



Medication considerations pre-endoscopy and surgery

Advice and recommendations are from Endocrine Unit CPH, Private Anaesthesia Group, Health Info CDHB, Health Protocols CDHB

All 'OTC' (Over The Counter) health foods and supplements should be stopped 14 days before (vitamins, minerals, fish oils, St John's wort, turmeric, ginger, garlic, cayenne, glucosamine, chondroitin, omega 3+6, milk thistle, ginseng, ginkgo biloba, evening primrose, cumin etc.)

Aspirin should only be stopped if the patient self medicates (i.e. it is not prescribed or recommended by their GP). It should be stopped for 14 days pre-op/endo if self-medicating, or as instructed by the surgeon

Other blood thinners

anti-platelet or anticoagulant medication (warfarin, dabigatran, rivaroxaban, clopidogrel, ticagrelor, prasugrel, persantin. Instructions to be individualised and specific protocols applied based on patients medication type – per CDHB protocol

Antihypertensives – Ace-inhibitors (eg cilazapril enalapril, lisinopril, perindopril, quinapril) or DAR blockers (direct angiotensin receptor blockers) eg losartan, candesarten should be stopped on day of procedure

Diabetic medication – (some) – Glifozin - type eg dapagliflozin, empagliflozin - should be stopped at least 3 days before surgery/endoscopy

Other oral hypoglycaemics and insulin instructions will be individualized, using the HealthInfo sheet from CDHB

Prednisone – if patient taking 5mg prednisone daily, or more, they should double the dose on the day they start to take bowel prep (day before colonoscopy) and on the day of the colonoscopy. If patient is having gastroscopy they should double the dose the day of the procedure. If vomiting occurs when taking the bowel prep the patient should present at ED for admission, & IV hydrocortisone etc.

Lithium – if patient becomes dehydrated the blood levels of lithium may raise to dangerous levels. Warn patient about potential for this. Lithium can be stopped for 2 days before and afterwards if necessary, and may be the best option if patient cannot avoid dehydration.

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Eligibility criteria apply for Southern Cross members

