

Colorado Mountain Medical,PC
Stephen P. Laird, M.D.
Gastroenterology & Hepatology
181 West Meadow Drive, Suite 800
Vail, CO 81657
970-476-7600

Vail Valley Surgery Center

181 West Meadow Drive
Level 3R
Vail, CO 81657
970-476-8872

EGD Preparation Instructions:

Your test is scheduled for the following facility:

Vail Valley Surgery Center on: _____ at : _____.

(Please arrive 1 hour before procedure)

Report to 181 West Meadow Drive, level 3R at _____.

DO inform your Doctor if you have a pacemaker, internal defibriliator, latex allergy, or artificial heart valve.

DO inform your Doctor if you are diabetic.

Insulin dose: ½ your regular dose the day before and the morning of the procedure.

Oral Glucose pill: Do not take this the morning of the procedure.

DO take your heart and BP medicines in the morning with sips of water only (take 2 hours before leaving for the procedure).

DON'T eat anything after midnight before this procedure. You may have small amounts of Clear Liquids (nothing red or purple) up until 4 hours prior to this procedure.

DO have a driver take you home (a must- not a taxi or walking home).

DO have an adult member with you for the rest of the day and evening after the procedure.

DON'T take Coumadin for _____ days before this procedure.

Stop Coumadin on this date _____.

DON'T take Plavix for 5 days prior to this procedure.

DON'T take Lovenox the day of this procedure. (last done no later than 9pm the day before the procedure.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and Any further follow up.



Clear Liquid Diet

You May Have The Following:

Water
Clear Bullion (chicken, beef, or vegi)
Coffee or Tea, without milk or creamer
Gatorade
Soft Drinks
Kool-Aid (no red/purple Kool-Aid)
Jell-O, without fruit (no red/purple Jello-O)
Popsicles (**no** red/purple)
Apple Juice
White Grape Juice
Lemonade, without pulp
Other Clear Juices, without pulp
White Cranberry Juice

You May NOT Have the Following:

Red/Purple Jell-O or
Red/Purple Popsicles
Milk or Milkshakes
Any Solid Foods



Cancellation Policy

If for any reason, you need to cancel
or reschedule your appointment,
please contact our Office at
970-476-7600 x 2310 or x 6390

**Within 48 hours prior to your scheduled
Procedure to avoid a No-Show
Cancellation Fee of \$100.**

Thank you for your understanding.