

Information for Patients on GLP1 Receptor Agonist Medications

Background Information:

- Before a procedure requiring an anesthetic, it is important that the stomach is empty.
- GLP1 Receptor Agonist (GLP1RA) medications are prescribed to manage diabetes mellitus and/or weight management, and these medications slow down stomach emptying after a meal.
 - Examples of these medications:
 - Semaglutide (Brand name: Ozempic, Wegovy, Rybelsus)
 - Tirzepatide (Brand name: Mounjaro, Zepbound)
 - Liraglutide (Brand name: Saxenda)
 - Exenatide (Brand name: Byetta, Bydureon)
 - Dulaglutide (Brand name: Trulicity)
- For people taking GLP1RA medications, a modified diet (clear fluid diet) on the day before surgery is needed to fully empty the stomach.
- These medications do not need to be stopped before surgery.
- Instructions will be provided for all other medications.

Diet Instructions:

- **DAY BEFORE THE PROCEDURE:**
 - STOP eating all food – NO SOLID FOOD
 - Continue drinking CLEAR FLUIDS
 - Do NOT DRINK fluids containing milk, alternative milks, jelly, drinks with pulp or drinks that are not clear such as orange juice.
 - Examples of acceptable CLEAR fluids: water, sparkling water, apple juice, plain tea or coffee (NO milk/whitener), clear broth/soup
- **DAY OF THE PROCEDURE:**
 - STOP drinking 6 HOURS prior to surgery
 - Nothing by mouth for 6 HOURS prior to surgery

References (July 2026):

1. <https://www.healthpoint.co.nz/downloadinfo.5dad1b23-fa04-47c5-bb28-2575416f7e0c.serviceArea.qhkv88lv0tr29mpykvvn.do>
2. https://www.anzca.edu.au/getcontentasset/04ccb059-2f86-4bb2-940b-a085501e5ae7/80feb437-d24d-46b8-a858-4a2a28b9b970/anzca_glp-1_agonist_info-sheet_v5.pdf?language=en&download=1