



Preparing for Surgery with GLP-1 Medications

Pre-Surgical Guidelines

The pre-surgical diet guidelines below are for patients using **oral or injectable** GLP-1 medication to manage diabetes or for weight loss. Your physician, surgeon, or anesthesiologist may recommend an alternative plan. In that case, follow your physician's instructions. **Patients taking a GLP-1 medication for diabetes MUST contact the prescribing doctor to review blood sugar management before surgery.**

GLP-1 Medication Brand Examples:

- Ozempic, Wegovy, Rybelsus (Semaglutide)
- Adlyxin (Lixisenatide)
- Mounjaro, Zepbound (Tirzepatide)
- Trulicity (Dulaglutide)
- Saxenda, Victoza (Liraglutide)
- Byetta, Bydureon (Exenatide, Extended Release)
- Xultophy (Insulin Degludec, Liraglutide)
- Soliqua (Insulin Glargine, Lixisenatide)

Instructions for Holding GLP-1 Medication

- If you take a GLP-1 medication **WEEKLY**, **HOLD FOR 1 WEEK BEFORE SURGERY**. You may resume the medication after you return home, and surgery has been completed.
- If you take a GLP-1 medication **DAILY**, **HOLD THE DOSE THE DAY BEFORE SURGERY**. You may resume the medication after you return home, and surgery has been completed.

Pre-Operative Diet and Fasting Instructions

- 24 hours before your surgery time, start a clear liquid diet.
- You may have **clear liquids only** the day before your surgery. **No solid foods are permitted.**
- Starting at Midnight, begin fasting. **NO FOOD OR LIQUIDS**. This includes water, mints, gum, and hard candy.

Clear Liquid Diet

ALLOWED

- Water
- Apple, Cranberry, or Grape Juice (*pulp-free*)
- Gatorade
- Black Coffee or Tea
- Clear Broth
- Ginger ale or Seltzer
- Jello, Italian Ice, or Popsicles (*pulp-free*)

NOT ALLOWED

- Milk or Dairy Products (*including in coffee & tea*)
- Citrus Juices
- Prune Juice
- Juices with Pulp
- Any food or beverage not listed in the "allowed" column

Failure to follow the required medication and diet restrictions will result in cancellation of surgery.