

Phone: 604-875-2278 Email: BCWHSSPAC@cw.bc.ca

#### **Important Information Before Your Surgery:**

#### What You Need to Know About Your Medicine and Eating/Drinking

#### Medicine to Stop Before Surgery:

If you take a medicine called a **GLP-1 agonist** (like **Ozempic®**, **Wegovy®** or **Mounjaro®**), you need to **skip one dose before your surgery**.

#### Why skip a dose?

This medicine slows down how your stomach empties. That can be dangerous during surgery. If your stomach is not empty, you could vomit and get very sick when you are asleep during surgery. That's why you need to skip one dose before your surgery.

#### Fasting (No Eating or Drinking Certain Things) Before Surgery

You must stop eating solid food 24 hours before your arrival time for surgery.

You will need to change what you drink and when before your surgery.

Follow the simple steps on page 2.

## **S** Need help or have questions?

Call the BC Women's Hospital Preanesthesia Clinic.

#### Scan the QR code to access an instruction video

It's very important to follow these steps to stay safe.





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## Starting 24 hours before your arrival time:

Vou can drink clear fluids with some calories. <u>Do not eat any solid food after this time</u>.

### **b** Examples of clear fluids with calories:

- Apple or cranberry juice
- Sports drinks (like Gatorade®)
- Clear broth (chicken broth/bouillon/consommé)
- Clear soda (like gingerale, 7-Up®, Sprite®)
- Popsicles (not with milk or chunks)
- Gelatin (plain gelatin like Jell-O®)



## Starting 6 hours before your arrival time:

**V** You can drink only clear fluids with NO calories.

**b** Examples of clear fluids without calories:

- Water
- Black coffee (no sugar, no cream or milk)
- Black tea (no sugar, no milk or honey)



# Starting 2 hours before your arrival time:

## **O** Do not eat or drink anything at all.

This is called being NPO (which means "nothing by mouth").

Your stomach needs to be empty for your safety during surgery.