

Introduction

- The growing availability of glucagon-like peptide-1 receptor agonists (GLP-1RAs) has altered the management of patients undergoing bariatric surgery.
- After bariatric surgery, 14% of US adults newly initiate GLP-1RAs.
- Pre-operative use of GLP-1RAs is also increasing despite scant evidence of improved surgical outcomes.

Objective

- To characterize the recipients of GLP-1RA prescriptions prior to bariatric surgery over the last decade.

Methods

- Data:** TriNetX electronic health records (EHR)
- Diagnoses, medications, procedures, demographics, vitals
- Retrospective cohort study**
- Population:** US adults undergoing bariatric surgery from 2017-2025
- Prevalent use:** GLP-1RA prescription in the 12 months before surgery
- Incident use:** GLP-1RA prescription in the 12 months prior to surgery and no prescription in months 13-24 before surgery.
- Descriptive statistics:** age, sex, race, ethnicity, body mass index (BMI), and comorbidities.

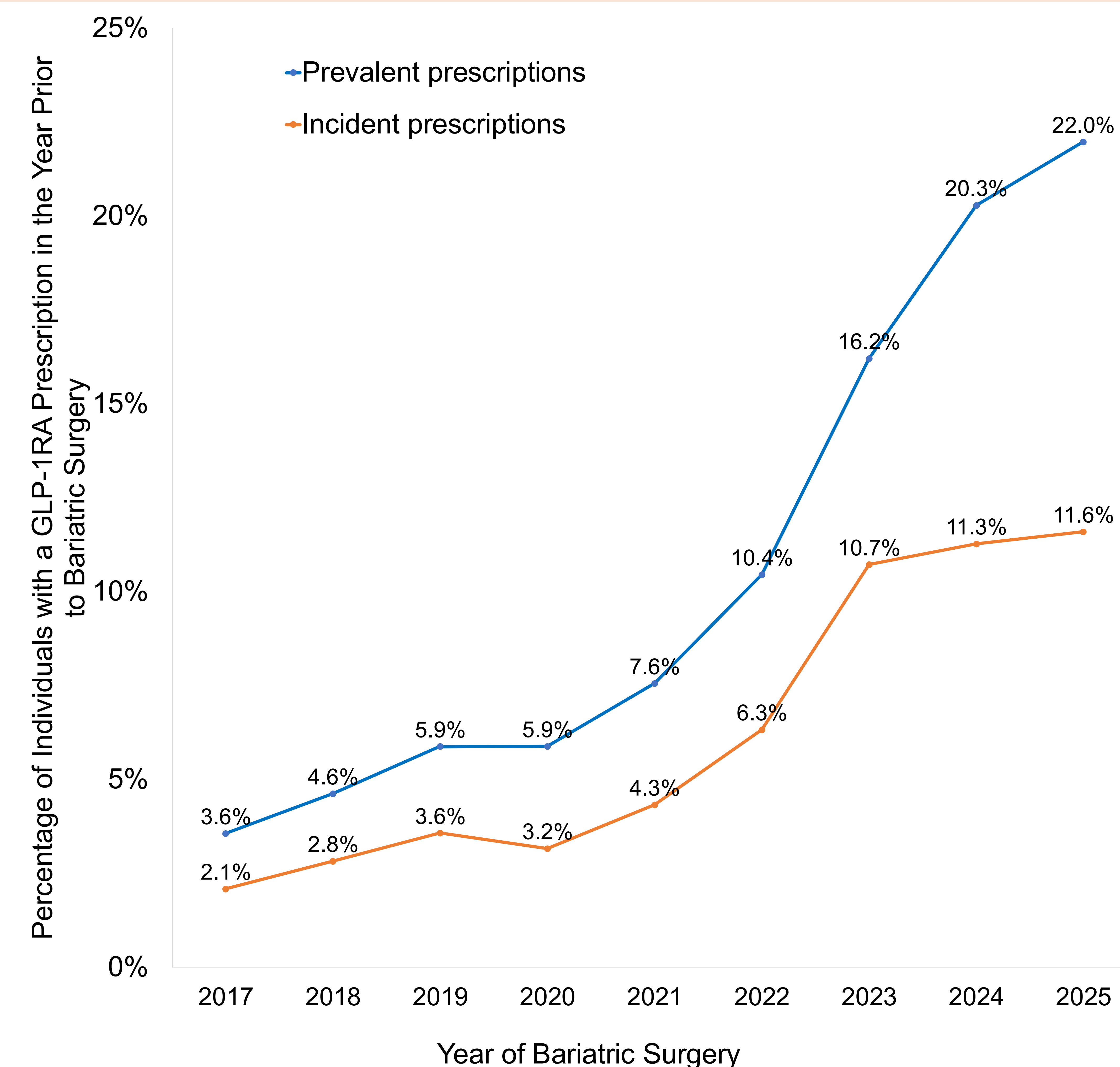
GLP-1RA recipients and non-recipients were demographically similar, though recipients had higher preoperative BMIs and higher comorbidity prevalence.

Characteristic	GLP-1RA prescription N = 13,544	No GLP-1RA prescription N = 114,577
Age in years, mean ± SD	46 ± 12	46 ± 14
Female, %	79	77
Race, %		
White	59	61
Black or African American	25	22
Asian	1.5	1.9
Native Hawaiian or Other Pacific Islander	0.5	0.7
American Indian or Alaska Native	0.6	0.6
Other Race	5.7	4.2
Unknown Race	8.0	9.8
Ethnicity, %		
Not Hispanic or Latino	74	72
Hispanic or Latino	15	13
Unknown Ethnicity	11	15
BMI, mean ± SD	45 ± 8	43 ± 10
Surgery type, %		
Sleeve gastrectomy	61	61
Roux-en-y gastric bypass	39	39
Comorbidities, %		
Hypertension	65	49
Gastro-esophageal reflux disease	55	48
Obstructive sleep apnea	58	40
Disorders of lipoprotein metabolism and other lipidemias	57	35
Type 2 diabetes mellitus	59	23
Asthma	22	16
Fatty liver	19	11
Polycystic ovarian syndrome	10	6.2
Chronic ischemic heart disease	8.3	6.2
Chronic kidney disease	7.8	4.9
Heart failure	7.4	4.3
Atrial fibrillation and flutter	3.7	3.4
Nonalcoholic steatohepatitis	3.5	1.5

Publication: Prescriptions for Glucagon-Like Peptide 1 Agonists (GLP-1RAs) Before Bariatric Surgery in the US. Zion A, Segal JB, Mehta HB. Ann Surg. 2026 Apr 20. doi: 10.1097/SLA.0000000000007069.
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Results

Prescriptions for GLP-1RAs before bariatric surgery have increased over the past decade.



- One in 5 were prescribed a GLP-1RA in the year before surgery in 2025.
- More than half of individuals with prescriptions for GLP-1RAs in the preoperative year were new recipients.

Discussion

- TriNetX data does not distinguish between prescriptions and pharmacy dispensing, so it is not guaranteed that all individuals with a record of GLP-1RA use actually received the medication.
- Further research is needed to understand the effectiveness of preoperative GLP-1RA use on bariatric surgery safety, such as from reduced hepatic volume, and long-term clinical outcomes.