



Preparing for your hospital admission

Medication Information

February 2026

**PLEASE FOLLOW ANY SPECIFIC
INSTRUCTIONS GIVEN TO YOU BY YOUR
SURGEON AND/OR ANAESTHETIST. THE
FOLLOWING IS GENERAL ADVICE ONLY –
IF UNSURE, PLEASE ASK YOUR DOCTOR.**

If you take any regular medication (including non-prescription medications) you should discuss this with your doctor as early as possible.

You will need specific instructions regarding which medications you should cease and which you should continue.

EXCEPTIONS TO THIS ARE:

Diabetic medications

It is vital that if you are on any medication for diabetes that you discuss this with your doctor as far in advance of your procedure as possible. **Some** diabetes medications need to be stopped several days before surgery, some need to be continued and some need dose adjustment (e.g. insulin injections).

- Patients attending the **Cardiac Catheterisation Laboratory** or **San Radiology & Nuclear Medicine** who are taking the diabetes medication metformin may need to cease metformin 48 hrs prior to certain procedures. Your doctor will advise if this applies to you.

Weight loss medications

- If you are taking any medication to assist with weight loss (either tablet or injection) it is important that you speak with your doctor as early as possible.
- These medications can delay gastric emptying. If you are taking these medications, we ask that you follow a clear fluid only diet for 24 hours prior to your surgery.

[Click here for more information.](#)

Aspirin & other blood thinning medications

- If you are taking any of these medications please speak to your doctor / anaesthetist as early as possible. **Some** (but not all) of these medications may need to be adjusted.
- In addition, if you have a cardiac (heart) stent please **do not stop** aspirin, unless expressly told to do so by your cardiologist or doctor.

Herbal (complementary/alternative) medicines

- If you are having a procedure, you should cease taking these medicines for 10 days prior to your procedure unless otherwise instructed by your doctor.

Reviewed by Dr B Smith (Anaesthetist), Dr M Bukofzer (Anaesthetist) & L Bradford (CNC), Feb 2025