



## Discontinuing Herbal Remedies Prior to Cardiac Procedures

**The following are some of the commonly used herbal medications that may pose a concern in the time before and after your cardiac procedure (ie. coronary angiogram, angioplasty, cardiac surgery). Your cardiologist recommends that you discontinue the following herbal remedies before your cardiac procedure. There may be other herbal remedies and vitamins that you may wish to discuss with your physician and/or alternative health provider.**

<b>Herb: Common name(s)</b>	<b>Pre-procedural discontinuation</b>	<b>Comments</b>
Echinacea: purple coneflower root	No data available	Activation of cell-mediated immunity
Ephedra: ma huang	At least 24 hours before surgery/procedure	Increased heart rate and blood pressure through direct and indirect sympathomimetic effects
Garlic: ajo	At least 7 days before surgery/procedure	Platelet aggregation inhibition; increased fibrinolysis
Ginkgo: duck foot tree, maidenhair tree, silver apricot	At least 36 hours before surgery/procedure	Inhibition of platelet-activating factor
Ginseng: American ginseng, Asian ginseng, Chinese ginseng, Korean ginseng	At least 7 days before surgery/procedure	Lowers blood glucose, inhibition of platelet aggregation
Kava: awa, intoxicating pepper, kawa	At least 24 hours before surgery/procedure	Sedation
St. John's Wort: amber, goat weed, hardhay, Hypericum, klamathweed	At least 5 days before surgery/procedure	Inhibition of neurotransmitter uptake
Valerian: all heal, garden heliotrope, vandal root	No data available	Sedation