



**UW Medicine**  
UNIVERSITY OF WASHINGTON  
MEDICAL CENTER



## Daawooyinka si la iskaga Ilaaliyo Qaliinka Kahor

*Marka dhakhtarkaagu uu kuu sheego inaad iska ilaaliso daawooyinka qaar ama kaabayaasha, si looga hortago dhibaatooyinka dhiigidda*

*Qoraalku waxa uu qorayaa daawooyin cayiman iyo kaabayaal kuwaas oo ay tahay inaad ka fogaato kahor qaliinkaaga. Fadlan dib u eeg iyadoo aanu kula joogin dhakhtarkaagu dhammaan daawooyinka aad qaadata.*



### U diyaargarawga Qaliinka

Si la iskaga ilaaliyo dhibaatooyinka dhiigidda, dhakhtarkaaga waxa laga yaabaa inuu rabo inaad joogiso daawooyinka uu kuu qoray dhaqtar, kuwa aanu kuu qorin, daawooyinka dabiiciga ah kahor qaliinka.

**Dib ha kuula eego dhakhtarkaagu dhammaan daawooyinka iyo kabayaasha aad qaadanayso.**

*Kahor qaliinkaaga, hubso in inaad dib u wada eegtaan dhakhtarkaaga dhammaan daawooyinka iyo kabitaanada aad qaadanayso.*

**MUHUUM: La hadal dhakhtarkaaga KAHOR intaanad joojin daawada xirjita burburisa ee lagu qoray si looga hortago xinjirowga dhiiga, wadno xanuun, ama faalig:**

- Aspirin
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Dipyridamole/aspirin (Aggrenox)
- Prasugrel (Effluent)
- Ticagrelor (Brilinta)

**MUHUUM: Daawooyinka dhakhtarku qoray ee xinjir baabiyayaasha (dhiig khafiifinta) waxay u baahanyihiin tilmaamo gaar ah kahor intaanad joojin ama aanad dib u bilaabin qaadashadooda. Waydii dhakhtarkaaga Rugta caafimaad ee xinjirow baabiinta tilmaamaha.**

- Apixaban (Eliquis)
- Dabigatran (Pradaxa)
- Dalteparin (Fragmin)
- Edoxaban (Savaysa)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)
- Rivaroxaban (Xarelto)
- Warfarin (Coumadin)

## Ka fogow shaydan xagga hoose ku qoran

Waxaad u baahan doontaa inaad ka fogaato shayada xagga hoose ku qoran **inta lagu jiro maalmo kahor iyo kadib qaliinka**. Halkan waxa ah tilmaamo gaar ah oo ka yimid dhakhtarkaaga:

- Joojinta qaadashada waxyaabaha ku yaala qoraalkan \_\_\_\_\_ maalmo **kahor** qaliinkaaga.
- Waxaad sii wadi kartaa qaadashada daawooyinkan \_\_\_\_\_ maalmo kadib qaliinkaaga.
- Waad qaadan kartaa acetaminophen (Tylenol) maadaama oo loogu baahanyahay xanuunada yaryar iyo xanuunada.

### Fadlan ogow in liiska ku qoran qoraalkani aanu dhammaystirnayn.

Daawooyinka kale ama kabayaasha waxa lagayaaba inay sababi karaan dhibaatooyin dhiigid ah. Isla hubiya dhakhtarkaaga haddii aad qabto su'aalo ku saabsan daawooyin gaar ah.

#### Daawooyinka dhakhtarku qoray ee xanuun baabiiyayaasha ku waas oo ay ku jiraan aspirin ama salicylates kale:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| - Ascomp oo ay la socoto codeine  | - Badeecooyinka Percodan      |
| - Iskudhafka Carisoprodol         | - Badeecooyinka Salsalate     |
| - Empirin oo ay la socoto codeine | - Badeecooyinka Soma          |
| - Fiorinal                        | - Badeecooyinka Trisalicylate |
| - Lanorinal                       | - Zorprin                     |

#### Daawooyinka dhakhtarku qoray ee xanuun baabiiyayaasha kuwaas oo ay ku jiraan wakaaladaha cabuq bogsiiyayaasha:

- |                                    |                                |
|------------------------------------|--------------------------------|
| - Diclofenac (Volataren, Cataflam) | - Mefenamic Acid (Ponstel)     |
| - Etodolac (Lodine)                | - Meloxicam (Mobic)            |
| - Fenoprofen (Nalfon)              | - Nabumetone (Relafen)         |
| - Flurbiprofen (Ansaid)            | - Naproxen (Naprosyn, Anaprox) |
| - Ibuprofen (Motrin)               | - Oxaprozin (Daypro)           |
| - Indomethacin (Indocin)           | - Piroxicam (Feldene)          |
| - Ketoprofen (Orudis, Oruvail)     | - Sulindac (Clinoril)          |
| - Ketorolac (Toradol)              | - Tolemetin (Tolectin)         |
| - Meclofenamate (Meclomen)         |                                |

