

Preparing for your medical procedure when taking some diabetes and/or weight loss medication.

What medications does this relate to?

A group of medications known as GLP-1 Antagonists. Examples of these medications include:

Ozempic	Trulicity	Victoza	Mounjaro	Saxenda	Wegovy
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Why do I need to advise I am on this medication?

These medications have been known to delay gastric emptying and increase the risk of aspiration when having an anaesthetic and this can be life threatening.

What am I required to do to prepare for my surgery when on one of these medications?

If you are taking these medications, we ask that you follow a clear fluid only diet for **24 hours** prior to your surgery.

For a whole day before your procedure, do not eat any solid food and drink only clear fluids.

On the day of your procedure, fast for 6 hours immediately prior to your surgery. Do NOT eat any food or have any drinks in this time (sips of water are acceptable). Unless advised otherwise by your doctor you may take your usual medications with a sip of water only.

What is OK to have on a “Clear fluid” diet?

You can have....

- Water
- Black tea or black coffee (no milk)
- Jelly
- Honey
- Cordial (eg lemon)
- Ice blocks (popsicles, icy poles)
- Hard boiled lollies/candy
- Electrolyte “sports” drinks
- Clear broths, consommé, dissolved stock cubes or clear miso soup (without any solids such as seaweed or tofu)
- Soft drinks, mineral water or soda water (eg lemonade)
- Apple juice, vegetable juice or fruit juice without pulp.

DO NOT eat any solid food or have any drinks not listed.

Not on these drugs?

These instructions are ONLY for people on these drugs. If you are not on these medications then you can eat up to six hours before the procedure, and then NOTHING except water up to 2 hours before the procedure.