

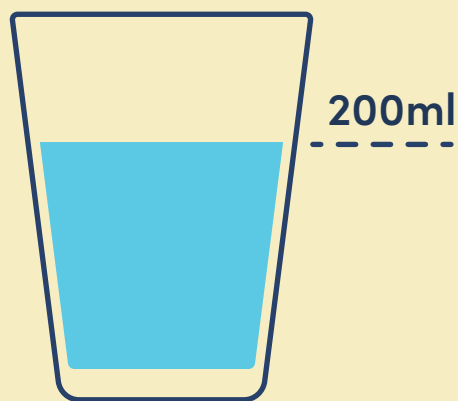
FASTING BEFORE SURGERY

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

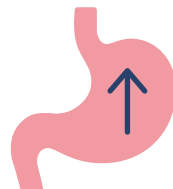
YOUR FAST MAY BE DIFFERENT



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

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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