

GLP Sedation Fasting Guidelines

NEW MEDICATIONS BRING NEW CHALLENGES

Glucose-Like Peptide (GLP) Agonists are a class of medication that are being used with increased frequency to manage diabetes and to promote weight loss. These medications bring many benefits to heart, kidney, and overall health. However, at the time of a procedure with sedation, extra precautions are needed to prevent complications.

GLP AGONISTS

- DULAGLUTIDE (TRULICITY)
- EXENATIDE (BYDUREON BCISE)
- SEMAGLUTIDE (OZEMPIC, RYBELSUS)
- TIRZEPATIDE (MOUNJARO)
- LIRAGLUTIDE (VICTOZA, SAXENDA)
- TEDUGLUTIDE (GATTEX)
- EXENATIDE (BYETTA)
- LIXISENATIDE (ADLYXIN)
- ALBIGLUTIDE (TANZEUM)

SEDATION SAFETY

During sedation, swallowing and coughing reflexes don't work normally. This places the lungs at risk. Fasting before a procedure is a standard precaution to prevent lung injury. In patients who take GLP agonists, the fasting time needs to be longer to allow for the stomach to empty any solid food.



BEFORE THE PROCEDURE

To allow the stomach to empty, solid food should be stopped at 7pm two days before the procedure. Nutrition and hydration are important for healing, so clear liquids should be continued until 4 hours before the procedure.

CLEAR LIQUID DIET

- WATER
- GLUCOSE WATER
- FRUIT JUICES WITHOUT PULP (APPLE JUICE)
- CARBONATED BEVERAGES
- SPORTS DRINKS (WITHOUT PROTEIN)
- CLEAR TEA, AND BLACK COFFEE
- CLEAR LIQUIDS DO NOT INCLUDE: ALCOHOL, ORANGE JUICE, BROTH, MILK, COFFEE CREAMER, PROTEIN DRINKS, SMOOTHIES
- DO NOT DRINK CLEAR LIQUIDS THAT ARE RED OR PURPLE

SEDATION SAFETY NUTRITION PLAN FOR PATIENTS TAKING GLP AGONISTS IN THE PAST 4 WEEKS

