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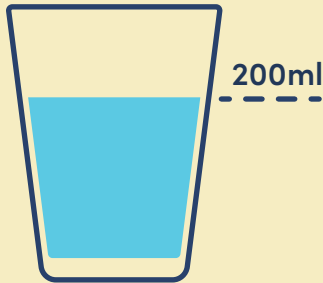
FASTING BEFORE SURGERY

What you need to know before your
general anaesthetic or IV sedation



STOP ALL FOOD AND NON-CLEAR FLUIDS

Stop eating solid food and
drinking non-clear fluids at
least 6 hours before surgery.



BUT FASTING DOESN'T ALWAYS MEAN NO DRINKING

Adults, and children who weigh over 65kg,
can drink up to 200ml of clear liquids each
hour, if thirsty, until taken into the
operating theatre.



Drink small
amounts
of water, if
thirsty.

✓ CLEAR LIQUIDS



Water



Clear
electrolyte
drinks



Pulp-free
juice or
cordial



Black tea
or coffee

✗ NON-CLEAR FLUIDS



Jelly



Milk,
cream or
ice cream



Plant-
based
milks



Broth

YOUR FAST MAY BE DIFFERENT



Children



Diabetes



Reflux



GLP-1s and
peptides



Using GLP-1 or weight- loss medications?

Tell your surgical team as soon
as possible. These medicines
can slow stomach emptying,
so you may need different
fasting instructions.



Scan the QR code for
more information or visit:
[www.anzca.edu.au/
fasting](http://www.anzca.edu.au/fasting)

*Please note: This resource has been developed for patients by specialist
anaesthetists of the Australian and New Zealand College of Anaesthetists.
This information should not replace information supplied by your doctor.
If you have any questions about your anaesthesia, please speak with your
treating specialist.*

GLP-1s AND PEPTIDES

What you need to know before your general anaesthetic or IV sedation if you're taking weight-loss medications or peptides



YOUR FAST MAY BE DIFFERENT

Some medicines used for diabetes or weight-loss can slow your stomach emptying. This may increase the risk of food coming back up and entering your lungs while you are under anaesthesia or sedation.

You may be asked to follow a "clear fluids only" diet for 24 hours before your operation.



Don't wait. Tell your anaesthetist and/or procedural team

Tell your anaesthetist or the pre-admission clinic as soon as possible about any GLP-1 or weight-loss medications and peptides you are using including Ozempic®, Wegovy®, Mounjaro®, Trulicity®, Victoza® or Saxenda®.



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