#### Daawooyinka kale ee dhakhtarku qoray ee xanuun baabiiyayaasha ah:

- |                        |                       |
|------------------------|-----------------------|
| - Celecoxib (Celebrex) | - Valdecoxib (Bextra) |
|------------------------|-----------------------|

❑ **Daawooyinka aanu dhakhtar qorin ku waas oo ay ku jiraan aspirin ama salicylate:**

- |                            |                        |
|----------------------------|------------------------|
| - Badeecadaha Alka-Seltzer | - Empirin              |
| - Anacin                   | - Badeecadaha Excedrin |
| - Badeecadaha Bayer        | - Fem-prin             |
| - Buffasal                 | - Halfprin             |
| - Bufferin                 | - Miniprin             |
| - Buffinol                 | - Pain-off             |
| - Doan's                   | - Pepto-Bismol         |
| - Durlaza                  | - Saletto              |
| - Ecotrin                  | - St. Joseph Adult     |
| - Ecpirin                  | - Vanquish             |

❑ **Daawooyinka aanu dhaqtar qorin ku waas oo ka kooban daawooyinka cabuq bogsiiyayaasha:**

- |                         |                        |
|-------------------------|------------------------|
| - Badeecadaha Advil     | - Midol Extra Strength |
| - Badeecadaha Aleve     | - Motrin               |
| - Badeecadaha Ibuprofen | - Naproxen             |

## **Dawooyinka dabiiciga ah iyo Kabayaasha Dabiiciga ah**

**Laga bilaabo 7 maalmood kahor qaliinkaaga, joogi qaadashada DHAMMAAN:**

- Daawoyinka Dabiiciga ah
- Kaabitaanada Dabiiciga ah
- Fiitamiinada
- Kabitaanada kale

Waxaad dib u bilaabi kartaa qadaashada marka dhakhtarku uu yidhaa waa sax.

Bogga xiga waxa ku yaal liiska cuntooyinka, geedaha iyo waxyaabaha dabiiciga ku waas oo sabab dhiig bax dheeraad ah. **Waxyaabahaasi dhiibaato gaar ah ayay kuu yeelanayaan marka aad qaadato adiga oo leh qaliin.**

❑ **Cuntooyinka, Kabitaanada dabiiciga ah, iyo geedaha ku waas oo sababa dhibaatooyinka dhiig baxa inta lagu gudo jiro iyo kadib qaliinka:**

- Geedka Agrimony
- Geedka Alfalfa
- Khamuun
- Geedka Arnica
- Geedka Artemesia
- Geedka Asa foetica
- Haramaha kiniisadda
- Geedka Bladderwrack
- Geedka Bochu
- Geedka Bogbean
- Geedka Boldo
- Geedka Bromelains
- Geedka Burdock
- Barbarooni
- Daawada Cassio
- Khudaarta laamaha leh ee Celery seed
- Geedka Chamomile
- Geedka Chinese wolfberry
- Daawada Chondroitin
- Dhago yare
- Saliidda beerka ee kaluunka
- Geedka Coltsfoot
- Geedka Dandelion
- Geedka Danshen (salvia)
- Jidhifka geedka Devil
- Daawada Dihydroepiandrosterone (DHEA)
- Geedka Dong quai (angelica)
- Geedka Fenugreek
- Geedka Feverfew
- Saliidda Kaluunka
- Midhaha Flax seed
- Daawada Gamma linoleic acid
- Toonta
- Sinjibiilka
- Geedka Ginkgo
- Geedka Ginseng
- Daawada Glucosamine
- Geedka Horse chestnut
- Geedka Horseradish
- Geedka Licorice
- Geedka Meadowsweet
- Daawada Melatonin
- Geedka Melilot
- Daawada Nattokinase
- Basal
- Daawada Pantethine
- Borotiinka Papain (oo laga soo saaro babayga)
- Dhirta
- Geedka Passionflower
- Daawada Policosanol
- Geedka Poplar
- Geedka Prickly ash
- Geedka Quassia
- Geedka Red clover
- Madada Resveratol
- Midhaha Sea buckthorn
- Geedka Sweet clover
- Geedka Sweet woodruff
- Geedka Tonka beans
- Geedka Turmeric
- Daawada Vinpocetine
- Fiitamiin E
- Kaarootka keynta
- Geedka Wild lettuce
- Jidhifka geedka Willow

**Su'aalo?**

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama daryeelaha caafimaadkaaga haddii aad qabto su'aalo ama danayn.

Farmasiiga Bukaana-socodka UWMC (UWMC Outpatient Pharmacy): 206.598.4363

Farmasiiga SCCA (SCCA Pharmacy): 206.288.6500

## Medicines to Avoid Before Surgery

*When your doctor tells you to avoid certain medicines or supplements, to prevent bleeding problems*

*This handout lists specific medicines and supplements that you should avoid before your surgery. Please review with your doctor all medicines that you are taking.*

### Getting Ready for Surgery

To prevent bleeding problems, your doctor may want you to stop taking some prescription, nonprescription, and herbal medicines before your surgery.

