

Fasting guidelines

for patients taking weight-loss / diabetic injections

If you are taking any of the following medications, please read fasting instructions carefully:

Semaglutide (Ozempic® or Wegovy®)
Liraglutide (Victoza® or Saxenda®)

Tirzepatide (Mounjaro®)
Dulaglutide (Trulicity®)

Following these instructions helps reduce risk and ensures your procedure can be performed safely.

Why these instructions are important: These medications slow how quickly your stomach empties. When you receive general anaesthesia or sedation, any food or fluid remaining in your stomach can come back up into your mouth, and this can be unsafe.

Fasting

Day before your procedure

Starting at 6am on the day before your procedure, you must only drink CLEAR FLUIDS (see list).

Clear fluids include liquids that are transparent and contain no milk, pulp, or particles. **DO NOT EAT ANY SOLID FOOD** from this time onward.

✓ Clear fluids/drinks - OK TO HAVE

- ✓ Water
- ✓ Black tea / black coffee (NO MILK)
- ✓ Apple juice
- ✓ Clear cordial
- ✓ Clear soft drinks (eg lemonade)
- ✓ Clear broth, consommé or clear miso soup (no seaweed or tofu)
- ✓ Icy poles
- ✓ Electrolyte drinks (e.g. sports drinks)

Day of your procedure

You may continue to drink small amounts of clear fluids only. Limit intake to no more than ½ cup (approximately 125ml) per hour.

STOP DRINKING
2 Hours Prior to Admission
(Please observe complete fasting)

x Avoid these - DO NOT HAVE

- x Drinks containing milk
- x Ice cream or dairy products (yoghurt drinks)
- x Fruit juices with pulp or fibre (eg orange juice)
- x Cloudy fruit juices
- x Fibre supplements, soluble fibre (e.g. Metamucil®)
- x Alcohol (not recommended during periods of fasting)

Please note: This information serves as a guide and should not substitute information provided by your anaesthetist. Should you have any questions regarding your anaesthesia, please speak with your treating specialist. (Reference: ANZCAGLP-1 agonist patient information sheet)

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