

UTEP / UT Austin Cooperative Pharmacy Program

Herbal/Nutraceutical Products to Avoid Before Surgery

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Common name (Spanish)	Scientific name/ Classification	Uses	Possible Complication/ Interaction	Comments
Agrimony (Agrimonía)	<i>Agrimonia eupatoria</i> , <i>A. procera</i>	Diabetes, diarrhea	Has been reported as a blood coagulant in some human studies	The plant's Vitamin K content may promote blood coagulation.
Alfalfa, Lucerne	<i>Medicago sativa</i> , <i>M. falcata</i>	Nutritional supplement: calcium, Vit. K, magnesium, Diabetes, lowers cholesterol levels in high doses	Contains canavanine, a toxic amino acid. Saponins may case blood agglutination.	Vitamin K content promotes coagulation. Manganese may lower glucose levels. Avoid in patients suffering from Systemic Lupus Erythematosus (SLE)
Angelica	<i>Angelica archangelica</i>	Gastric ulcer	Contains coumarins	Possible anticoagulant action, may cause photosensitivity in susceptible individuals
Aniseed (Anís europeo)	<i>Pimpinella anisum</i>	Gastric complaints	Contains coumarins	Possible anticoagulant action
Arnica (Árnica europea)	<i>Arnica montana</i>	Externally: contusions, bruises. Internally: homeopathic preparations for nervous disorders	Contains coumarins	Possible anticoagulant action. Internal use (undiluted) is neurotoxic
Asafoetida, Devil's Dung (Asafétida)	<i>Ferula assafoetida</i>	Digestive upsets, irritable bowl syndrome	Contains coumarins	Possible anticoagulant action. This plant is one of

				the ingredients in Worcestershire sauce.
Ashwagandha, “Indian Ginseng”	<i>Withania somnifera</i>	Sedative, adaptogenic	May potentiate effects of barbiturates and benzodiazepinics	Do not combine with sedatives.
Baikal skullcap	<i>Scutellaria baicalensis</i>	Antispasmodic	Flavones may inhibit vitamin K reductase, may have additive action with warfarin medication	Possible anticoagulant action.
Bilberry (Arándano)	<i>Vaccinium myrtillus</i>	Cataracts and other eye problems	Platelet inhibition	Possible anticoagulant action.
Black Cohosh	<i>Cimifuga racemosa</i>	Menopause	May interfere with blood clotting	May cause liver problems.
Boldo	<i>Peumus boldus</i>	Stomach and liver complaints	Contains coumarins	Possible anticoagulant action.
Bromelain (Bromelaína)	Digestive (proteolytic enzyme) obtained from <i>Ananas comosus</i> (Pineapple)	Supplement to aid digestion	Bromelain has anti - platelet activity	May potentiate anticoagulant activity of warfarin and other “blood thinners”.
Chilli (Chile)	<i>Capsicum frutescens</i>	Peptic ulcer	Contains coumarins	Possible anticoagulant action.
Cat’s Claw (Uña de gato)	<i>Uncaria tomentosa, U. guianensis</i>	Immune-system stimulant, anti-inflammatory, contraceptive, rheumatoid arthritis	Platelet inhibition /immune stimulant	Possible anticoagulant action, tissue/organ transplant rejection.
Celery (Apio)	<i>Apium graveolens</i>	Diuretic, gout	Contains coumarins	Possible anticoagulant action.
German Chamomile, Roman Chamomile (Manzanilla)	<i>Matricaria recutita</i> <i>Chamaemelum nobile</i>	Colic, stomach upset, light sedative	Sesquiterpene-lactones	Chamomile enemas may cause anaphylaxis, possible allergen in asthmatic patients.
Clove (Clavo)	<i>Syzygium aromaticum</i>	Stomach ulcers, antiseptic	Platelet inhibition due to Eugenol	Possible anticoagulant action.
Dandelion (Diente de león)	<i>Taraxacum officinalis</i>	Gastric (gall bladder) and kidney problems	Contains coumarins	Possible anticoagulant action.
Dong Quai,	<i>Angelica sinensis</i>	Menstrual	Contains coumarins.	Possible

