



# Regular medication

In connection with surgery

# How should you manage your daily medication when you are going to have surgery?

When you come in for your surgery, you must bring all your medication in its original packaging. A dosing box is not sufficient. The reason for this is that the doctor must be able to see exactly what you are taking at home. Furthermore, the hospital will not necessarily have all the medicine that you are used to taking.

You do not need to bring vitamin pills and other supplements with you.

## What should you stop taking before your surgery

**Blood thinning medication**  
If you take blood thinners to prevent blood clots, you should pay particular attention to the doctor's instructions regarding a break from these before surgery.

The duration of this break depends on your illness, what medication you are taking, and what surgery you will have.

### **Do not take a longer break than instructed, as this can be dangerous.**

Some types of dietary supplements and herbal supplements may cause blood thinning, and your doctor may ask you to take a break from these.

Your doctor will give you a card with information. If in doubt, always contact us well in advance of your surgery.

### **Painkiller for arthritis pain relief**

Painkiller for arthritis can cause increased bleeding during some types of surgery. Your doctor may therefore ask you to take a break from these tablets. If in doubt, ask your doctor.

Arthritis drugs could be tablets containing, for example:

- Ibuprofen
- Acetylsalicylic acid

### **Diabetes medication**

It is important that your blood sugar does not fluctuate too much when you are going to have an operation. If you take insulin in the morning, it is important that you pay attention to your appointment time, as this will

affect whether you should take the medicine. Bring your own diabetes medicine with you.

### **Appointment for surgery at 11 AM or earlier:**

Do not take insulin or diabetes tablets on the morning of your surgery.

### **Appointment for surgery after 11 AM:**

You may eat a meal before 5 AM. If you are taking tablets for diabetes, you should take them with your meal. If you are on insulin, take half of your usual dose with your breakfast.

## **What should you continue to take before your operation**

### **Cardiac, circulatory system and pulmonary medication**

Remember to take a break from blood thinning medicine, as directed by your doctor. Your other blood pressure and heart medication should be continued as usual. This also applies if you take pulmonary medication.

### **Nervous system medication**

You should continue to take your medicine as usual if you are being treated for e.g. mental illness, epilepsy, Parkinson's disease. or other nervous system diseases.

### **Painkillers**

As written above, you may be asked to take a few days' break from painkillers for arthritis. You should continue to take your other painkillers, including on the morning of your surgery. You should also continue to use pain relief patches.

### **Please remember!**

Even if you are fasting, you may take tablets with water or juice up to two hours before your appointment. However, do not eat yogurt or consume any other milk products for the tablets. If you need to use milk products for your medicine, you must take this medicine 6 hours before your appointment

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