



NORTHEAST PLASTIC SURGERY
CENTER

5 Davis Road East
Old Lyme, CT 06371

info@northeastpsc.com
www.northeastpsc.com

Tel 860.390.6000
Fax 860-215-8150

Vinod V. Pathy, MD, FACS

Megan Phillips, PA-C

Charles Karcutskie, MD

Hannah Chalmers, PA-C

Medical Weight Loss Medications

Pre-operative Instructions (Site-specific)

Backus Hospital (Hartford HealthCare):

- ▶ For all **GLP-1** agonists (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua):
 - ▶ If you have taken one of these medications within the 4 weeks prior to surgery, you must adhere to a clear liquid diet for the 24 hours prior to surgery
 - ▶ You can continue to take these medications per your normal schedule, even if the medication is due on the day of surgery
 - ▶ No food or drink by mouth from the 4 hours prior to arrival to the hospital on the day of surgery
- ▶ For the following **SGLT-2** inhibitors (generic/brand name examples include: empagliflozin/Jardiance/Synjardy, dapagliflozin/Farxiga, canagliflozin/Invokana):
 - ▶ Regardless of dosing schedule, all medications must be held for 72 hours (3 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ For the following **SGLT-2** inhibitor (generic/brand name examples include: ertugliflozin/Steglatro):
 - ▶ Regardless of dosing schedule, all medications must be held for 96 hours (4 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ For the following **DPP-4** medication (sitagliptin/Januvia, linagliptin/Tradjenta, alogliptin/Nesina):
 - ▶ Medication must be held the day of surgery
 - ▶ Dietary restrictions are NPO after midnight
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician.
- ▶ **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.



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Day Kimball Hospital:

- ▶ For all **GLP-1** agonists (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua):
 - ▶ If you have taken one of these medications within the 4 weeks prior to surgery, you must adhere to a clear liquid diet for the 24 hours prior to surgery
 - ▶ You can continue to take these medications per your normal schedule, even if the medication is due on the day of surgery
 - ▶ No food or drink by mouth from the 4 hours prior to arrival to the hospital on the day of surgery
- ▶ For the following **SGLT-2** inhibitors (generic/brand name examples include: empagliflozin/Jardiance/Synjardy, dapagliflozin/Farxiga, canagliflozin/Invokana):
 - ▶ Regardless of dosing schedule, all medications must be held for 72 hours (3 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ For the following **SGLT-2** inhibitor (generic/brand name examples include: ertugliflozin/Steglatro):
 - ▶ Regardless of dosing schedule, all medications must be held for 96 hours (4 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ For the following **DPP-4** medication (sitagliptin/Januvia, linagliptin/Tradjenta, alogliptin/Nesina):
 - ▶ Medication must be held the day of surgery
 - ▶ Dietary restrictions are NPO after midnight
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician.
- ▶ **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.



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L&M Hospital, Westerly Hospital:

- ▶ For all **GLP-1** agonists, (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua):
 - ▶ Hold the dose of the GLP-1 medication only on the day of surgery
 - ▶ Weekly dosing does not need to be interrupted
 - ▶ Regardless of dosing schedule, dietary restrictions are clear liquids only for the 24 hours prior to surgery, with the last intake of clear liquids no less than 2 hours prior to the scheduled surgery time
- ▶ For all **SGLT-2** inhibitors (generic/brand name examples include: empagliflozin/Jardiance/Synjardy, dapagliflozin/Farxiga, canagliflozin/Invokana, ertugliflozin/Steglatro):
 - ▶ Regardless of dosing schedule, all medications must be held for 72 hours (3 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician.
- ▶ **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.



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Middlesex Hospital:

- ▶ For all **GLP-1** agonists (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua):
 - ▶ If you have taken one of these medications within the 5 weeks prior to surgery, you must adhere to a clear liquid diet for the 24 hours prior to surgery
 - ▶ You can continue to take these medications per your normal schedule, even if the medication is due on the day of surgery
 - ▶ No food or drink by mouth from the 4 hours prior to arrival to the hospital on the day of surgery
- ▶ For all **SGLT-2** inhibitors (generic/brand name examples include: empagliflozin/Jardiance/Synjardy, dapagliflozin/Farxiga, canagliflozin/Invokana, ertugliflozin/Steglatro)
 - ▶ Regardless of dosing schedule, all medications must be held for 72 hours (3 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician.
- ▶ **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.



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St. Francis Hospital (Trinity Health):

- ▶ For all **GLP-1** agonists (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua):
 - ▶ Regardless of dosing schedule, all medications must be held for 7 days prior to the procedure
 - ▶ Clear liquids the day prior to surgery, then NPO after midnight
 - ▶ If you have taken a GLP-1 medication within the last 4 weeks, (28 days) prior to surgery, you must follow this dietary restriction; if you have not taken a GLP-1 medication within the last 28 days, you only need to be NPO after midnight (without the clear liquid restriction the day prior to surgery)
- ▶ For all **SGLT-2** inhibitors (generic/brand name examples include: empagliflozin/Jardiance/Synjardy, dapagliflozin/Farxiga, canagliflozin/Invokana, ertugliflozin/Steglatro)
 - ▶ Regardless of dosing schedule, all medications must be held for 72 hours (3 days) prior to the procedure
 - ▶ Dietary restrictions are NPO after midnight
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician.
- ▶ **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.