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Updated July 2025

### **Medications prior to your surgery.**

Most of your regular medicines should be taken as normal. If your surgery is in the morning you can take your tablets with a sip of water as this is not considered to be a breach of your fasting guidelines.

### **Weight Loss Medication**

If you are taking injectable weight loss medication such as Ozempic/Wegovy (semaglutide), Saxenda (Liraglutide), Mounjaro (tirzepatide) you will need to fast for solid food for 24-hours before your operation. During this period you can have broth (fat free, clear broths like chicken or beef broth), clear fruit juices, non-carbonated sport's drinks, jelly and ice blocks.

### **Diabetes**

**Jardiance, Jardiamet (Empagliflozin), Forxiga, Qtern and Xigduo XR (dapagliflozin).**

Please stop this medication 2 days before your operation.

### **Other Diabetes tablets.**

Please stop all other diabetes tablets on the day of surgery (ie metform, diabex, diamicron etc)

### **Insulin**

Please reduce your evening 'long acting' insulin by 20 % on the night before your surgery. As you will be fasting it is important not take short acting insulin (novorapid) on the day of your surgery.

If you are a Type 1 Diabetic, your Anaesthetist will normally commence an insulin infusion when you arrive in hospital.

Please discuss with your anaesthetist whether you have a portable insulin infusion pump.