

**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 /Colonoscopy and/or Flexible 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 \_\_\_\_\_.**

**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).**

**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.



## **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.