Dang Gui, Chinese Angelica (<i>Angelica china</i>)		complaints	May potentiate warfarin and other “blood-thinning” compounds	anticoagulant action.
Fenugreek (Fenogreco)	<i>Trigonella foenum-graecum</i>	Coughs, colds, diabetes, nutritional supplement (seeds)	Contains coumarins, may lower blood glucose	Possible anticoagulant action. Interaction with insulin – oral hypoglycemics.
Feverfew (Tanaceto)	<i>Tanacetum officinale</i>	Fever	Platelet inhibition	Possible anticoagulant action.
Fish Oil Capsules (Aceite de pescado)	Omega-3 fatty acids, PUFAS	Linolenic acid source, free radical scavenger, antioxidant action, anti thrombic	Platelet inhibition	Possible anticoagulant action Do not combine with aspirin, warfarin therapy or methyl-salicylates.
Fucus (Algae) (Algas marinas)	<i>Fucus vesiculosus</i>	Nutritional supplement, weight loss agent	anticoagulant action	Iodine content may affect thyroid function.
Garlic (Ajo)	<i>Allium sativum</i>	Lowers cholesterol, anti- thrombic	Platelet inhibition	May potentiate warfarin action.
Ginger (Jengibre)	<i>Zingiber officinale</i>	Motion sickness, <i>hyperemesis gravidum</i> (especially in first trimester)	Platelet inhibition	Possible anticoagulant action.
Ginkgo	<i>Ginkgo biloba</i>	Memory enhancement, intermittent claudication, senile dementia	Platelet inhibition Do not combine with aspirin therapy	Possible anticoagulant action may cause hypertension if used with thiazide diuretics.
Ginseng, Panax	<i>Panax ginseng</i>	General tonic, adaptogen	Reduces blood coagulation / lowers blood glucose, may cause hypertension in high doses	Anticoagulant action /possible interaction with insulin-oral hypoglycemics and hypotensive pharmaceuticals.
Golden Seal Sello dorado	<i>Hydrastis canadensis</i>	Infections	May promote blood coagulation, may lower blood	Heparin antagonist, hypotensive action.

			pressure	
Grapefruit juice Jugo de toronja	<i>Citrus spp.</i>	Weight loss	May interfere with calcium channel blockers	Grapefruit juice inhibits CYP1A2, among others. Do not ingest concurrently with medication.
Hawthorn (Espino blanco)	<i>Crataegus monogyna</i> , <i>C. oxyacantha</i>	Congestive heart failure, sedative, anxiety	Inhibition of thromboxane A2, which could increase risk of bleeding	High doses may interfere with cardiac medications such as antihypertensives and digoxin. It may also potentiate effects of CNS depressants.
Horse chestnut (Castaño de indias)	<i>Aesculus hippocastanum</i>	Varicose veins, circulatory problems	Contains coumarins	Possible anticoagulant action.
Horseradish	<i>Armoracia rusticana</i>	Allergies, cancer	Peroxidase stimulates synthesis of arachidonic acid metabolites	May interfere with coagulation process. The essential oil is very toxic.
Huperzine A	Nutraceutical product derived from <i>Huperzia serrata</i> (Chinese club moss)	Memory enhancement, Alzheimer's disease	Acetylcholinesterase inhibitor	May interact both with cholinergic and anticholinergic drugs.
Kava	<i>Piper methysticum</i>	Sedative, anxiolytic	May prolong effects of anesthesia, potentiates effects of benzodiazepinic drugs	Certain compounds in kava may be potentially hepatotoxic, especially when combined with alcohol.
Licorice, liquorice (Regaliz)	<i>Glycyrrhiza glabra</i>	Peptic ulcer, digestive and respiratory problems	Platelet inhibition. Excessive use may interfere with hypotensive medications	Do not employ in hypertensive / adrenal gland impaired patients because of mineralocorticoid side effects due to glycyrrhizic acid.
Ma Huang, Ephedra (Efedra china)	<i>Ephedra sinica</i>	Asthma, weight loss, physical endurance stimulant	Ephedrine is a CNS stimulant	Avoid in hypertensive and diabetic patients.
Meadowsweet (Filipéndula)	<i>Filipendula ulmaria</i>	Arthritis, tendonitis, diuretic.	Salicylate compounds, antiplatelet action	The herb contains an anti heparin complex that has in vitro

