

# ARE YOU ON ANY OF THESE INJECTIONS?



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

## PATIENT INFORMATION SHEET

Please read these guidelines carefully if you are taking any of the medications listed.

Since you will require general anesthesia or sedation for a medical procedure, it is important that these instructions are followed. These drugs slow down stomach emptying. As a result, you must begin getting ready the day before.

**WHY DOES IT MATTER?** During the procedure, some of the food or drink that is left in your stomach may come back up into your mouth if it is not empty, and this can be unsafe.

### DAY BEFORE the procedure

You should **ONLY DRINK "CLEAR FLUIDS"** (see list) starting at **6:00AM, the DAY BEFORE your operation** to help ensure your safety. Clear fluids are typically transparent and contain no particles at all.

**DO NOT EAT ANY SOLID FOOD.**

### DAY of the procedure

You can drink water or clear fluids, but no more than half a cup (about 125 ml) every hour.

**STOP DRINKING 2 HOURS PRIOR TO ADMISSION.**

(Please observe complete fasting)

### Clear fluid drinks

#### OK TO HAVE:

- Water
- Black tea or coffee (NO MILK)
- Apple juice
- Clear cordial
- Clear broth
- Icy poles
- Barley sugar
- Electrolyte drinks (eg. Gatorade)

### DONOT HAVE

- Drinks containing milk
- Ice cream
- Fruit juices containing pulp or fibre
- Cloudy fruit juices
- Soluble fibre (e.g. metamucil)
- Alcohol (alcoholic beverages are not recommended during periods of fasting)

Please be advised: This information serves as a guide and should not substitute information provided by your anaesthetist. Should you have any inquiries regarding your anaesthesia, kindly consult with your treating specialist.

(Reference: ANZCA GLP-1 agonist patient information sheet)