



Special Instructions for Patients Receiving GLP1/Phentermine Medications

When Preparing for Procedures or Surgery Under Mild Sedation: Patients do not have to stop GLP1.

When Preparing for Procedures or Surgery Under Moderate/Deep Sedation or General Anesthesia: Patients must follow the instruction Below:

If the patient has any concerns prior to stopping any medication, please contact the prescribing physician.

- For patients on weekly dosing, patients must suspend GLP1 medications for one week prior to the procedure/surgery:
 - **Bydureon** (exenatide, once-weekly injection)
 - **Mounjaro (or Zepbound)** [tirzepatide, once weekly injection]
 - **Ozempic** (semaglutide, once-weekly injection)
 - **Trulicity** (dulaglutide, once-weekly injection)
 - **Wegovy** [semaglutide, once weekly injection]
- For patients on daily dosing, patients must suspend GLP1 medications on the day of the procedure/surgery:
 - **Byetta** (exenatide, twice daily injection)
 - **Rybelsus** (semaglutide, taken by mouth once daily)
 - **Victoza** (liraglutide, once-daily injection)

Dietary guidelines for ALL patients on GLP1 medications:

- Clear liquids 24 hours prior to the any procedure or surgery
- NPO 6 hours prior to surgery/procedures and upper endoscopy
- NPO 3 hours prior to colonoscopy

On the Day of the Procedure for all patients on GLP1:

- If gastrointestinal (GI) symptoms such as **severe** nausea/vomiting/retching, abdominal bloating, or abdominal pain are present, consider delaying elective procedure, and discuss the concerns of potential risk of regurgitation and pulmonary aspiration of gastric contents with the gastroenterologist/anesthesiologist and the patient.
- If the patient has no GI symptoms, and the GLP-1 medications have been held as advised, proceed as usual.

If patient has not stopped their GLP 1 medications or followed the GLP1 NPO guidelines, and it has been determined by the proceduralist or surgeon with the anesthesiologist that the procedure cannot be done under mild sedation, it will need to be rescheduled.

Phentermine Medications

- For patients taking phentermine or Qsymia (Phentermine+Topamax)- Stop medication one week prior to the procedure.
- NPO 3 hours prior to procedure.
- For colonoscopy and combined colonoscopy with upper endoscopy – follow prep instructions provided by your gastroenterologist.

If patient has not stopped their Phentermine per the guidelines and it has been determined by the proceduralist or surgeon with the anesthesiologist that the procedure cannot be done under moderate sedation, it will need to be rescheduled.

If the patient has any concerns prior to stopping any medication, please contact the prescribing physician.

Reference: The American Society of Anesthesiology – consensus statement regarding preoperative/preprocedural management of patients on GLP1 agonists

<https://www.asahq.org/about-asg/newsroom/news-releases/2023/06/american-society-of-anesthesiologists-consensus-based-guidance-on-preoperative>