

PRE-OP GUIDANCE

Your medicines before surgery

Your usual medicines may need to be adjusted before surgery to keep you safe. Always bring your medicines, or a complete list, to hospital, including tablets, inhalers, patches and injections.

If you are unsure about any medicine, ask. This is a general guide. Always follow the specific instructions from Dr Halvey, your surgeon, the pre-admission clinic, your GP or your specialist, as your plan may differ.

Blood pressure medicines

ACE inhibitors and ARBs (perindopril, ramipril, lisinopril, irbesartan, valsartan, candesartan, telmisartan, losartan): withhold for 24 hours before surgery (do not take on the morning of surgery).

Beta-blockers (atenolol, metoprolol, bisoprolol, propranolol): continue as normal, including the morning of surgery.

Calcium channel blockers (amlodipine, diltiazem, verapamil): continue as normal.

Diuretics (frusemide, hydrochlorothiazide, indapamide, spironolactone): withhold on the morning of surgery to reduce dehydration and low blood pressure.

Blood thinners

Warfarin (Coumadin, Marevan): usually stopped 5 days before surgery; may need bridging with injections.

DOACs (apixaban, rivaroxaban, dabigatran, edoxaban): usually stopped 2 to 3 days before surgery (longer if kidney function is reduced).

Antiplatelets (clopidogrel, ticagrelor, prasugrel): usually stopped 5 to 7 days before surgery. Aspirin (Cartia, Astrix): usually continued.

Diabetes medicines and insulin

If you have type 1 diabetes, use an insulin pump, have frequent low blood glucose, or have unstable diabetes control, please contact the rooms before surgery for an individual plan.

Diabetes tablets: take as usual up to and including the night before; do not take on the day of surgery; restart when eating and drinking normally.

SGLT2 inhibitors / flozins (Jardiance, Forxiga, Steglatro, Xigduo, Jardiamet, Glyxambi, Qtern, Segluromet, Steglujan): stop for 3 days before your procedure due to ketoacidosis risk. If surgery is Friday, last dose is Tuesday. Do not restart until eating, drinking and well.

Short-acting / meal-time insulin (NovoRapid, Fiasp, Humalog, Apidra, Actrapid): do not take while fasting unless given a correction-dose plan.

Long-acting basal insulin (Lantus/Optisulin, Toujeo, Tresiba, Levemir, Semglee): take 50% of your usual dose at the usual time from the evening before until your procedure, unless told otherwise.

Intermediate-acting insulin (Protaphane, Humulin NPH): take 50% of your usual dose at the usual time.

Premixed / Ryzodeg (NovoMix 30, Ryzodeg 70/30, Humalog Mix, Mixtard 30/70, Humulin 30/70):

- Evening before surgery: take 80% of your usual evening dose.
- Morning surgery (before 1 pm): do not take morning premixed/Ryzodeg while fasting; bring insulin and glucose monitor.
- Afternoon surgery (after 1 pm): early light breakfast as instructed, take 50% of morning dose with breakfast, then none while fasting.
- After surgery: restart usual routine when eating and drinking normally.

Insulin pumps: do not stop or suspend unless given an alternative plan. Contact the rooms before surgery for pump instructions.

GLP-1 medicines (Ozempic, Wegovy, Mounjaro, Trulicity and similar)

These slow stomach emptying, so special fasting rules apply:

- 24 to 6 hours before surgery: clear fluids only.
- 6 to 2 hours before: water only (max 200 ml per hour).
- 2 hours before: nothing by mouth.

Clear fluids: water, black tea/coffee (no milk), clear apple juice, electrolyte drinks, clear broth. Avoid milk, smoothies, protein shakes, creamy soups or juices with pulp. If you did not follow these instructions, tell us; surgery may be delayed or modified.

Other medicines

- Statins (atorvastatin, rosuvastatin, simvastatin, pravastatin) and ezetimibe/fenofibrate: continue.
- Antidepressants / anti-anxiety (sertraline, escitalopram, venlafaxine, amitriptyline): continue.
- Epilepsy medicines (valproate, carbamazepine, levetiracetam): continue.
- Inhalers (Ventolin, Seretide, Spiriva): continue and bring to hospital.
- Steroids (prednisone, dexamethasone, hydrocortisone): do not stop suddenly; you may need stress doses.
- Paracetamol: continue. NSAIDs (Nurofen, Voltaren, Mobic): usually stopped before surgery. Opioids (Endone, Targin, Tramadol): continue if prescribed.
- Supplements/herbals (fish oil, vitamin E, garlic, ginkgo, ginseng, St John's Wort): stop at least 7 days before surgery.