使用下列产品。以下是医生对您的具体指示：

- 在手术前____天停止服用这讲义中所列出的产品。
- 在手术后 ____天您可以再继续服用。
- 轻微的疼痛可以服用对乙酰氨基酚 Tylenol（泰诺）。

请注意，本讲义所列出的清单并不完整。其他产品或保健品也可能导致出血问题。如您对某种产品有疑问，请咨询您的医生。

❑ 含阿司匹林（aspirin）或其他水杨酸盐（salicylates）的处方止痛药：

- | | |
|-----------------------------------|----------------------------------|
| - 含可待因的 (Ascomp with codeine) | - 复方羟可酮(Percodan products) |
| - 卡利索普多化合物(Carisoprodol compound) | - 双水杨酸酯产品(Salsalate products) |
| - 含安匹林(Empirin with codeine) | - 索玛产品(Soma products) |
| - 弗奥纳尔(Fiornal) | - 三水杨酸产品(Trisalicylate products) |
| - 丁比阿司匹林-咖啡因的合成片 (Lanorinal) | - 佐普林(Zorprin) |

❑ 含非类固醇抗炎药的处方止痛药

- | | |
|--|-------------------------------------|
| - 双氯芬酸 Diclofenac、沃拉塔伦 Volataren、克他服宁錠 Cataflam) | - 甲氯芬那酸敏康能 (Meclofenamate/Meclomen) |
| - 依托度酸(Etodolac / 洛丁 Lodine) | - 甲芬那酸(Mefenamic Acid Ponstel) |
| - 非诺洛芬(Fenoprofen / 纳封 Nalfon) | - 美洛昔康 (Meloxicam /Mobic) |
| - 氟比洛芬(Flurbiprofen /安赛德 Ansaid) | - 萘丁美酮 (Nabumetone/Relafen) |
| - 布洛芬(Ibuprofen /Motrin) | - 萘普生 Naproxen (Naprosyn, Anaprox) |
| - 吲哚美辛(Indomethacin /Indocin) | - 奥沙普秦(Oxaprozin /Daypro) |
| - 酮洛芬(Ketoprofen/Orudis, Oruvail) | - 吡罗昔康(Piroxicam/Feldene) |
| - 酮咯酸(Ketorolac/ 托 | - 舒林酸(Sulindac/Clinoril) |
| | - 素托美汀 Tolemetin (Tolectin) |
| | - 拉多(Toradol) |

❑ 其他处方止痛药:

- 塞来昔布(Celecoxib/希樂葆 Celebrex)
- 伐地考昔(Valdecoxib/Bextra)

❑ 含阿司匹林及水杨酸酯的非处方止痛药:

- 苏打泡腾片 Alka-Seltzer 产品
- 阿纳辛 Anacin
- 拜耳产品 Bayer products
- 布法萨尔 Buffasal
- 百服宁 Bufferin
- 布法诺 Buffinol
- 杜安的 Doan's
- 杜拉扎 Durlaza
- Ecotrin
- 依普西林 Ecpirin
- 安匹林 Empirin
- 埃克塞德林产品 Excedrin products
- Fem-prin
- Halfprin
- Miniprin
- Pain-off
- Pepto-Bismol
- Saletol
- St. Joseph Adult
- Vanquish

❑ 含非类固醇的抗炎非处方止痛药物:

- Advil 的产品
- Aleve 的产品
- 布洛芬 (Ibuprofen) 的产品
- Midol 加强剂(Midol Extra Strength)
- Motrin 的产品
- 萘普生(Naproxen)的产品

中草药及其他天然保健品

手术前 7 天开始停止服用以下一切的产品:

- 中草药的产品
- 天然保健品
- 维生素
- 其他保健品

当您的医生认可时, 可再开始服用。

请参阅下一页所列出可能会导致额外出血的食物、草药和天然产品的清单。对正要做手术的患者, 服用这些产品是非常有害的。

❑ 可能会导致手术时或手术后额外出血的食物、草药和天然产品:

- 仙鹤 Agrimony
- 苜蓿 Alfalfa
- 茴香 Aniseed
- 山金车 Arnica
- 蒿类 Artemesia
- 阿魏 Asafoetida
- 印度藏茴香 Bishop's weed
- 墨角藻 Bladderwrack
- Bochu
- 睡菜 Bogbean
- Boldo
- 菠萝蛋白酶 Bromelains
- 牛蒡 Burdock
- 辣椒 Capsicum
- Cassio
- 芹菜籽 Celery seed
- 洋甘菊 Chamomile
- 枸杞 Chinese wolfberry
- 软骨素 Chondroitin
- 丁香 Clove
- 鳕鱼肝油 Cod liver oil
- 款冬 Coltsfoot
- 蒲公英 Dandelion
- 党参 Danshen (salvia)
- 虻蜈菊 Devil's claw
- 二氢表雄酮 Dihydroepiandrosterone (DHEA)
- 当归 (angelica)
- 胡芦巴 Fenugreek
- 小白菊 Feverfew
- 鱼油 Fish oil
- 蓖麻子 Flax seed
- 亚油酸种类
 - Gamma linoleic acid
- 蒜 Garlic
- 薑 Ginger
- 白果 Ginkgo
- 人参 Ginseng
- 骨胶原 Glucosamine
- 马栗子 Horse chestnut
- 葱 Horseradish
- 甘草 Licorice
- 草甸 Meadowsweet
- 脑白精 Melatonin
- 梅洛特 Melilot
- 纳豆激酶 Nattokinase
- 葱 Onion
- 黄嘌呤 Pantethine
- 木瓜素 Papain (papaya extract)
- 香菜 Parsley
- 西番莲 Passionflower
- 二十烷醇 Policosanol
- 杨树 Poplar
- 花椒 Prickly ash
- 苦木 Quassia
- 红三叶草 Red clover
- 白藜芦醇 Resveratrol
- 沙棘 Sea buckthorn
- 甜三叶草 Sweet clover
- Sweet woodruff
- 黑香豆 Tonka beans
- 姜黄 Turmeric
- 长春西汀 Vinpocetine
- 维生素 E Vitamin E
- 野胡萝卜、 Wild carrot
- 野莴苣 Wild lettuce
- 柳树皮 Willow bark

您有疑问吗?

我们很重视您的提问，如有疑问或顾虑，请致电您的医生或医疗提供者。

- ❑ 华大医疗中心门诊药房 (UWMC Outpatient Pharmacy): 请致电 206.598.4363
- ❑ 华大运动医学中心 (UW Medicine Sports Medicine Center): 请致电 206.598.3294 再按 8
- ❑ 西雅图癌症中心药房 (Seattle Cancer Care Alliance Pharmacy): 请致电 206.606.6500

UW Medicine



Medicines to Avoid Before Surgery

To prevent bleeding problems

This handout lists specific medicines and supplements that you should avoid before your surgery. Please review with your doctor all medicines that you are taking.

Getting Ready for Surgery

To prevent bleeding problems, your doctor may want you to stop taking some prescription, nonprescription, and herbal medicines before your surgery.

Review with your doctor all medicines and supplements you are taking.



Before surgery, make sure to review with your doctor all medicines and supplements you are taking.

IMPORTANT: Talk with your doctor BEFORE you stop taking these prescription anti-platelet drugs used to prevent blood clots, heart attack, or stroke:

- Aspirin
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Dipyridamole/aspirin (Aggrenox)
- Prasugrel (Effluent)
- Ticagrelor (Brilinta)

IMPORTANT: These prescription anticoagulant (blood-thinning) drugs require special instructions before you stop or restart taking them. Ask your doctor or Anticoagulation Clinic for instructions.

- Apixaban (Eliquis)
 - Dabigatran (Pradaxa)
 - Dalteparin (Fragmin)
 - Edoxaban (Savaysa)
 - Enoxaparin (Lovenox)
 - Fondaparinux (Arixtra)
 - Rivaroxaban (Xarelto)
 - Warfarin (Coumadin)
-

Avoid the Products Listed Below

You will need to avoid the products listed below **in the days before and after surgery**. Here are your specific instructions from your doctor:

- Stop taking the products listed in this handout ____ days **before** your surgery.
- You may resume taking these products ____ days after your surgery.
- You may take acetaminophen (Tylenol) as needed for minor aches and pains.

