



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



MidValley Ambulatory Surgery Center
1450 East Valley Road Suite 202
Basalt, CO 81621
970-544-1360

EGD /Colonoscopy and/or Flexible Sigmoidoscopy Preparation Instructions

Your test is scheduled for:

MidValley Ambulatory Surgery Center on: _____.

Please check in at: _____ for your _____ appointment.
(Procedure time is subject to change and will be confirmed two days prior to your date.)

DO inform your Doctor if you have a pacemaker, internal defibrillator, latex allergy, or artificial heart valve.

DO NOT take Coumadin for _____ days before this procedure. (Talk to your prescribing physician)
Stop Coumadin on this date _____.

DO NOT take Plavix for 5 days prior to this procedure. (Talk to your prescribing physician)

DO NOT take Lovenox the day of this procedure. (Last one no later than 9pm the day before the procedure.)

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 medicines in the morning with a small sip of water only (take 2 hours before leaving for the procedure).

DO take BP medicines if they are a *Beta Blocker* in the morning with a small sip of water only (take 2 hours before leaving for the procedure).

DO NOT take your BP medicine if it is an *Ace Inhibitor* the morning of your procedure. (Any questions on medication type please speak with a Pre Op Nurse at 569-7400.)

DO NOT take Angiotensin II receptor blockers the morning of your 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.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow up.

Colonoscopy 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** (two 119g bottles)
 - **Bisacodyl** (two 5 mg tablets)
 - **Gatorade/G2** (two 32 oz bottle – **no red/purple**) OR **Electro Mix** (2 packets - mixed with 64 ounces of water)
 - **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:

- Light Breakfast day before procedure (before 10:00am) - see attached sheet of approved items.
- Clear Liquids after **10:00am** on the day before the procedure. **No solid food after 10:00am.**
- Mix each of the 119g bottles of Miralax powder per 32oz of Gatorade or Electro Mix. Refrigerate.
- The afternoon prior to the procedure at ~ **4:00 pm**, take the two bisacodyl tablets with a glass of water.
- **At 6:00 pm**, drink 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz Miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about 1 hour)
- The morning of your procedure **four hours before your colonoscopy**, complete the second 32oz of the Miralax mix. Drink one 8oz glass of the 1 liter/32oz miralax mix every 15 minutes until the entire 1 liter/32oz mix is finished (about one hour)
- **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 wet wipes and barrier cream (eg. A&D, Desitin, or Vaseline) as needed.

For Questions, please call (970) 926-6340 and ask to speak with Dr. Laird's scheduler



You may have the following for breakfast the morning before your procedure:

Breakfast:

Eggs

White Toast, Butter

Apple Juice

Coffee, Black or Cream, Tea, Non-Fat Milk, Soy Milk

Yogurt, Plain or Vanilla

**** No solid Food after 10am. Clear liquids for lunch and dinner the remainder of the day before the procedure****



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

ANESTHESIA SEDATION INFORMATION FOR G.I. ENDOSCOPIC PROCEDURES

At MidValley Ambulatory Surgery Center it is our routine to provide Anesthesia Sedation for all endoscopy procedures using the Aspen Anesthesia Group. MASC physicians and staff believe this is the safest and best method of sedation for endoscopic procedures at MASC. The main alternative to Anesthesia Sedation for Endoscopy is Endoscopist-directed RN Sedation.

We believe the benefits of Anesthesia Sedation for Endoscopy at MASC, rather than Endoscopist-directed RN sedation, include improved safety, more reliable patient comfort during the procedure, fewer distractions for the endoscopist, a lower rate of prolonged drowsiness, decreased nausea risk, and faster procedure times.

You will meet your Anesthesia Provider the day of the procedure and he or she will be with you throughout the endoscopy to ensure your comfort and safety.

If you have Medicare:

Medicare most often pays Anesthesia Sedation for endoscopic procedures. However, there are circumstances in which Medicare deems the presence of an anesthesia provider to be medically unnecessary and will not pay for this service.

If Medicare deems this service to be “medically unnecessary”, Aspen Anesthesia asks that you agree to pay approximately \$200 for the Anesthesia Sedation service. In order to bill properly in the event Medicare does not pay, we may ask that you sign an **Advanced Beneficiary Notice (ABN)**.

