

Managing your medications prior to surgery

Before your operation: some of your regular medications may need to be stopped. Read the information below carefully. Phone our office if you're unsure whether or when to stop any medication.

On the day of your operation: take all your regular medications (except for those you've been told to stop) with a small sip of water, even if you're fasting.

After your operation: if you were told to stop any medications, check with your urologist when to start taking them again.

Blood thinning medications

Blood thinning medications often need to be stopped before surgery. If you are taking a blood thinning medication, please phone our office at least two weeks before your operation for instructions. Do not stop taking blood thinning medications without discussing it with us first.

Blood thinning medications which may need to be stopped include:

- Apixaban (*Eliquis*)
- Clopidogrel (*Plavix, CoPlavix, Iscover, Clovix, Piax, Plavicor*)
- Dabigatran (*Pradaxa*)
- Dalteparin (*Fragmin*)
- Dipyridamole (often combined with aspirin) (*Persantin, Diasp*)
- Enoxaparin (*Clexane*)
- Fondaparinux (*Arixtra*)
- Prasugrel (*Effient*)
- Rivaroxaban (*Xarelto*)
- Ticagrelor (*Brilinta*)
- Warfarin (*Marevan, Coumadin*)

You do not need to stop taking low dose aspirin (*Cartia, Astrix, Cardiprin, Cardasa* etc).

Oral diabetes medications

Do not take the following diabetes medications on the day of your surgery:

- Acarbose (*Glucobay*)
- Alogliptin (*Nesina*)
- Exenatide (*Bydureon, Byetta*)
- Gliclazide (*Diamicron, Glyade, Mellihexal, Nidem, Oziclide*)
- Glibenclamide (*Daonil, Glime*)
- Glipizide (*Melizide, Minidiab*)
- Glimepride (*Amaryl, Aylide, Diapide, Dimirel*)
- Linagliptin (*Trajenta*)
- Metformin (*Diabex, Diaformin, Formet, Glucohexal, Glucomet, Glucophage, Metex, Metforbell*)
- Pioglitazone (*Actos*)
- Rosiglitazone (*Avandia*)
- Saxagliptin (*Onglyza*)
- Sitagliptin (*Januvia*)
- Sitagliptin/Metformin (*Janumet*)
- Vildagliptin (*Galvus*)

You can re-start these medications immediately after your surgery if you are eating and drinking normally.

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SGLT-2 inhibitors for diabetes, heart disease or kidney disease

SGLT-2 inhibitors are a group of medications used to treat diabetes, heart disease and kidney disease. Do not take these medication for two days prior to surgery or on the day of surgery. For example, if your surgery is on a Wednesday, do not take it on Monday, Tuesday or Wednesday.

SGLT-2 inhibitors which need to be stopped prior to surgery include:

- Canagliflozin (*Inovokana*)
- Dapagliflozin (*Forxiga*)
- Empagliflozin (*Jardiance*)
- Ertugliflozin (*Steglatro*)
- One of the above medications in combination with Metformin (*Jardiamet, Segluromet, Xigduo*)
- One of the above medications in combination with another drug (*Glyxambi, Qtern, Steglujan*)

You can re-start these medications the day after your surgery if you are eating and drinking normally.

GLP-1 receptor agonists for diabetes or weight loss

GLP-1 receptor agonists are a group of medications used for diabetes and weight loss.

Common GLP-1 receptor agonists include:

- Dulaglutide (*Trulicity*)
- Semaglutide (*Ozempic, Wegovy, Rybelsus*)
- Liraglutide (*Victoza*)
- Tirzepatide (*Mounjaro, Zepbound*)

You can continue taking these medications up until the time of surgery.

If you have taken one of these medications in the last four weeks, you will need to fast for a prolonged period to ensure your stomach is empty at the time of surgery.

Prolonged fasting involves:

- For the whole day prior to the operation, you must only have clear fluids. For example, if your surgery is on a Monday afternoon, you must have clear fluids for breakfast, lunch and dinner on Sunday.
- Continue clear fluids up until your fasting time.
- You can keep sipping water up until 4 hours after your fasting time. For example, if your fasting time is 6:00am, you can sip water until 10:00am — then nothing at all.
- Clear fluids include water, pulp-free clear fruit juice such (eg. *apple juice*), clear cordial, green tea, black tea and black coffee (without milk), clear broth without any solids, clear soft drink (eg. *lemonade*) and clear energy drinks.
- While having clear fluids, do not have fluids containing milk, cloudy fruit juice, soluble fibre (eg. *metamucil*), yoghurt, ice cream, alcohol, or any solid foods.

If you need more information about prolonged fasting, please phone your anaesthetist's office on the phone number listed on your operation booking letter.

Insulin for diabetes

If you use insulin injections or an insulin pump, please speak to your endocrinologist (diabetes specialist) or phone our office for advice at least one week before your operation.

Vitamins, supplements, and complementary medications

Stop taking Turmeric and Omega-3 supplements (eg. fish oil, krill oil, salmon oil, calamari oil) two weeks prior to your operation as they can cause blood thinning.