

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

Valley View Hospital
1906 Blake Ave
Glenwood Springs, CO 81602
970-384-7500

EGD/Colonoscopy and/or Flexible Sigmoidoscopy Preparation Instructions

Your test is scheduled for the following facility:

Valley View Hospital 2nd Flr Endoscopy Center on _____ at _____.

Report to 2nd Floor Registration (please use Valet Parking Main Entrance, Valley View Drive).

(Please Arrive 1 hour prior to your procedure)

Please arrive at _____ to register for your procedure.

DO inform your Doctor if you have a pacemaker, internal defibrillator, 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).

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.

Colonoscopy and/or Flexible Sigmoidoscopy Preparation Instructions

Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety and success of your preparation.

One Week Before Colonoscopy:

- For those with an artificial heart valve, pacemaker or an internal defibrillator, are taking Coumadin, Warfarin, or Plavix, or if you have had a joint replacement within the past 6 months, please consult with your physician regarding specific instructions.
- Purchase at the Pharmacy:
 - **Miralax OTC** (one 238g bottle and one 119g bottle)
 - **Magnesium Citrate** (1 bottle)
 - **Gatorade or G2** (one 64 oz bottle and one 32 oz bottle – **no red/purple**)
 - **Clear liquids** of choice (fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, coffee without cream, lemon-lime soft drinks, jell-o, popsicles – **nothing red/purple**).

Three (3) Days Before Colonoscopy:

- Do not eat Popcorn, seeds, nuts, multigrain bread, salad, cheese, or high-fiber foods for the three days before the procedure.

One Day Before Colonoscopy:

- 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.

Preparing for your Colonoscopy:

- Clear Liquids **all day** on the day before the procedure. **No solid food.**
- Mix the 238grams of Miralax powder with 64oz of Gatorade/G2 and 119grams of Miralax with 32oz of Gatorade/G2. Refrigerate.
- The evening prior to the procedure, between 4:00-6:00 pm, drink the bottle of Magnesium Citrate.
- At 6:00 pm, drink one 8oz glass of the 2 liter/64oz Miralax/Gatorade mix. Repeat every 15 minutes until the entire 2 liter/64oz mix is finished (about 2 hours).
- The morning of your procedure four hours before your colonoscopy, drink one 8oz glass of the 1 liter/32oz miralax/Gatorade mix. Repeat every 15 minutes until the entire 1 liter/32oz mix is finished (about one hour)
 - If you have a very early procedure or are driving a long distance, the two doses of Miralax may be completed the night before
- Please nothing by mouth within 3 hours of your procedure or it may be canceled.

Day of Procedure:

- Heart, blood pressure or seizure medication may be taken as usual early the morning of your procedure with **small** sips of water.
- **You must be accompanied by a friend or relative to drive you home or your procedure will be cancelled.** You may not go home alone by taxi or bus.

TIPS:

- Some bloating and cramping is normal and will improve once diarrhea begins. If you develop nausea or vomiting, take about an hour break from drinking the solution before resuming.
- To help avoid dehydration, drink at least 64oz of clear liquids before starting bowel prep.
- To help decrease perianal irritation, consider using wetwipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.

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/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.

**Valley View Hospital
1906 Blake Avenue
Glenwood Springs, CO 81602
970-945-6535**

Driving Directions from Vail, CO

**I-70 westbound to Exit 116
Turn Right at Stop sign
Turn Right at Stoplight
Stay in righthand lane
Turn right at next light onto CO-state Hwy 82
(also known as Grand Avenue)
Continue to follow CO 82/Grand Avenue approx 1.6 miles.
Turn Left at 20TH Street Stoplight (Taco Bell on left)
at Stop sign turn Left onto Blake Avenue (head north).
Go straight (about 1 block).
Turn Right at Stop sign onto Valley View Drive
Please use Valet Parking(on right), Main Entrance, 2nd Floor.
You will be directed to the Admissions Department
For the Endoscopy Procedure Center
to check-in for your procedure.**