

Preparing for your medical procedure when taking some diabetes and/or weight loss medications

We recommend you read through these instructions carefully at least two days before your procedure.

This advice is because you are having a medical procedure for which you will need sedation or general anaesthesia and you are also taking a medication of the type shown in box 1. This information sheet provides instructions about how to prepare your stomach for your procedure including:

- Why you need to start preparing the day before your procedure.
- What “clear fluids” you may drink on the day before your procedure.
- What you may drink before your procedure or on the day of it.
- What to do if you think you have not followed these instructions correctly.

Why preparation needs to start the day before

These medications (box 1) can slow down the emptying of your stomach.

Because of this you will need to start preparing for your procedure the day before. This is to help ensure your stomach is empty by the time of your procedure.

If your stomach is not empty, some of the food or drink still in it could come back up into your mouth during your procedure. This can be unsafe.

To help ensure your safety, *from the day before your procedure or surgery*, you should only drink “clear fluids” (see box 2). Clear fluids have no particles in them at all and can usually be seen through.

Avoid having any food or the type of drinks and liquids listed in box 3.

On the day of your procedure, you will need to change to just drinking small amounts of water about six hours before your procedure is due. Your hospital will contact you to let you know the time to stop drinking water.

Box 1: GLP-1 receptor agonists and dual GLP-1/GIP receptor co-agonists include

- Liraglutide (Victoza or Saxenda)
- Semaglutide (Ozempic or Wegovy)
- Dulaglutide (Trulicity)
- Tirzepatide (Mounjaro)

Timing of your medication

Keep using your medication from box 1 as you would normally. Your hospital or doctor will provide advice on all your other medications.

Day before your procedure – drink only “clear fluids”

On the whole day before, you should not eat any solid food. You should drink “clear fluids” only. The main examples to choose from are listed in box 2.

Box 2: “Clear fluid” drinks – OK to have



- Water.
- Black tea or black coffee.
- Carbohydrate (sugar) rich drinks – developed especially for before and after surgery.
- Clear broths or clear miso soup (without any solids such as seaweed or tofu).
- Clear cordial (eg lemon).
- Apple juice.
- Clear soft drinks (eg lemonade).
- Jelly.
- Icy poles.
- Electrolyte “sports” drinks.

Box 3: Not “clear fluids” – avoid these



- Drinks containing milk.
- Yoghurt drinks.
- Ice cream.
- Cloudy fruit juices (eg prune juice).
- Fruit juices containing pulp (eg orange juice).
- Alcohol*
- Soluble fibre (eg Benefiber, Metamucil).

*Alcoholic beverages are not recommended during periods of fasting.

The day of your procedure

Follow the instructions in box 4 below about what to drink on the day of your procedure according to whether it will be in the morning or afternoon.

Do not eat any solid food.

Box 4: Preparation timeline according to the time of your procedure

	When to stop “clear fluids” except water	When to drink only water	When to stop all drinks
Morning procedure	Stop all “clear fluids” except water the night before at midnight (12pm).	From when you wake up, you may only drink small amounts of water each hour – up to half a cup (125 ml) from midnight until 6am or as directed.	You should stop drinking water (and any other drinks) from 6am onwards, or until the time your hospital has told you to stop.
Afternoon procedure	Stop all “clear fluids” at 6am (06:00) on the morning of the day of your procedure.	From when you wake up, you may only drink small amounts of water each hour – up to half a cup (125 ml) until 11am or as directed.	You should stop drinking water (and any other drinks) from 11am onwards or until the time your hospital has told you to stop.

What to do if you have not followed these instructions

If you think you have not correctly followed the instructions in this information sheet, there is still a possibility you may be able to have your procedure. You should:

1. Start following the instructions according to where you are on the preparation timeline (see box 4), and
2. Contact your practitioner/hospital as soon as possible to let them know when you began fasting. Sharing this information is important for your safety.

Patients with diabetes or preparing for colonoscopy or barium enema

Patients with diabetes (especially if taking insulin) or having bowel preparation for a colonoscopy or barium enema should ask their doctor to provide instructions.