Central Utah Clinic, PC
Your Health, Your Choice.™

801.265.9139
1250 East 3900 South, Suite 220
Salt Lake City, UT 84124

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	WEC	PARK CITY	ST GEORGE
5121S COTTONWOOD ST	1220E 3900S STE 1B	900 ROUND VALLEY RD	676 S BLUFF ST
MURRAY UT	SALT LAKE CITY UT	PARK CITY UT	ST GEORGE UT
ECCLES	801.281.3657	435.655.7000	435.673.8080
OUTPAITENT BLDG 2ND FLOOR			
801.507.3262			

Appt Day M T W Th F Appt Date: _____ Arrival Time: _____