

HERBAL INTERACTIONS

HERBAL AND VITAMINS WITH THE POTENTIAL TO INCREASE BLEEDING

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

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

There are herbs that reduce the effectiveness of Heparin and Coumadin

Goldenseal
Stinging
Nettles
Vitamins
St. John Wart

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

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

Recommendation: Stop all herbs and vitamins 7-10 days before surgery.