

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

Flexible Sigmoidoscopy Preparation Instructions

Your test is scheduled for the following facility:

Valley View Hospital 2nd Floor 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.

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.



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.