Coastal Orthopaedic Surgery

Dr Frank Connon
Orthopaedic surgeon
Phone 07 5413 4300 · Fax 07 5238 8022
Level 1, 90 Goodchap Street, Noosaville
Suite 10, 3 Doherty Street, Birtinya

Should I stop Mounjaro before my joint replacement? Modified liquid diet for GLP-1 medicines

Don’t stop or change your GLP-1 medicine on your own. What Dr Connon’s patients are asked to do is follow a modified liquid diet on the day before their operation, because these medicines can leave food in your stomach even after a long fast. For anything about the medicine itself, ask your anaesthetist or the doctor who prescribes it.

> **This is not general advice.** It is the plan used for Dr Frank Connon’s patients. If you are having surgery with another surgeon or at another hospital, follow their instructions.

Which medicines

GLP-1 agonist medicines are used for diabetes and for weight loss. They include:

- Ozempic, Wegovy and Rybelsus (semaglutide)
- Mounjaro (tirzepatide)
- Trulicity (dulaglutide)
- Saxenda and Victoza (liraglutide)

If you are not sure whether a medicine you take is one of these, tell our team when you book.

Why they matter for surgery

These medicines work on receptors in your stomach that slow it down after you eat, so you feel fuller for longer. Studies have found that people on these medicines can have food in their stomach even after a long period of not eating.

Under anaesthetic, this puts you at an increased risk of food and fluid going into your lungs (pulmonary aspiration), which can have serious consequences.

What you need to do

Do not follow “Sip Til Send” (sipping clear fluids until you are called to theatre) or the general fasting advice. Follow the specific advice in the written information from your treating team.

You will be prescribed a **modified liquid diet for the day before your operation**. Multiple medical colleges and societies recommend this, based on the most up-to-date evidence available (see the 2025 ADS/ANZCA/GESA/NACOS clinical practice recommendations).

If you do not follow the diet, your procedure may be cancelled, because you may be at a higher risk of pulmonary aspiration.

If you have diabetes, check with your perioperative physician or anaesthetist before having sugar-containing drinks such as juice, cordial or sports drinks.

The day before your operation

Follow the **modified liquid diet**. You can have:

- Water
- Cordial and jelly
- Fruit juice: strained orange, pear or apple juice
- Black tea, black coffee, herbal tea or iced tea, with no milk
- Gatorade or Powerade sports drinks
- Clear (strained) soup
- Beef tea, such as Bovril or Bonox
- Stock cubes in hot water

No alcohol.

The day of your operation

Have nothing to eat or drink for 6 hours before your admission time.

If your admission time is in the afternoon, you can have the **clear fluids** below that morning, until 6 hours before your admission time:

- Water
- Cordial
- Fruit juice: strained orange, pear or apple juice
- Black tea, black coffee, herbal tea or iced tea, with no milk
- Gatorade or Powerade sports drinks

No soup, jelly, stock cubes or beef tea. No alcohol.

If you are unsure about any of this, call us on 07 5413 4300. More about getting ready for surgery: Preparing for hip or knee replacement.

This handout is for Dr Frank Connon's patients and is not general advice. Follow the written instructions you are given, and call 07 5413 4300 if you are unsure. Updated November 2026. coastalorthopaedicsurgery.com.au