

## **Foods & Supplements to avoid 2 weeks before surgery**

The list of foods and medications can increase risk of bleeding. Please AVOID:

- Aspirin, Motrin, Ibuprofen, Advil, Aleve, Naprosyn, NSAIDs and NSAID containing cold or pain medications
- Blood thinners including: Coumadin, Heparin, Pradaxa, etc.
- All nuts (walnuts, almonds, almond milk, almond butter, cashews, foods with nuts)
- All seeds (Flaxseed, Chia, grapeseed, tahini and food or breads with seeds)
- Avocado, guacamole
- Omega-3s (read ingredient labels. Omega-3's are added even to some Eggs these days)
- Workout & Protein powders unless it is pure amino acids with nothing added
- Vitamin D, Vitamin E
- Melatonin
- Papaya
- Alcohol especially Red Wine
- Herbal supplements (Ginkgo, Ginseng, St. John's Wort, Echinacea, etc)
- Turmeric, Garlic, Ginger, Licorice
- Health food store pills, drinks, juices or smoothies
- Granola bars
- Green tea
- Tempeh
- Sprouts
- Quinoa
- Fish OR Fish oil
- Look to avoid foods with above ingredients such as Muffins with nuts, bread with seeds, eggs with added Omega-3, sushi, seaweed, hummus, grapes, pomegranate, tomatoes, etc.

***\*Check with your prescribing doctor before stopping any medications***

## **Foods and medications that are safe to take before surgery**

- Pineapples and Pineapple Juice
- White and Brown rice (no wild rice)
- Chicken, Turkey, Beef, Pork, Lamb (all meats other than fish)
- Beans, Lentils,
- Lettuce, Kale, Broccoli, Brussel Sprouts, all green vegetables
- Citrus fruits
- Bread (make sure no seeds and no added Omega-3s)
- Tofu
- Milk (make sure no added Omega-3)
- Yogurt (make sure no added Omega-3)
- Eggs (make sure no added Omega-3)
- Tylenol
- "Pure" Pea, Soy or Whey Protein powder (with no added Omega-3 or other ingredients)
- "Pure" Arnika (Arnica) tablets with no added Echinacea.