We understand that this might raise concerns for you. If you have questions or concerns about this process that you would like to discuss in advance of your procedure day, please leave a voicemail on the Anesthesia Department phone at 970-544-1166.

Be assured that we will do everything we can to make this process work well for you. MASC feels that this is a valuable service for you, and the anesthesia providers are committed to making this billing process fair and affordable. Thank you for choosing MidValley Ambulatory Surgery Center for your endoscopic procedure.



Cancellation Policy

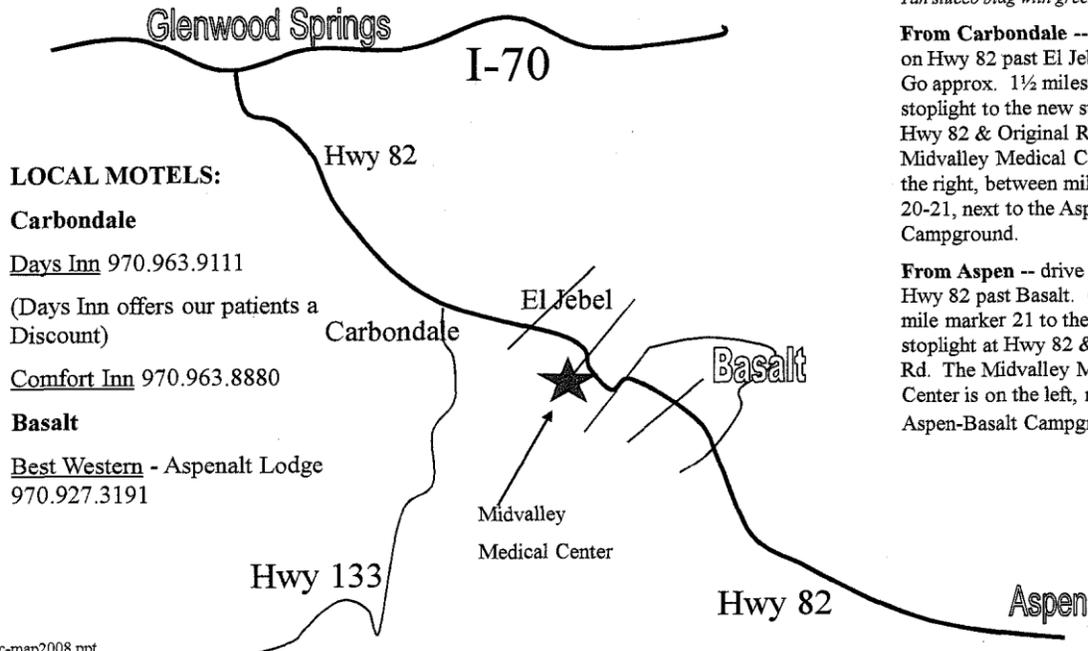
If for any reason, you need to cancel
or reschedule your appointment,
please contact our Office at
970-926-6340 x 6390

**Within 48 hours prior to your scheduled
Procedure to avoid a No-Show
Cancellation Fee of \$100.**

Thank you, for your understanding.

Midvalley Ambulatory Surgery Center

1450 East Valley Rd, Suite 202, Basalt, Colorado 81621
970-544-1360



LOCAL MOTELS:

Carbondale

Days Inn 970.963.9111

(Days Inn offers our patients a Discount)

Comfort Inn 970.963.8880

Basalt

Best Western - Aspenalt Lodge
970.927.3191

Directions:

Tan stucco bldg with green metal roof

From Carbondale -- drive East on Hwy 82 past El Jebel stoplight. Go approx. 1½ miles past that stoplight to the new stoplight at Hwy 82 & Original Rd. The Midvalley Medical Center is on the right, between mile markers 20-21, next to the Aspen-Basalt Campground.

From Aspen -- drive West on Hwy 82 past Basalt. Go past mile marker 21 to the new stoplight at Hwy 82 & Original Rd. The Midvalley Medical Center is on the left, next to the Aspen-Basalt Campground.