

## Did you know?..... **Rx Information**

### USING SUPPLEMENTS BEFORE AND AFTER SURGERY

People often don't realize the risks of using some supplements before or after surgery. Here are some risks everyone should be aware of.

BLEEDING: Ginkgo biloba is linked to several reports of surgical and post-surgical bleeding.

There are dozens of supplements that can POTENTIALLY increase bleeding...garlic, ginger, vitamin E, saw palmetto, policosanol, willow bark, and others.

SEDATION: Sedation from anesthesia and post-op meds might be increased by taking valerian, kava kava, L-tryptophan, etc.

BLOOD PRESSURE: Keep in mind that ephedra, bitter orange, guarana, and other stimulants can increase blood pressure. Ephedra is banned in the U.S. but people still get it online in all sorts of energy products.

SEROTONIN EFFECTS: St. John's wort is associated with vascular collapse (shock), which causes inadequate blood flow to the organs during anesthesia...possibly due to its effects on serotonin or certain metabolizing enzymes.

Be sure to tell your doctor about any supplements you take BEFORE having any kind of surgery. Also, be sure to stop taking most supplements two weeks before surgery...and do not restart them until the risk of bleeding is gone.