

Medication Instructions Before Surgery

Several common medications affect bleeding, healing, or anesthesia. This sheet explains the categories — your specific stop-and-restart instructions come from the surgical team and your prescribers.

— The one rule that matters most

NEVER STOP A PRESCRIBED MEDICATION ON YOUR OWN

Especially blood thinners, heart medications, and diabetes medications. Stopping some of these without a plan is more dangerous than the surgery itself. Every stop-and-restart decision is made with the prescribing clinician.

— Bring a complete list

Include prescriptions, over-the-counter medicines, vitamins, and supplements, with doses. Supplements matter — several affect bleeding and interact with anesthesia.

— Categories we will review with you

CATEGORY	EXAMPLES	WHY IT MATTERS
Blood thinners	Warfarin, apixaban, rivaroxaban, clopidogrel	Timing is coordinated with your prescriber — individualized, never one-size-fits-all
NSAIDs	Ibuprofen, naproxen, aspirin products	Can increase bleeding; you will receive specific guidance on when to pause
Diabetes medications	Insulin, metformin, GLP-1 agonists	Doses often change around fasting and surgery day; GLP-1 timing affects anesthesia
Immune-modifying drugs	Rheumatoid/psoriasis biologics, steroids	May affect infection risk and healing; coordinated with your rheumatologist
Supplements & herbals	Fish oil, vitamin E, ginkgo, turmeric	Several increase bleeding risk and should be reviewed individually
Weight-loss / GLP-1 injections	Semaglutide, tirzepatide	Tell us — these change fasting requirements for anesthesia safety

— Surgery-day medications

At your pre-operative visit you will receive a written list of exactly which medications to take with a sip of water on the morning of surgery, and which to hold. The facility's instructions are always the ones to follow — keep them with this sheet.

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This guide is educational and reflects Dr. Seem's general approach. It does not replace an examination, individualized advice, or the instructions you receive from your surgical team and the facility where your surgery takes place. For medication, fasting, and day-of-surgery instructions, always follow the current guidance from Winchester Medical Center or Valley Health Surgery Center. For emergencies, call 911. Reviewed and approved by Michael E. Seem, MD. ROSA®, Persona IQ®, and mymobility® are registered trademarks of Zimmer Biomet, and HipInsight™ of its owner — named only to identify technologies used in practice; no manufacturer endorsement or affiliation is implied. · Michael E. Seem, MD · Winchester Orthopaedic Associates · 128 Medical Circle, Winchester, VA 22601 · (540) 667-8975 · © 2026