

Ozempic/ Manjoura / Rybelsus

Safety for your upcoming surgery

These are all newer medications that just entered healthcare in the last few years and because of their “newness” there have not been extensive studies on the proper management of these medications prior to elective surgery. As a bit of scientific background, one of the side effects of taking these medications is that they prolong the length of time food stays in your stomach. The medical term for this is “delayed gastric emptying”. *Delayed gastric emptying* can be quite dangerous because having food in your stomach when you go under any type of anesthesia can lead to the regurgitation of the food and “aspiration” of your gastric contents. Aspiration is when contents from your stomach get accidentally “sucked into” your windpipe. This is very serious and rarely could even be deadly.

We of course want to be extra cautious for your safety and at the time of the writing of this document, there is not one broadly accepted standard across the anesthesia community on how to best manage these medications. Our current recommendation is to STOP taking this medication THREE WEEKS prior to your surgery date. Also, you should be on a liquid diet 24 hours before. More on this below. And, finally, like all surgeries, no food or drink after midnight before your date of surgery.

For the purposed of illustration. Let’s assume your surgery is 715AM Monday morning July 1st. You would STOP taking your medication by June 10th (3 weeks prior to July 1st). On the morning of June 30th you would could have a very filling protein smoothie / shake for breakfast. For the rest of the day of June 30th you would only consume “clear liquids”. Remember that clear liquids are: water, broth soups, Jello, Gatorade, black coffee with NO sweetener or cream of any type. And finally, after midnight you would no longer consumer any food or drink.

At MobleyMD and Millcreek Surgery we value your safety as our top priority. Please follow these guidelines exactly to assure your safety and avoid complications in your surgery and anesthesia care.