



PATIENT & CAREGIVER EDUCATION

Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines

GLP-1 medicines are medicines that are prescribed for weight loss. These medicines are also used in the treatment of diabetes and heart disease. If you take a GLP-1 medicine, ask the healthcare provider doing your procedure what to do before your procedure. You may need to stop taking it, follow different eating and drinking instructions before your procedure, or both. Follow your healthcare provider's instructions.

Examples of medicines that are GLP-1 medicines are listed below. There are others, so make sure your care team knows all the medicines you take.

- Semaglutide (Wegovy[®], Ozempic[®], Rybelsus[®])
- Exenatide (Byetta, Bydureon[®])
- Tirzepatide (Zepbound[®], Mounjaro[®])
- Dulaglutide (Trulicity[®])

- Liraglutide (Saxenda®)
- Insulin Glargine and Lixisenatide (Soliqua®)
- Insulin Degludec and Liraglutide (Xultophy®)

Instructions for eating and drinking before your surgery or procedure

These instructions are to keep you safe. It is dangerous to have food or liquid in your stomach when you get sedation or anesthesia. Following these instructions will help make sure your stomach is empty.

It is very important to follow these instructions. If you do not follow them, your surgery or procedure may be delayed or canceled.

The day before your surgery or procedure

The day before your surgery or procedure, follow a clear liquid diet. You cannot eat any solid food. A clear liquid diet includes only liquids you can see through. Keep following it until midnight (12 a.m.).

Visit www.msk.org/pe/clear-liquid-diet to learn more.

If you have diabetes, pay attention to the amount of sugar in your drinks. It will be easier to control your blood sugar levels if you include sugar-free, low-sugar, or no added sugar versions of these drinks.



After midnight (12 a.m.), do not eat or drink anything. You may have sips of water with your medicines.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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