

Effect of Fasting Recommendations Among Patients Using GLP-1 Receptor Agonists

NCT06839248

Status	RECRUITING
Phase	Not Applicable
Sponsor	St Vincent's Hospital Melbourne
Enrollment	154 participants

Key Eligibility Criteria

Inclusion (5)

- Age ≥18 years old at enrolment.
- Have regularly administered any type of once-weekly GLP-1 RA medication for a period of at least one month prior to randomisation.
- If allocated to follow standard fasting guidelines, willing to adhere to ASA and ANZCA preoperative fasting requirements. This requires participants to only consume clear liquids up to 2 hours, a light or low calorific meal up to 6 hours, and fasting from fried foods, fatty foods, or meat for at least 8 hours prior to the trial visit.
- If allocated to follow a 24-hour clear liquid diet, willing to adhere to nothing-by-mouth (NPO) for solids and last intake of clear liquids no less than 2 hours prior to the trial visit.
- Provide a signed and dated informed consent form for study participation in line with the requirements of the human research ethics committee (HREC) of the study site.

Exclusion (9)

- Participants meeting any of the following criteria, indicative of abnormal anatomy and not validated by gastric ultrasound, will be excluded from this trial:
 - Has a recent history of gastrointestinal bleed within the previous 1 month from enrolment.
 - Has a history of previous lower oesophageal or gastric surgery.
 - Has a known abnormal upper gastrointestinal anatomy, including hiatus hernia or gastric tumours.
- In addition, participants meeting any the of following criteria will be excluded from this trial:
... and 4 more (see full listing online)

Locations (2 total)

Melbourne Gastro Oesophageal Surgery (MGOS), Melbourne, Victoria, Australia
St Vincent's Hospital Melbourne, Melbourne, Victoria, Australia