

Guidance for Patients Taking GLP-1RA or GLP-1RA/GIPRA Medications Before Surgery

This information is for patients taking medications such as:

Semaglutide (Ozempic, Wegovy)
Tirzepatide (Mounjaro, Zepbound)
Dulaglutide (Trulicity)
Liraglutide (Saxenda, Victoza)
Exenatide (Bydureon)

These medications slow down how quickly your stomach empties. This increases the risk of vomiting or regurgitation during anaesthesia. To reduce this risk, please follow the instructions below.

Medication instructions

Do not stop your medication unless your doctor tells you to. Keep taking it as usual before surgery.

Fasting instructions

24 - 6 hr	• Clear fluid diet • Clear juice/sports drinks/broth/tea/coffee
6 - 2 hr	• Water only • Only water a maximum of 200 ml per hr
2 - 0 hr	• Nothing by mouth • No exceptions

What counts as clear fluids

- Water

- Black tea or black coffee (no milk or cream)
- Clear apple juice (no pulp)
- Clear electrolyte drinks like Hydralyte, Powerade or Gatorade
- Clear broth or consommé (see below)

What is clear broth or consommé?

This means plain, watery soup made only from strained meat or vegetables, with no solids or cloudiness.

You can use:

- Store-bought clear chicken or beef broth, heated up
- Powdered stock (e.g. Massel, Continental) mixed with hot water
- Canned consommé, if fully clear

Do **not** use creamy, cloudy, or chunky soups like:

- Pumpkin soup
- Chicken noodle soup
- Cream of chicken
- Miso with bits

Do **not** have during the clear fluid period

Milk or milk-based drinks

Soups with solids, fat, or cream

Protein shakes like Sustagen or Up & Go

Smoothies or meal replacements

Juices with pulp



If you are unable to follow these instructions

If you have not followed the clear fluid diet for 24 hours, it is important to tell your doctor or anaesthetist as early as possible.

They may delay your surgery, use special techniques to reduce risk during anaesthesia, or give you medication to help empty your stomach faster.

Other important information

If you have a condition like gastroparesis, Parkinson's disease, or bowel problems, your stomach may still empty slowly even if you have fasted correctly. Please tell your doctor or anaesthetist before surgery.

Reference

This policy is based on the national guideline published in April 2025, endorsed by ANZCA, the Australian Diabetes Society, GESA, and NACOS.

Available at: <https://www.anzca.edu.au/resources/professional-documents/endorsed-guidelines/glp-1ra-guideline-april-2025.pdf>