			may potentiate warfarin or heparin effects	fibrinolytic and anticoagulant properties. Do not use concomitantly with aspirin.
Mistletoe, European Mistletoe, American (Muérdago)	<i>Viscum album, Phoradendron spp</i>	Hypertension	May interfere with heparin efficacy, may interact with hypertensive medication	Hypotensive action, promotes blood coagulation.
Motherwort	<i>Leonurus cardiaca</i>	Menstrual problems (amenorrhea)	Platelet inhibition. May interact with cardiac medications.	Motherwort may cause additive sedation in combination with CNS depressants.
Nettle (Ortiga)	<i>Urtica dioica</i>	Benign Prostatic Hypertrophy (BPH)	Contains coumarins	Possible hypotensive effect.
Noni juice (Noni o Morinda)	<i>Morinda citrifolia</i>	Diabetes, cancer, arthritis	Excessive doses may impair kidney function. May interact with ACE inhibitors, beta blockers and trimetoprim	Orange juice employed as additive may contain excessive K. Avoid use in patients with hyperkalemia.
Papain capsules (Papaína)	Digestive (proteolytic enzyme) obtained from <i>Carica papaya</i>	Weight loss, impaired digestion	Platelet inhibition	Excessive intake of papain could alter blood coagulation patterns. The fruit is considered safe.
Parsley (Perejil)	<i>Petroselinum crispus</i>	Diuretic	Contains anticoagulant compounds	Stem and leaves GRAS for eating. Seeds contraindicated in pregnancy.
Passionflower (Pasiflora)	<i>Passiflora incarnata</i>	Sedative, anxiolytic, generalized anxiety disorder, opiate withdrawal	Contains coumarins	Theoretically, this herb could cause additive sedation in combination with CNS depressants.
Pau D' Arco, (Palo de arco, Lapacho)	<i>Tabebuia spp.</i>	Cancer, anti-inflammatory, immune stimulant	Contains <i>lapachol</i> , a vitamin K antagonist.	Anemia and increased bleeding could be adverse reactions to this plant if taken in large doses

				and continuously.
Poplar bud (Álamo)	<i>Populus alba</i>	Analgesic, anti-inflammatory in arthrosis and rheumatism	Salicylate compounds may potentiate anticoagulants	Do not combine with aspirin or oil of wintergreen.
Saw Palmetto (Palma sabal)	<i>Serenoa repens</i>	Benign Prostatic Hypertrophy BPH	Contains anticoagulant compounds	Contains tannins, has astringent action.
SAM e	S-Adenosylmethionine	Anxiety, depression, arthritis, antioxidant	Platelet inhibition (in vitro)	Possible anticoagulant action may potentiate action of anti-depressants, anticoagulants and anti-platelet drugs.
Shiitake mushrooms (hongo Shiitake)	<i>Lentinus spp.</i>	Cancer	Platelet inhibition (in vitro)	Mushroom has immune-stimulant properties, its effects upon transplant organs or tissues unknown.
Squill Escila roja	<i>Urginea maritima</i>	Rodenticide	Contains anticoagulant compounds / may have hypotensive action	Contains cardiac glycosides, avoid in cardiac patients and patients with bleeding disorders. Vasodilator.
Sweet Clover Trébol dulce	<i>Trifolium pratense</i>	Contains phytoestrogens	Contains anticoagulant compounds if contaminated with mould.	May cause internal bleeding in livestock. Human ingestion rare
Tonka Bean	<i>Dipteryx odorata</i>	Pertussis (obsolete use)	Contains anticoagulant compounds	Seeds contain coumarin (10, 000-35,000 ppm). Avoid all internal use.
Valerian root (Valeriana)	<i>Valeriana officinalis</i>	Sedative, anxiolytic	May alter metabolism of drugs which are substrates of CYP3A4 isozymes (in vitro)	The effects of anesthesia / sedatives may theoretically be enhanced.
Vervain (Verbena)	<i>Verbena officinalis</i>	Ailments of the pharyngeal and oral mucosa, respiratory tract	May interfere with anticoagulant compounds such as warfarin	Contains variable amounts of Vitamin K. Coagulant action.

Yarrow (Milenrama)	<i>Achillea millefolium</i>	Respiratory, gastrointestinal and urinary conditions	Contains anticoagulant compounds, may also lower blood pressure	Do not take concurrently with warfarin or medication that contains salicylates. Avoid with hypotensive drugs.
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