



Department of Anesthesia
Hunterdon Medical Center

8/15/24 Update:

GLP-1 Patient Management

Some examples are but not limited to: Ozempic, Wegovy, Mounjaro, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Rybelsus

If a patient has taken GLP1 in the last 30 days, these NPO guidelines need to be followed:

Pre-Op Management:

- Hold 48 hours prior to procedure for daily dosing patients.
- Hold for a FULL 7-days prior to surgery for once weekly dosing patients.
 - If GLP-1 agonists prescribed for diabetes management are held for longer than the dosing schedule, consult an endocrinologist for bridging the antidiabetic therapy to avoid hyperglycemia.
- Alert Anesthesia for symptoms of nausea or vomiting
- NPO Guidelines
 - No solid foods/only liquids after noon day prior to surgery
 - Nothing to eat or drink after midnight
 - For diabetic patients, check blood sugars the night before surgery
 - If <100, patients may drink 4 oz of clear liquids (apple juice, ginger ale, etc.)

If instructions are not followed as stated above, the surgery may be canceled at the discretion of the anesthesiologist

Day of Procedure:

- If GI symptoms (severe nausea/vomiting/retching, abdominal bloating, or abdominal pain) are present, consider delaying elective procedure. Discuss the risk of regurgitation and aspiration with the proceduralist/surgeon and the patient.
- If the patient has *no* GI symptoms, but GLP-1 agonists were **not** held, proceed with 'full stomach' precautions or consider delaying the procedure. Discuss the concerns of potential risk of regurgitation and aspiration with the proceduralist/surgeon and the patient.

If a patient has not taken GLP1 in the last 30 days, then standard NPO guidelines must be followed.

Approved by:

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