

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

# Endoscopy Patient Instructions

Thank you for choosing JPS Health Network for your healthcare needs. Here is some important information for your appointment at JPS Endoscopy. Please make sure to read it all carefully at least **two weeks before** your procedure. Please know, failure to follow instructions may cause your procedure to be delayed or canceled.

## Procedure Information

**Date and Time:** \_\_\_\_\_

You will receive a call 2 - 3 days before your procedure with arrival time.

**Location:**

JPS Surgical Center Arlington  
4400 New York Avenue,  
Arlington, TX 76108

JPS Main Endoscopy  
1500 S. Main Street,  
Fort Worth, TX 76104

## Next Steps

Bowel Prep:	Pre-Procedure Processing	Transportation Policy
Golytely	Expect a call from the Admitting Office for pre-registration and review of financial cost.	Please arrange for an adult driver (18 or older) to arrive with you, remain for the duration of your procedure, and drive you home after the procedure. Please know that failure to comply may result in rescheduling or canceling your procedure.
Pharmacy location – auto default to patient’s preferred pharmacy.		

**Important Contact Information:**

- For questions regarding pre-registration, financial screening, payment options, insurance authorizations or changes to coverage please contact the Admitting Office at **817-927-1236**.
- For questions about your procedure, medication changes, or issues with your bowel prep script please call the GI Patient Care Coordinators Monday - Friday from 8 a.m. - 5 p.m. at **817-702-2758**.

**Cancellations**

Scheduling procedures require careful planning between staff, doctors, and the hospital. If you must cancel or reschedule, we ask that you please call at least **five business days** prior to the procedure at **817-702-2758**. Thank you for your help and consideration.

# Medications to Stop

What Medication?	When to Stop?	Medication Examples
Nonsteroidal anti-inflammatory drugs (NSAIDs)	Five days before procedure	Ibuprofen, Meloxicam, Naproxen, Aleve
Anticoagulation/Antiplatelets	Per physician instructions	Warfarin (Coumadin), Heparin, Eliquis, Xarelto, Plavix, Aspirin
GLP-1 Agonist	<b>If taking:</b> Weekly – hold one week before procedure Daily – hold one day before procedure	Semaglutide (Ozempic or Wegovy), Tirzepatide (Mounjaro)
Diuretics	Hold day of procedure	Hydrochlorothiazide (HCTZ), Furosemide (Lasix), Spironolactone (Aldactone)
Diabetic Medications	Hold day of procedure	Insulins: Humulin, Novolog, Levemir Oral: Metformin, Glipizide

If you are unsure or need clarification on medications to hold, please call **817-702-2758** before your procedure and have your medication list ready when calling.

## One Day Before the Procedure – Morning

1. Stop all solid food and begin a clear liquid diet (nothing red, blue, or purple).
2. Prepare the golytely bowel prep and put it in the fridge.



Water



Clear soda – Sprite or Sierra Mist



Coffee with Sugar  
(No cream or milk)



Popsicles without cream or fruit  
(No red, blue, or purple)



Gelatin  
(No red, blue, or purple)



Clear broth  
(No meat or veggie pieces)






Clear, light-colored juice –  
apple juice or white grape juice  
(No pulp, red, or purple)



Clear sports drink – Gatorade  
or Powerade  
(No red, blue, or purple)

No puddings or liquids you cannot see through.  
No meat, rice, noodles, or veggies.

# One Day Before the Procedure – Evening

At 5 p.m.	Start drinking 8 oz of golytely every 15 minutes until you have finished half (1/2) of the container, then put the rest in the fridge.	 
Begin drinking six hours before procedure and must finish four hours before procedure.	Finish the last half of the medication by drinking 8 oz of golytely every 15 minutes.	 

Do **not** eat or drink anything else once you have finished the bowel prep medication.

1 cup = 8 oz

## Day of Procedure

- Do not eat or drink anything, including gum or candy.
- Take blood pressure and/or seizure medications with small sip of water only.
- Leave all valuables at home such as jewelry and dentures.
- Wear loose comfortable clothing.
- Arrive one hour prior to your scheduled time.
- **Important:** Adult driver must arrive with you, remain for the duration of your procedure, and drive you home after the procedure. Please know that failure to comply may result in rescheduling or canceling your procedure.