



**Stephen P. Laird, M.D.**  
**Gastroenterology & Hepatology**  
50 Buck Creek Road, Ste. 200  
Avon, CO 81620  
970-926-6340 ext. 6390, Aly

.....

**Vail Valley Surgery Center Edwards**

320 Beard Creek Road  
Edwards, CO 81632  
970-569-7400

**Flexible Sigmoidoscopy Preparation Instructions**

Your test is scheduled for:

**Vail Valley Surgery Center Edwards on:** \_\_\_\_\_ **at** \_\_\_\_\_.

**Please check in at :** \_\_\_\_\_ **for your** \_\_\_\_\_ **appointment.**

**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) 926-6340 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  
970-926-6340 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.