

**ENDOSCOPY**  
*Flex Sigmoidoscopy/Pouchoscopy Prep*

**Information about your: FLEX SIGMOIDOSCOPY/POUCHOSCOPY**

**WHAT IT IS:** A procedure enabling your doctor to examine the rectum and the lower colon.

**PURCHASE AT PHARAMCY:**

- 1 Pack Fleet Enemas (green or white packages)
- Milk of Magnesia (Liquid or tablet form)

**NIGHT BEFORE APPOINTMENT:**

- Eat a light meal no later than 6 pm.
- At 7 pm, take 4 Tbsp or 8 tablets of Milk of Magnesia

**MORNING OF YOUR APPOINTMENT:**

- Have a clear liquid breakfast (i.e., water, apple juice, cranberry juice, white grape juice, Gatorade, tea, bouillon broth, plain jell-o, coke, sprite, and coffee without cream. **NO SOLID FOODS, NOTHING WITH A RED DYE, PULP OR DAIRY PRODUCTS!!!**)
- Two hours before your appointment, take two Fleet Enemas. (The return from the last enema should be clear. If it is not, it may be necessary to administer a third enema.)

**BEFORE THE EXAM, NOTIFY US IF:**

- **You are unable to complete your prep. We may need to reschedule your procedure.**

**HOW IT IS DONE:** The instrument is a flexible tube 60 cm. long that is about the thickness of your finger and it is gently inserted into the anus and advanced slowly into the rectum and then the lower colon.

**TIME:** 5 – 10 minutes

**AFTER THE TEST:** You are free to go back to your daily activities.

IMC  
5121S COTTONWOOD ST  
MURRAY UT  
ECCLES  
OUTPAIENT BLDG 2<sup>ND</sup> FLOOR  
801.507.3262  
Appt Day M T W Th F

WEC  
1220E 3900S STE 1B  
SALT LAKE CITY UT  
801.281.3657

PARK CITY  
900 ROUND VALLEY RD  
PARK CITY UT  
435.655.7000

ST GEORGE  
676 S BLUFF ST  
ST GEORGE UT  
435.673.8080

Appt Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_