



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

If you take a glucagon-like peptide-1 (GLP-1) medication, you will continue to take your GLP-1 medication as usual before your surgery. You will need to follow a clear-liquid diet for 24 hours prior to the time of your procedure. Do not take your GLP-1 doses on the day of your surgery. 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.