

## Nutrition Instructions for Patients on GLP1&2 Agonists

- **2 days prior to your procedure:** Stop solid food at 7pm, clear liquid diet\* after 7 pm
- **1 day prior to your procedure:** Continue clear liquid diet\*
- For patients on daily dosing of GLP1&2 agonists, hold medication on the day of the procedure.
- For patients on weekly dosing of GLP1&2 agonists, hold medication for one week prior to scheduled procedure.
- **Day of your procedure:** Continue clear liquid diet until 4 hours before your procedure.
- **DIABETIC PATIENTS ON CLEAR LIQUID DIET: MONITOR BLOOD SUGAR CLOSELY & ADJUST SUGAR INTAKE AND INSULIN (IF YOU TAKE INSULIN) CAREFULLY TO MAINTAIN TARGET BLOOD SUGAR OF 80-180. CONSULT YOUR PRIMARY DOCTOR AS NEEDED**  
Nutrition Instructions for Patients on GLP1&2 Agonists

### GLP 1&2 Agonists

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

### CLEAR LIQUID DIET\*

- Water
- Glucose water
- Fruit juices without pulp (e.g. apple juice)
- Carbonated beverages
- Sports drinks (without protein)
- Clear tea and black coffee
- Clear liquids do not include: alcohol, orange juice, broth, milk, coffee creamer, protein drinks, or smoothies
- **Do not Drink Clear liquids that are Red or Purple**

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