1. Herbal medications and supplements are not regulated by the FDA.
2. Optimally, herbal meds and supplements are stopped 2 weeks before surgery.
3. Herbal meds and supplements are associated with a variety of anesthetic interactions.
4. Important anesthetic interactions include:
   a. Black Cohosh – hypotension
   b. Echinacea – immunosuppression, hepatic dysfunction
   c. Garlic, Ginger, Ginkgo – increased bleeding
   d. Ginseng – CNS stimulation
   e. Hoodia – altered glucose control
   f. Kava, Valerian – CNS depression, decreased MAC
   g. St. John’s Wort – CNS stimulation

**Additional Reading:**