



HERBAL AND VITAMINS WITH POTENTIAL TO INCREASE BLEEDING

The following herbs and vitamins may increase bleeding by preventing aggregation of platelets:



Garlic	Ginger
Ginko	Ginseng
Bromelain	Danshen
Don Quai	Fenugreek
Feverfew	Fish Oil
Gamma Linoleic Acid	Papain
Vitamin E	

There are some herbs that reduce the effectiveness of heparin and coumadin:

Goldenseal	Stinging Nettle
Vitamin C	

Also need to be concerned about herbs that potentiate the effect of anesthesia such as:

Kavakava (sedation)	Valerian (sedation)
Evening Primrose Oil (seizures)	Hawthorn
Melatonin (CNS depressants)	

It is best to stop ALL herbs and vitamins 7-10 days prior to surgery**