TEXAS SOCIETY OF ANESTHESIOLOGISTS

Advocating for Patients.
Supporting Anesthesiologists.
Advancing Safe, High-Quality Care Across Texas.

GLP-1 MEDICATIONS AND ANESTHESIA

What Patients Should Know Before Surgery

1 Tell your anesthesia team about your medication.

Let us know if you take a GLP-1 medication such as Ozempic®, Wegovy®, Mounjaro®, Zepbound®, or similar medications, whether for diabetes or weight loss.

2 These medications can slow stomach emptying.

GLP-1 medications can slow down how quickly food leaves your stomach. During anesthesia, food or liquid left in the stomach can come back up and enter the lungs. This is called **aspiration**, and it can cause serious complications.

3 Most patients do NOT need to stop their medication.

Recommendations have changed. Most patients can continue GLP-1 medications before surgery. **Do not stop or change your medication unless your healthcare team tells you to.**

4 Tell us about dose changes and stomach symptoms.

Let us know if you recently started the medication or increased your dose. Also tell us if you have nausea, vomiting, bloating, stomach pain, constipation, or feel unusually full after eating.

5 You may receive special eating and drinking instructions.

Depending on your risk, you may be asked to have **only liquids** for **24 hours** before your procedure. Follow the eating and drinking instructions provided by your healthcare team. **Do not fast longer on your own.**

6 Your anesthesia plan will be personalized for you.

Your anesthesiologist will consider your medication, symptoms, dose changes, medical history, and the type of procedure to determine the safest anesthesia plan for you.

Having significant stomach symptoms before surgery?

If you have nausea, vomiting, bloating, stomach pain, constipation, or unusual fullness, contact your surgical or anesthesia team before coming to the hospital or surgery center.

This information is for general education and does not replace instructions from your physician or anesthesia team. Follow the instructions provided for your specific procedure.