

# Making changes to your current medicines to prepare for surgery

## Pre-operative Assessment

Information for Patients

Last reviewed: December 2025

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This leaflet is given to you by your nurse after your pre-operative assessment appointment.

### Will I need to change my current medicines before my surgery?

For your pre-operative assessment the nurse or doctor will review your medicines with you. They will explain how to take your medicines on the day of your surgery.

You can keep taking most medicines up to the day of your surgery. There are some you will need to stop near your surgery. Your nurse will confirm the doctor's instructions at your pre-operative assessment appointment.

|                             |  |
|-----------------------------|--|
| <b>Patient label:</b>       |  |
| <b>Procedure / surgery:</b> |  |
| <b>Date of surgery:</b>     |  |

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

Please continue to take all your regular medicines.

**Do not take these medicines:**

| Medication | Dose | Form<br>(tablet, patches) | Advice (when should I take the last dose?) |
|------------|------|---------------------------|--|
|            |      |                           |  |
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Notes:

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## Blood thinning medicine

Blood thinning medicines are anticoagulant or anti-platelet agents. If you take medicines that thin the blood, you will need to follow special advice when taking other medicine. You may need to stop taking some types of medicines. Your specialist consultant, anaesthetist, or surgeon will decide this. Your nurse at the pre-operative assessment will tell you more.

## General advice for all patients

- On the day of admission bring all your medicines into hospital. Make sure they are in the original labelled containers as dispensed by your pharmacist. Bring them in the green medicines bag given to you at your pre-operative assessment.
- Some over-the-counter medicines for pain relief, headaches or cold symptoms can thin the blood. You should not take these medicines from 1 week before your surgery. These medicines are Anadin, Anadin Extra, Lemsip, ibuprofen. If you are not sure please check with your pre-operative assessment nurse.
- Please **do not** take any herbal medicines 2 weeks before your surgery. Some herbal medicines cannot be stopped suddenly so please ask your pharmacist if you are unsure.

## What if the date of my surgery is changed or cancelled?

If the date of your surgery is changed or cancelled, you must ask when you should start any medicines you have been asked to stop. This is very important if you take medicines to thin your blood. The registered nurse can then confirm with your consultant and give advice on restarting any medicines that were stopped.

## Contact details

If you are unsure about any advice you have been given please contact your pre-operative assessment service:

Phone: \_\_\_\_\_

|                           |  |
|---------------------------|--|
| Name of Registered Nurse: |  |
| Signature:                |  |
| Date and time:            |  |

