

Preoperative Advice for Patients Taking GLP-1 Receptor Agonist (GLP1-RA) Medications

GLP1-RA Medicines Include :

Weekly injections: **-Semaglutide (Ozempic, Wegovy)**
-Dulaglutide (Trulicity)
-Tizepatide (Mounjaro)

Daily injections: **-Liraglutide (Victoza, Saxenda)**
-Exenatide (Byetta)

What are the risks?:

Patients who take these medicines have an increased chance of having a full stomach even after they follow standard preoperative fasting instructions. Having a full stomach increases the risk of vomiting food into lungs while having sedation or general anaesthetic. Although it is rare, vomiting under sedation or anaesthesia can cause life-threatening breathing complications.

GLP1-RAs almost always should be continued as normal before surgery. That's because they are very important for treatment of diabetes, obesity or heart failure and they take some weeks for the stomach effects to fully wear off. Stopping these medicines for a long time can cause your medical conditions to be less well controlled.

All patients should continue their GLP1-RA medicines as usual before and after surgery, except: If your surgery is on the *same day* as your weekly injection (or if you are on a daily injection schedule), you should take the medicine *after* the surgery has happened, once you are fully awake. Bring your medication with you into hospital and your care team will arrange with you to have it after surgery.

Other Diabetes Medication Instructions:

If you are living with diabetes, you must follow your personalised medication instructions supplied by the POWH preoperative team. If your surgery is happening in the next week and you haven't yet received medication instructions, please call the Anaesthetic Clinic on 9382 3865.

Fasting For Patients Taking GLP1-RAs

It is important you follow these instructions to keep safe and reduce the risk of harmful breathing complications while under anaesthesia. Please see over this page for your fasting instructions. *(If you have been instructed to take bowel prep medicine, eg for a colonoscopy, please instead follow the bowel prep fasting instructions provided by the Billington Unit, your gastroenterologist or surgeon.)*

FASTING INSTRUCTIONS FOR PATIENTS WHO TAKE GLP1- RAs:

(for patients not taking bowel prep medicine)

You must not eat any food for 24 hours before your arrival time at the hospital. During this time, you may continue to drink only **clear fluids** (as listed below) before your arrival.

While you are drinking clear fluids only, you may drink as much clear fluid as you need to keep hydrated and comfortable. This applies until **6 hours before your arrival** when you must start to limit the volume that you drink. Between 6 hours prior, and you arrive at hospital, only consume **up to one small cup (200mL) of clear fluids every hour.**

Clear fluids include:

- Water
- Coffee or tea, no milk (added sugar is ok)
- Clear apple juice (not cloudy)
- Cordial or lemonade
- Gatorade/Powerade/Dex or other clear rehydration drink

Use this QR code to read general information on our webpage on preparing for surgery. The webpage can also be found at <https://www.seslhd.health.nsw.gov.au/prince-of-wales-hospital> in the Services and Clinics directory under 'Surgery, Anaesthesia and Perioperative Medicine.'



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