

**DEAR PATIENT: IF YOU ARE TAKING A GLP-1, YOU
MUST FOLLOW THE INSTRUCTIONS BELOW:**

GLP-1 agonists are medications that help lower blood sugar levels and help with Type II Diabetes.

More recently, they are also used to promote weight loss. These medications help manage blood sugar but also slow your digestion, therefore the guidelines below should be followed prior to your surgical procedure.

GLP-1 Agonist Anesthesia Guidelines

- GLP-1 agonists should be held for 7 days prior to date of surgery.
- You must follow a clear liquid diet on the day prior to surgery. For example, if the day of surgery is Tuesday, the patient should be on clear liquids for the day on Monday.
- Strict NPO after midnight; which means nothing to eat or drink, including mints and gum.

Examples of GLP-1 Agonists (this is not a comprehensive list)

1. Dulaglutide (Trulicity)
2. Tirzepatide (Mounjaro)
3. Exendatide (Bydureon, Byeta)
4. Semaglutide (Ozempic, Wegovy, Rybelsus)
5. Liraglutide (Victoza)
6. Lixisenatide (Adlyxin)