Please note that the lists in this handout are not complete. Other products or supplements may also cause bleeding problems. Check with your doctor if you have questions about specific products.

Prescription pain-relief drugs that contain aspirin or other salicylates:

- | | |
|-------------------------|--------------------------|
| - Ascomp with codeine | - Percodan products |
| - Carisoprodol compound | - Salsalate products |
| - Empirin with codeine | - Soma products |
| - Fiorinal | - Trisalicylate products |
| - Lanorinal | - Zorprin |

Prescription pain-relief drugs that contain nonsteroidal anti-inflammatory agents:

- | | |
|------------------------------------|--------------------------------|
| - Diclofenac (Volataren, Cataflam) | - Mefenamic Acid (Ponstel) |
| - Etodolac (Lodine) | - Meloxicam (Mobic) |
| - Fenoprofen (Nalfon) | - Nabumetone (Relafen) |
| - Flurbiprofen (Ansaid) | - Naproxen (Naprosyn, Anaprox) |
| - Ibuprofen (Motrin) | - Oxaprozin (Daypro) |
| - Indomethacin (Indocin) | - Piroxicam (Feldene) |
| - Ketoprofen (Orudis, Oruvail) | - Sulindac (Clinoril) |
| - Ketorolac (Toradol) | - Tolemetin (Tolectin) |
| - Meclofenamate (Meclomen) | - |
-

Other prescription pain-relief drugs:

- Celecoxib (Celebrex)
- Valdecoxib (Bextra)

Nonprescription products that contain aspirin or salicylate:

- Alka-Seltzer products
- Anacin
- Bayer products
- Buffasal
- Bufferin
- Buffinol
- Doan's
- Durlaza
- Ecotrin
- Ecpirin
- Empirin
- Excedrin products
- Fem-prin
- Halfprin
- Miniprin
- Pain-off
- Pepto-Bismol
- Saleto
- St. Joseph Adult
- Vanquish

Nonprescription products that contain nonsteroidal anti-inflammatory drugs:

- Advil products
- Aleve products
- Ibuprofen products
- Midol Extra Strength
- Motrin products
- Naproxen products

Herbal Products and Other Natural Supplements

Starting 7 days before your surgery, stop taking **ALL**:

- Herbal products
- Natural supplements
- Vitamins
- Other supplements

You may start taking them again when your doctor says it is OK.

Please see the next page for a list of foods, herbs, and natural products that may cause extra bleeding. **These products are very harmful to take if you are having surgery.**

❑ Foods, natural supplements, and herbs that may cause bleeding problems during and after surgery:

- Agrimony
 - Alfalfa
 - Aniseed
 - Arnica
 - Artemesia
 - Asafoetida
 - Bishop's weed
 - Bladderwrack
 - Bochu
 - Bogbean
 - Boldo
 - Bromelains
 - Burdock
 - Capsicum
 - Cassio
 - Celery seed
 - Chamomile
 - Chinese wolfberry
 - Chondroitin
 - Clove
 - Cod liver oil
 - Coltsfoot
 - Dandelion
 - Danshen (salvia)
 - Devil's claw
 - Dihydroepiandrosterone (DHEA)
 - Dong quai (angelica)
 - Fenugreek
 - Feverfew
 - Fish oil
 - Flax seed
 - Gamma linoleic acid
 - Garlic
 - Ginger
 - Ginkgo
 - Ginseng
 - Glucosamine
 - Horse chestnut
 - Horseradish
 - Licorice
 - Meadowsweet
 - Melatonin
 - Melilot
 - Nattokinase
 - Onion
 - Pantethine
 - Papain (papaya extract)
 - Parsley
 - Passionflower
 - Policosanol
 - Poplar
 - Prickly ash
 - Quassia
 - Red clover
 - Resveratrol
 - Sea buckthorn
 - Sweet clover
 - Sweet woodruff
 - Tonka beans
 - Turmeric
 - Vinpocetine
 - Vitamin E
 - Wild carrot
 - Wild lettuce
 - Willow bark
-

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- ❑ UWMC Outpatient Pharmacy: Call 206.598.4363
- ❑ UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 8
- ❑ Seattle Cancer Care Alliance Pharmacy: Call 206.606.6500