**Review with your doctor all medicines and supplements you are taking.**



*Before your surgery, make sure you review with your doctor all medicines and supplements you are taking.*

**IMPORTANT: Talk with your doctor BEFORE you stop taking these prescription anti-platelet drugs used to prevent blood clots, heart attack, or stroke:**

- Aspirin
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Dipyridamole/aspirin (Aggrenox)
- Prasugrel (Effluent)
- Ticagrelor (Brilinta)

**IMPORTANT: These prescription anticoagulant (blood-thinning) drugs require special instructions before you stop or restart taking them. Ask your doctor or Anticoagulation Clinic for instructions.**

- Apixaban (Eliquis)
- Dabigatran (Pradaxa)
- Dalteparin (Fragmin)
- Edoxaban (Savaysa)
- Enoxaparin (Lovenox)
- Fondaparinux (Arixtra)
- Rivaroxaban (Xarelto)
- Warfarin (Coumadin)

## **Avoid the Products Listed Below**

You will need to avoid the products listed below **in the days before and after surgery**. Here are your specific instructions from your doctor:

- Stop taking the products listed in this handout \_\_\_\_\_ days **before** your surgery.
- You may resume taking these products \_\_\_\_\_ days after your surgery.
- You may take acetaminophen (Tylenol) as needed for minor aches and pains.

**Please note that the lists in this handout are not complete.** Other products or supplements may also cause bleeding problems. Check with your doctor if you have questions about specific products.

### **Prescription pain-relief drugs that contain aspirin or other salicylates:**

- Ascomp with codeine
- Carisoprodol compound
- Empirin with codeine
- Fiorinal
- Lanorinal
- Percodan products
- Salsalate products
- Soma products
- Trisalicylate products
- Zorprin

### **Prescription pain-relief drugs that contain nonsteroidal anti-inflammatory agents:**

- Diclofenac (Volataren, Cataflam)
- Etodolac (Lodine)
- Fenoprofen (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Motrin)
- Indomethacin (Indocin)
- Ketoprofen (Orudis, Oruvail)
- Ketorolac (Toradol)
- Meclofenamate (Meclomen)
- Mefenamic Acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Sulindac (Clinoril)
- Tolemetin (Tolectin)

### **Other prescription pain-relief drugs:**

- Celecoxib (Celebrex)
- Valdecoxib (Bextra)

❑ **Nonprescription products that contain aspirin or salicylate:**

- Alka-Seltzer products
- Anacin
- Bayer products
- Buffasal
- Bufferin
- Buffinol
- Doan's
- Durlaza
- Ecotrin
- Ecpirin
- Empirin
- Excedrin products
- Fem-prin
- Halfprin
- Miniprin
- Pain-off
- Pepto-Bismol
- Saleto
- St. Joseph Adult
- Vanquish

❑ **Nonprescription products that contain nonsteroidal anti-inflammatory drugs:**

- Advil products
- Aleve products
- Ibuprofen products
- Midol Extra Strength
- Motrin
- Naproxen

## **Herbal Products and Other Natural Supplements**

**Starting 7 days before your surgery, stop taking ALL:**

- Herbal products
- Natural supplements
- Vitamins
- Other supplements

You may start taking them again when your doctor says it is OK.

On the next page is a list of foods, herbs, and natural products that may cause extra bleeding. **These products are especially harmful to take if you are having surgery.**

❑ **Foods, natural supplements, and herbs that may cause bleeding problems during and after surgery:**

- Agrimony
- Alfalfa
- Aniseed
- Arnica
- Artemesia
- Asa foetica
- Bishop's weed
- Bladderwrack
- Bochu
- Bogbean
- Boldo
- Bromelains
- Burdock
- Capsicum
- Cassio
- Celery seed
- Chamomile
- Chinese wolfberry
- Chondroitin
- Clove
- Cod liver oil
- Coltsfoot
- Dandelion
- Danshen (salvia)
- Devil's claw
- Dihydroepiandrosterone (DHEA)
- Dong quai (angelica)
- Fenugreek
- Feverfew
- Fish oil
- Flax seed
- Gamma linoleic acid
- Garlic
- Ginger
- Ginkgo
- Ginseng
- Glucosamine
- Horse chestnut
- Horseradish
- Licorice
- Meadowsweet
- Melatonin
- Melilot
- Nattokinase
- Onion
- Pantethine
- Papain (papaya extract)
- Parsley
- Passionflower
- Policosanol
- Poplar
- Prickly ash
- Quassia
- Red clover
- Resveratrol
- Sea buckthorn
- Sweet clover
- Sweet woodruff
- Tonka beans
- Turmeric
- Vinpocetine
- Vitamin E
- Wild carrot
- Wild lettuce
- Willow bark

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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