



[northside.com/preparing-for-surgery](https://northside.com/preparing-for-surgery)

## BEFORE SURGERY:

- A Pre-Surgical Assessment Nurse will:
  - Review your medical and surgical history.
  - Review your current medications.
  - Ask you screening questions to determine if additional testing and/or appointments are needed prior to your surgery.
  - Provide you instructions to follow prior to your surgery date.
  - **Please have your current medication list and be prepared to take notes on instructions given to you.**
- Arrange for transportation to and from your surgery. You are required to be discharged home with a responsible individual who can receive discharge instructions to assist you in your recovery at home.
  - **NOTE:** Uber/ Lyft and MARTA are **NOT** acceptable forms of transportation at discharge unless you are accompanied by a responsible individual.

## NIGHT BEFORE SURGERY:

**FOR YOUR SAFETY, FAILURE TO FOLLOW DIET INSTRUCTIONS MAY RESULT IN YOUR SURGERY BEING DELAYED OR CANCELED.**

- Do not eat any solid foods after midnight.
- Do not eat or drink any dairy products after midnight.
- You may drink **a modest amount of clear liquids** up until two hours before your surgery.
- **NOTE: Clear liquids include:** water, tea, coffee, broth, Gatorade, apple juice or grape juice (no citrus juices). **Sugar is acceptable. No milk products or creamer.**

# Preparing For Surgery

## Medication Instructions

**FOR YOUR SAFETY, FAILURE TO FOLLOW MEDICATION INSTRUCTIONS MAY RESULT IN YOUR SURGERY BEING DELAYED OR CANCELED.**

**Note:** This list does not include all medications you may be taking.  
A Pre-Surgical Assessment Nurse will review your full list of medications and give additional instructions.

|                                        |                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BLOOD THINNERS                         | If you are currently taking a blood thinner or anti-platelet medication, confirm with your surgeon and your cardiologist on when to stop the medication before surgery and when to restart the medication after surgery.                                                                                                                                      | <ul style="list-style-type: none"><li>• Xarelto® (rivaroxaban)</li><li>• Eliquis® (apixaban)</li><li>• Pradaxa® (dabigatran)</li><li>• Plavix® (clopidogrel)</li><li>• Coumadin® (warfarin)</li><li>• Brilinta® (ticagrelor)</li><li>• Effient® (prasugrel)</li><li>• Pletal® (cilostazol)</li><li>• Indomethacin</li></ul>                                                                                                                                                                  |
| NON-STEROID ANTI-INFLAMMATORY (NSAIDS) | Confirm with your surgeon on when to stop the medication before surgery and when to restart after surgery.                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"><li>• Aspirin</li><li>• Diclofenac</li><li>• Motrin®, Advil (ibuprofen)</li><li>• Indomethacin</li><li>• Ketoprofen</li><li>• Aleve® (naproxen)</li><li>• Piroxicam®</li><li>• Sulindac</li><li>• Mobic® (meloxicam)</li></ul>                                                                                                                                                                                                                             |
| GLP-1 RECEPTOR AGONIST MEDICATIONS     | <p>Instructions apply if you are taking the medication for diabetes or weight loss:</p> <p>If you take the medication <b>weekly</b>, stop taking the medication for at least <b>7 days before surgery</b>.</p> <p>If you take the medication <b>daily</b>, stop taking the medication for <b>1 day before surgery and do not take the day of surgery</b>.</p> | <p><b><u>Injectable GLP-1 Receptor Agonists</u></b></p> <ul style="list-style-type: none"><li>• Mounjaro®, Zepbound® (tirzepatide)</li><li>• Ozempic®, Wegovy® (semaglutide)</li><li>• Trulicity® (dulaglutide)</li><li>• Byetta®, Bydureon® (exenatide)</li><li>• Victoza®, Saxenda® (liraglutide)</li><li>• Xultophy® (insulin deludec/ liraglutide)</li></ul> <p><b><u>Oral GLP-1 Receptor Agonists</u></b></p> <ul style="list-style-type: none"><li>• Rybelsus® (semaglutide)</li></ul> |

GLP-1 receptor agonist medications slow your stomach from emptying.  
For your safety, it is recommended that you follow a **clear liquid diet 24 hours before surgery** to allow your stomach to completely empty.

