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How To Check if a Medicine or Supplement Has □□□□□

Aspirin, Other NSAIDs, Vitamin E, or Fish Oil

([www.mskcc.org/cancer-care/patient-education/common-](http://www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-)

[medications-containing-aspirin-and-other-nonsteroidal-](http://www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-)

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Clear Liquid Diet (www.mskcc.org/cancer-care/patient-education/clear-liquid-diet)

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Eating and Drinking Before Your □□□□□□□□□□□□□□□□

Surgery or Procedure When Taking GLP-1 Medicines
www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines

GLP-1 medicines can cause nausea, vomiting, and diarrhea. These symptoms can be worse if you have had surgery or a procedure. You may also have trouble swallowing or chewing. You may have trouble breathing. You may have trouble sleeping. You may have trouble concentrating. You may have trouble remembering things. You may have trouble making decisions. You may have trouble communicating. You may have trouble understanding things. You may have trouble following directions. You may have trouble staying on track. You may have trouble staying motivated. You may have trouble staying focused. You may have trouble staying calm. You may have trouble staying patient. You may have trouble staying positive. You may have trouble staying hopeful. You may have trouble staying optimistic. You may have trouble staying confident. You may have trouble staying strong. You may have trouble staying brave. You may have trouble staying resilient. You may have trouble staying determined. You may have trouble staying committed. You may have trouble staying dedicated. You may have trouble staying loyal. You may have trouble staying faithful. You may have trouble staying honest. You may have trouble staying truthful. You may have trouble staying open. You may have trouble staying vulnerable. You may have trouble staying authentic. You may have trouble staying genuine. You may have trouble staying sincere. You may have trouble staying kind. You may have trouble staying gentle. You may have trouble staying soft. You may have trouble staying tender. You may have trouble staying loving. You may have trouble staying caring. You may have trouble staying compassionate. You may have trouble staying empathetic. You may have trouble staying understanding. You may have trouble staying forgiving. You may have trouble staying patient. You may have trouble staying tolerant. You may have trouble staying flexible. You may have trouble staying adaptable. You may have trouble staying resilient. You may have trouble staying strong. You may have trouble staying brave. You may have trouble staying resilient. You may have trouble staying strong. You may have trouble staying brave.

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Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines (www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines)



Do not eat or drink anything (including water) for 12 hours before your surgery or procedure. This includes clear liquids, soft foods, and solid foods.

Do not take any medications, including GLP-1 medicines, for 24 hours before your surgery or procedure. This includes oral and injectable GLP-1 medicines.

Do not take any other medications, including painkillers, antibiotics, or blood thinners, for 24 hours before your surgery or procedure.

Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines (www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines)

For 12 hours before your surgery or procedure, you will need to follow a clear liquid diet. This means you can only drink clear liquids. You cannot eat any solid food, dairy, or high-fiber foods. You can drink water, clear broth, clear juice, and clear sports drinks. You cannot drink alcohol, milk, or any other liquids that are not clear.

• Clear liquids

Examples of clear liquids include water, clear broth, clear juice, and clear sports drinks. You cannot drink alcohol, milk, or any other liquids that are not clear.

• Powerade Gatorade

• Clear liquids include water, clear broth, clear juice, and clear sports drinks. You cannot drink alcohol, milk, or any other liquids that are not clear.

• You can drink clear liquids up to 2 hours before your surgery or procedure. You cannot drink any other liquids during this time.

David H. Koch Center

East 74th Street 530

New York, NY 10021

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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 information, visit www.mskcc.org/pe, or call 212-639-2000. For more information, visit www.mskcc.org/pe, or call 212-639-2000.

About Your Upper Endoscopy - Last updated on November 24, 2025
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