



NORTHEAST PLASTIC SURGERY  
CENTER

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## 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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Pre-operative Instructions (Site-specific)

### 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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## Medical Weight Loss Medications

Pre-operative Instructions (Site-specific)

### 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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## Medical Weight Loss Medications

Pre-operative Instructions (Site-specific)

### St. Francis Hospital (Trinity Health):

- ▶ For all **GLP-1** agonists (i.e. semaglutide, Ozempic, Wegovy, Rybelsus, liraglutide, Saxenda, Victoza, dulaglutide, Trulicity, tirzepatide, Mounjaro, exenatide, Bydureon, Byetta, lixisenatide, Adlyxin):
  - ▶ Do **NOT** take GLP-1 medication on the day of procedure
  - ▶ **Dietary Restriction:** for any patient having taken a GLP-1 agonist **within 30 days of surgery**, they must maintain a clear liquid diet the day **BEFORE** surgery (at least **24 hours** prior to procedure)
  
- ▶ For all **SGLT-2** inhibitors (empagliflozin, Jardiance, Synjardy, dapagliflozin, Farxiga, canagliflozin, Invokana, ertugliflozin, Steglatro)
  - ▶ **Discontinue** medication at least **72 hours** prior to surgery **unless** SGLT-2 is prescribed for heart failure. *If SGLT-2 is prescribed for heart failure, then patient to continue medication with dietary restrictions.*
  - ▶ **Dietary Restriction:** if patient prescribed SGLT-2 inhibitor for heart failure, patient to maintain clear liquid diet the day before surgery (at least 24 hours prior to surgery)
  
- ▶ For **Combination Basal Insulin/GLP-1** (Soliqua [insulin gargine and lixisenatide], Xultophy [insulin degludec and liraglutide])
  - ▶ **Discontinue** 24 hours prior to surgery. PCP/surgeon to address needs for insulin day of procedure.
  - ▶ **Dietary Restriction:** for any patient having taken a combination insulin/GLP-1 agonist **within 30 days of surgery**, they must maintain a clear liquid diet the day **BEFORE** surgery (at least **24 hours** prior to procedure)
  
- ▶ **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.