

## SEDATION FASTING GUIDELINES FOR GLP MEDICATIONS

Glucose-Like Peptide (GLP) Agonists, often used to manage diabetes and to promote weight loss, slow gastric emptying which can increase anesthesia risk. If you have taken a GLP Agonist in the LAST 4 WEEKS (by injection or pill) you must follow the following pre-operative instructions.

### GLP AGONISTS

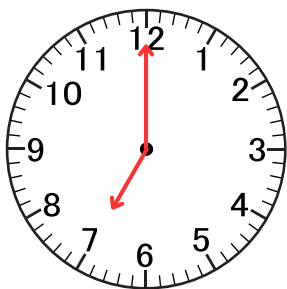
- DULAGUTIDE (TRULICITY)
- EXENATIDE (BYDUREON BCISE)
- SEMAGLUTIDE (OZEMPIC, RYBELSUS)
- TIRZEPATIDE (MOUNJARO)
- LIRAGLUTIDE (VICTOZA, SAXENDA)
- TEDUGLUTIDE (GATTEX)
- EXENATIDE (BYETTA)
- LIXISENATIDE (ADLYXIN)
- ALBIGLUTIDE (TANZEUM)

### SEDATION SAFETY

During sedation, swallowing and coughing reflexes don't work normally. This places the lungs at risk. Fasting before a procedure is a standard precaution to prevent lung injury. In patients who take GLP agonists, the fasting time needs to be longer to allow for the stomach to empty solid foods.

## PRE-OPERATIVE INSTRUCTIONS

To allow the stomach to empty, solid food should be stopped at 7pm TWO DAYS BEFORE the procedure. Nutrition and hydration are important for healing, so clear liquids should be continued until MIDNIGHT THE NIGHT BEFORE the procedure. DO NOT take anything by mouth (including water, gum, mints, lozenges, etc.) on the day of the procedure.

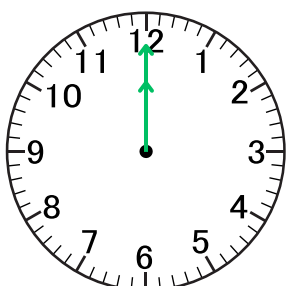


### **TWO DAYS BEFORE:**

Stop all solid food intake at 7:00 pm. Continue clear liquid intake to keep up with hydration and nutrition.

### **ONE DAY BEFORE:**

Continue clear liquid intake to keep up with hydration and nutrition.



### **DAY OF SURGERY:**

Stop all oral intake at midnight (12:00 am). This includes water, gum, mints, lozenges, etc.

## CLEAR LIQUID DIET

- WATER
- GLUCOSE WATER
- FRUIT JUICES W/OUT PULP
- CARBONATED BEVERAGES
- SPORTS DRINKS W/OUT PROTEIN
- CLEAR TEA & BLACK COFFEE (NO CREAMER)
- CHICKEN OR BEEF BOUILLON/BROTH (FAT FREE, LOW SODIUM)
- GELATIN (LEMON, LIME, ORANGE; NO FRUIT, NO TOPPINGS)

**\*\*CLEAR LIQUIDS DO NOT INCLUDE:**

**ALCOHOL, ORANGE JUICE, MILK, COFFEE CREAMER, PROTEIN DRINKS, SMOOTHIES**

**\*\*AVOID RED/PURPLE CLEAR LIQUIDS**

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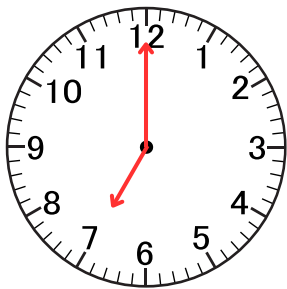
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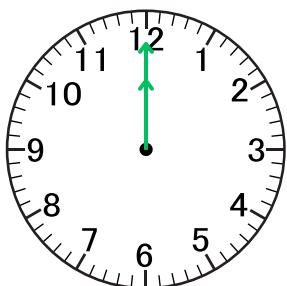


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