

GLP-1RA PATIENT GUIDELINES

REGISTERED GLP-1RAS IN AUSTRALIA:

- Semaglutide (Ozempic or Wegovy)
- Dulaglutide (Trulicity)
- Tirzepatide (Mounjaro)
- Liraglutide (Saxenda or Victoza)

These medications all reduce stomach emptying which increases risk of regurgitation during general anaesthesia or deep sedation. Regurgitation of gastric contents may result in soiling of your lungs, otherwise known as pulmonary aspiration, which can be a life-threatening complication.

Medical institutions have put consensus guidelines in place to reduce risk to patients. Patients who are unable to adhere to these fasting guidelines may risk delay or cancellation of their surgery.

PATIENT INSTRUCTIONS

- Continue GLP-1RA as prescribed.
- No solid food for 24 hours before surgery; only clear fluids allowed.
 - For morning procedures, only clear fluids on the day prior to surgery.
 - For afternoon procedures, start clear fluids at 8am the day prior to surgery after a light breakfast.
- Maintain the standard 6-hour fasting period before your operation. During this 6-hour period you can continue to sip clear fluids until 2 hours prior to your procedure. No more than 200ml per hour.
- Check with your Anaesthetist if you have any questions regarding fasting.

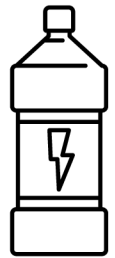
WHAT IS A CLEAR FLUID?



WATER



CORDIAL



SPORTS DRINK
ELECTROLYTE
DRINK



BLACK TEA,
COFFEE, HERBAL
TEA, ICED TEA
(NO MILK)



CLEAR
JUICE
(NO PULP)



CLEAR SOUP/BROTH
(NOTHING WITH
SOLIDS)

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