

**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 and/or Colonoscopy Preparation Instructions**

Your test is scheduled for the following facility:

**Valley View Hospital 2<sup>nd</sup> floor Endoscopy Center on \_\_\_\_\_ at \_\_\_\_\_.**

**Report to 2<sup>nd</sup> 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).**

**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

R. 11-2008



## 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 20<sup>TH</sup> 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, 2<sup>nd</sup> Floor.  
You will be directed to the Admissions Department  
For the Endoscopy Procedure Center  
to check-in for your procedure.**