

BCWH Gynecology Surgical Services

Phone: 604-875-2278 **Emai**l: BCWHSSPAC@cw.bc.ca

Important Information Before Your Surgery:

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

If you take a medicine called a GLP-1 agonist (like Ozempic®, Wegovy®, Zepbound® or Mounjaro®), you need to follow special fasting instructions prior to 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 also need to change what you drink and when before your surgery.

Your 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. Following a liquid diet makes it more likely that your stomach is empty.

That's why you need to follow a liquid diet before your surgery.

Follow the simple steps on page 2.

№ 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.



BC WOMEN'S HOSPITAL+ HEALTH CENTRE

An agency of the Provincial Health Services Authorit

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Starting 24 hours before your arrival time:

✓ You can drink **clear fluids** containing calories (energy).

Do not eat any solid food after this time.

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:

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