

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

Flex Sigmoidoscopy 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 _____.

For those with an artificial heart valve, pacemaker or an internal defibrillator, are taking Coumadin, Wafarin, or Plavix, or if you have had a joint replacement within the past 6 months, please consult with your physician regarding specific instructions. Please inform the doctor if you have a latex allergy.

Purchase at the Pharmacy:

- Magnesium Citrate (1 bottle)
- 2 Fleets Enemas

Day Before Flex Sigmoidoscopy:

- Clear Liquids after 4:00pm (NO Solid Food)
- At 6:00pm, drink the bottle of Magnesium Citrate
- Drink Plenty of Clear Liquids and Water
- Nothing to Eat or Drink after midnight

The Day of your Procedure:

- 3 hours before the procedure, DO the 2 Fleets Enemas
- Take your usual medications with a small amount of water (2 hours before procedure)

If you are diabetic, take ½ your regular insulin dose the day before and morning of the procedure. Hold oral glucose medication the morning of the procedure.

DO take your usual medications in the morning with a small sip of water only (take 2 hours before leaving for the procedure).

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

For Questions, please call (970) 476-7600 and ask to speak with Dr. Laird's scheduler



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/or Purple Jell-O or
Red/or 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.

