

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, diamicon 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.