



Before Your Surgery: Instructions for Individuals Who Take GLP-1 Medications for Weight Loss

Date & time of your surgery _____

If you take a glucagon-like peptide-1 (GLP-1) medication to help you manage your weight, you are required to stop taking your GLP-1 medication before your surgery to reduce the risk of complications.

- If you receive your dose of GLP-1 medication once a week, do not take your medication within **seven** days of your surgery.
- If you take your GLP-1 medication each day, stop taking it 24 hours before your surgery time.

You will need to follow a clear-liquid diet for 24 hours prior to the time of your procedure. If you are not sure of this time, check with your surgeon's office.

Clear liquid diet instructions

The stomach/intestines need to be empty before a procedure for your safety. Clear liquids are fluids you can see through and do not contain any solid pieces. Clear liquids that you can have for 24 hours before your surgery include:

- Water and ice
- Clear juices without pulp
- Coffee and tea without milk or cream
- Sports drinks – Gatorade/Powerade
- Bubbly seltzer drinks and clear soft drinks
- Ice pops without pulp or solid pieces

Please note that broth and alcohol are not permitted.