Memorial Sloan Kettering Cancer Center

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 your healthcare provider what to do before your surgery or procedure. You will need to follow different eating and drinking instructions before your procedure. Follow your healthcare provider's instructions.

You can find examples of GLP-1 medicines at the end of this resource.

Instructions for eating and drinking before your surgery of 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 have taken a **GLP-1 medicine at any time in the last 30 days**, follow the specific instructions below. **If you do not follow them, your surgery or procedure may be delayed or canceled.**

Follow a clear liquid diet the day before

Start following a clear liquid diet at 6 a.m. the day before your surgery or procedure. Do not eat any solid foods. A clear liquid diet includes only liquids you can see through.

Here are examples of what you can and cannot have while following a clear liquid diet.

Clear liquid diet		
	OK to have	**Do not have**
Broths	• Clear broth, bouillon, and consommé.	• Anything with pieces of food or seasoning.
Sweets	• Gelatin, such as Jell-O®. • Flavored ices. • Hard candies, such as Life Savers® and lemon drops.	• All other sweets.
Drinks	• Clear fruit juices, such as apple, cranberry, and grape juices. • Soda, such as ginger ale, 7UP®, Sprite®, and seltzer. • Sports drinks, such as Gatorade® and Powerade®. • Black coffee or plain tea without milk or creamer. • Water, including carbonated (fizzy) and flavored water. • Clear nutritional drinks, such as Boost® Breeze, Ensure Clear™, and Pedialyte®.	• Juices with pulp. • Nectars. • Smoothies or shakes. • Milk, cream, and other dairy products. • Nut milks, plant milks, non-dairy creamers, and other dairy alternatives. • Drinks with alcohol.

Read *Clear Liquid Diet* (www.mskcc.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.

Do not eat or drink anything 8 hours before arrival



Stop drinking 8 hours before your arrival time. Do not eat or drink anything after this time, including clear liquids. You can have sips of water with your medicines.

Here are examples of when to stop drinking and eating:

- If your arrival time is 6 a.m., do not eat or drink anything after 10 p.m. the night before.
- If your arrival time is 12 p.m. (noon), do not eat or drink anything after 4 a.m.
- If your arrival time is 4 p.m., do not eat or drink anything after 8 a.m.

Examples of GLP-1 medicines

Examples of 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®)

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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