

# Fasting: Staying safe during your procedure

## What is pre-procedural fasting and why do I need to do it?

Preprocedural fasting is simply avoiding food and drinks for a certain amount of time before a medical procedure. Fasting is needed before a procedure because your airway’s protective reflexes do not work normally when you are under sedation (anesthesia). This means fluids can come up your esophagus (food tube) and go into your lungs (aspiration), causing damage.

## How long do I need to fast?

The time you need to fast depends on your procedure. Normally, fasting time is from 2 to 8 hours. However, some health conditions (gastroparesis) and certain medications — like GLP-1 agonists that are used to treat diabetes and other conditions (see page 2) — slow the emptying of your stomach. This increases your risk for aspiration.

## Before your procedure

Follow the instructions from your care team on when to stop eating and drinking. If you don’t follow their directions, your procedure will have to be postponed. Be sure to ask any questions if you are not sure. To stay safe:

- Allow time for your stomach to empty completely before your procedure. This means you will need to stop eating several hours before you stop drinking liquids.
- Follow a clear liquid diet until the time you are told to stop drinking. This is usually 2 hours before you are scheduled to arrive for your procedure. Being well-hydrated before your procedure will help with your recovery.

If you have diabetes, monitor your blood sugar closely. Adjust your carbs and insulin (if prescribed) to keep your blood sugar between 80 to 180. Talk with your primary care provider as needed. If your blood sugar falls below 80 in the 4 hours before your procedure, contact the facility for instructions.

### My fasting instructions

(Write in the times they tell you when they call.)

Procedure location and time: \_\_\_\_\_

Stop eating solid food at this date and time: \_\_\_\_\_

Stop drinking clear fluids at this date and time: \_\_\_\_\_

Special instructions: \_\_\_\_\_

Number to call with questions: \_\_\_\_\_

### Clear liquids include the following:

- Water or glucose water
- Fruit juices without pulp (such as apple juice)
- Carbonated soft drinks
- Sports drinks (**without** protein)
- Clear tea, black coffee (**no** creamer)
- Boullion or broth (fat free, low sodium, beef or chicken — **no** bone broth)
- Gelatin (**no** fruit or toppings)
- **No** alcohol, orange juice, yogurt, kefir, milk or creamer, protein drinks, smoothies
- **No** red or purple liquids or gelatin

## Sedation Safety Nutrition Plan

(For those who have gastroparesis or have taken a GLP-1 agonist medication in the past 4 weeks)

GLP-1 agonists (see list below), keep your stomach full longer. This increases your risk for aspiration. *To stay safe, unless instructed otherwise:*

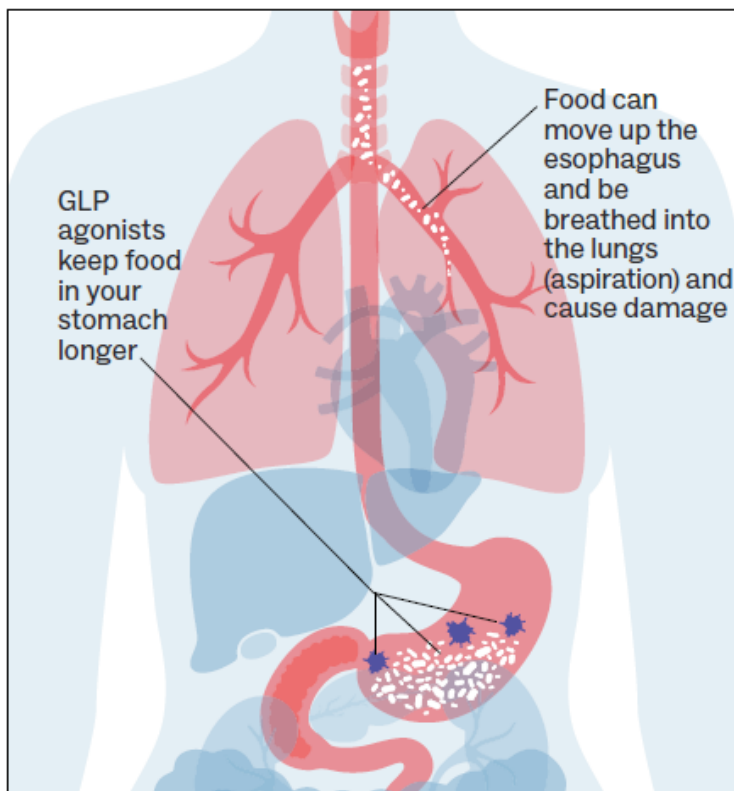
- 1 Stop eating solid foods at 7:00 a.m. the day before your procedure date.** For example, if your procedure is on Tuesday, stop eating solid food at 7:00 a.m. on Monday.
- 2 Continue to drink clear liquids up to 2 hours before your scheduled arrival time.** For example, if you are scheduled to arrive at 2 p.m., stop drinking clear liquids at 12 p.m.

### GLP-1 Agonist Instructions

If you are taking a GLP-1 agonist, let your care team know. Unless your provider says otherwise, continue taking your GLP-1 medication as prescribed.

Some of the more well-known brands are listed below. It is not a complete list of all GLP agonists. If you are not sure, please ask your regular healthcare provider.

- Dulaglutide (Trulicity)
- Exenatide (Bydureon BCise, Byetta)
- Semaglutide (Ozempic, Rybelsus)
- Tirzepatide (Mounjaro)
- Liraglutide (Victoza, Saxenda)
- Teduglutide (Gattex)
- Lixisenatide (Adlyxin)
- Albiglutide (Tanzeum)



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