**FOR YOUR SAFETY, FAILURE TO FOLLOW MEDICATION INSTRUCTIONS MAY  
RESULT IN YOUR SURGERY BEING DELAYED OR CANCELED.**

|                                                 |                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SGLT-2<br/>INHIBITORS</b>                    | Stop taking medication<br><b>4 days</b> before surgery.                                                                                                                                            | <ul style="list-style-type: none"> <li>• Steglatro® (ertugliflozin)</li> <li>• Segluromet® (ertugliflozin/Metformin)</li> <li>• Steglujan® (ertugliflozin/Sitagliptin)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                             |
|                                                 | Stop taking medication<br><b>3 days</b> before surgery.                                                                                                                                            | <ul style="list-style-type: none"> <li>• Invokana® (canagliflozin)</li> <li>• Farxiga® (dapagliflozin)</li> <li>• Jardiance® (empagliflozin)</li> <li>• Glyxambi® (empagliflozin/Linagliptin)</li> <li>• Invokamet®, Invokamet XR® (canagliflozin/metformin)</li> <li>• Qtern® (dapagliflozin/ saxagliptin)</li> <li>• Synjardy® (empagliflozin/metformin)</li> <li>• Trijardy XR® (empagliflozin/linagliptin/ metformin)</li> <li>• Xigduo XR® (dapagliflozin/metformin)</li> <li>• Inpefa® (sotagliflozin)</li> <li>• Brenzavvy® (bexagliflozin)</li> </ul> |
| <b>WEIGHT LOSS<br/>MEDICATIONS</b>              | Stop taking medication<br><b>7 days</b> before surgery.                                                                                                                                            | <ul style="list-style-type: none"> <li>• Phentermine</li> <li>• Lomaira®, Adipex-P® (phentermine)</li> <li>• Qsymia® (phentermine/ topiramate)</li> <li>• Phendimetrazine</li> </ul>                                                                                                                                                                                                                                                                                                                                                                          |
|                                                 | Stop taking medication<br><b>3 days</b> before surgery.                                                                                                                                            | <ul style="list-style-type: none"> <li>• Contrave® (naltrexone/ bupropion)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>ERECTILE<br/>DYSFUNCTION<br/>MEDICATIONS</b> | Stop taking<br><b>1 day</b> before surgery.                                                                                                                                                        | <ul style="list-style-type: none"> <li>• Viagra® (sildenafil)</li> <li>• Levitra® (vardenafil)</li> <li>• Avanafil® (stendra)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                      |
|                                                 | Stop taking<br><b>2 days</b> before surgery.<br><br><b>*Note:</b> If taking low dose<br>Cialis® (5mg or less) for<br>benign prostatic<br>hyperplasia (BPH),<br>you may continue<br>before surgery. | <ul style="list-style-type: none"> <li>• Cialis® (tadalafil)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

# Preparing For Surgery

## Medication Instructions (continued)

**When to stop taking your medications before surgery:**

- Your surgery date is day 0.
- You will count backwards from your surgery date for the number of days you must stop taking your medication.



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| EXAMPLE:                           |                     |          |          |          |          |          |         |         |                                  |
|------------------------------------|---------------------|----------|----------|----------|----------|----------|---------|---------|----------------------------------|
| Medication Instructions            | Surgery Date: Day 0 | Day 1    | Day 2    | Day 3    | Day 4    | Day 5    | Day 6   | Day 7   | Last day medication can be taken |
| Stop taking 7 days before surgery. | 10/15/24            | 10/14/24 | 10/13/24 | 10/12/24 | 10/11/24 | 10/10/24 | 10/9/24 | 10/8/24 | 10/7/24                          |

| Medication Name  | Instructions                      | Date of Surgery | Last day medication can be taken | Notes                                     |
|------------------|-----------------------------------|-----------------|----------------------------------|-------------------------------------------|
| Example: Ozempic | Stop taking 7 days before surgery | 10/15/24        | 10/7/24                          | Clear liquid diet 24 hours before surgery |
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