

# Fasting Instructions: Patients on GLP1 receptor agonists for diabetes and/or weight management

For your safety it is important for your stomach to be empty at the time of your procedure/operation. If you are not fasted correctly your procedure/surgery may be cancelled. We recommend you read these instructions carefully at least two days before your procedure.

You are taking a medication (GLP1 receptor agonist) which slows down stomach emptying. You will need a longer time than usual with a modified diet (clear fluid diet) before surgery to allow your stomach to empty. You do not need to stop taking this medication.

Medications in this group include:

- Semaglutide** (Brand names Ozempic, Wegovy)
- Exenatide** (Brand names Byetta, Bydureon BCISE)
- Liraglutide** (Brand names Victoza, Saxenda)
- Dulaglutide** (Brand name Trulicity)
- Tirzepatide** (Brand names Mounjaro, Zepbound)

If you are a person with diabetes, you will be given further instructions about your medications by hospital staff. Please check you have received this information.

**24**  
HRS

**The day before your procedure, stop eating all food\***. From the time you wake up, only drink clear fluids. This will be approximately 24 hours before your procedure or hospital admission. During this period, there are no restrictions to the amount of clear fluids you drink.



\*Do not eat any solid food, including milk, fluids containing milk, alternative milks, jelly, drinks with pulp, or that are not clear such as orange juice.

**6**  
HRS

**On the day of the procedure**, from six hours before until two hours before your booked arrival time, you may continue to have clear liquids up to 200 mL per hour (about a cup) **if thirsty**.



**2**  
HRS

**Stop drinking clear fluids** from 2 hours before your appointment or arrival time to hospital and only drink sips of water until you start your journey to hospital.

**If you have any questions or concerns:**

Please email [surgicalbooking@adhb.govt.nz](mailto:surgicalbooking@adhb.govt.nz)  
or call 0800 728 436 – Monday to Friday 8.30 – 4.30pm

**Clear fluids** have no particles or floaty bits in them at all and you can see right through them, see below for examples:

**Water**



**Tea & coffee without milk**



**A hospital-provided pre-operative carbohydrate drink**



**Strained, pulp-free fruit and vegetable juices**



**Clear broth and soup**



**Lemonade and sparkling water, clear fizzy drinks**



**Popsicles (iceblocks containing no dairy or milk products)**

