



Regular medication

related to your surgery

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

Many people take unnecessarily long breaks from their necessary medication before an operation. This may be due to the fact that they find it difficult to navigate the information they receive. Moreover, some people take many different kinds of medication. However, it may be dangerous to stop taking some types of medication.

Therefore, it is very important that you read this folder carefully. Similarly, it is important that you note your doctor's instructions about your regular medication when having your consultation before surgery.

When you come in for your surgery, you must bring in all your medication in its original packaging. A pill box is not adequate. 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 taking.

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

What should you stop taking before your surgery

Blood thinners

If you are taking blood thinners for the prevention of 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 disorder, the medication you are taking and the surgery that you will be having.

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

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

Your doctor may give you an information leaflet. If in doubt, always contact us well in advance of your surgery.

Painkillers for arthritis

Painkillers 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 on or before 11 AM:

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 you should continue to take before your operation

Medications for your heart, circulation and lungs

Remember to take a break from blood thinners as directed by your doctor.

You should continue to take your other blood pressure and heart medications as usual. This also applies if you take medication for your lungs.

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 disorders.

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 squash up to two hours before your appointment. However, do not eat yogurt or consume any other milk products with the tablets. If you need to use milk products for your medicine, you must take this medicine six hours before your appointment.

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