



*Bryner Surgical Specialists
324 Tenth Ave. Ste. 224
Salt Lake City, Utah 84103
(801) 408-7660
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FLEXIBLE SIGMOIDOSCOPY INSTRUCTIONS

You have been scheduled for a flexible sigmoidoscopy at LDS Hospital on

_____ at _____.

Please arrive 45 minutes prior to your appointment. Enter through the main entrance located on the West side of the hospital. (“C” Street)

Check in at _____, at Outpatient registration on the first floor. Please complete the attached Patient History form and take to the hospital at time of check in.

You will not be allowed to drive for the rest of the day. Please arrange for transportation. Plan to spend approximately 2-3 hours at the hospital.

Bowel Prep

You will need to purchase:

- One bottle of Miralax powder 238 grams (available over the counter)**
- One small box of dulcolax laxative tablets (available over the counter)**
- One bottle of Gatorade—64 ounces (no red or purple dye)**
- One ten-ounce bottle of magnesium citrate (available over the counter)**

Starting at noon the day before your flexible sigmoidoscopy, you will need to be on a diet of clear liquids only, which includes: Jell-O, sprite,

water, broth, popsicles, sports drinks, such as Gatorade, and juice without pulp. Avoid liquids with red or purple dye.

The day before your procedure:

At 3:00 p.m., take 4 dulcolax tablets by mouth with a large glass of water.

At 5:00 p.m., mix the bottle of Miralax, 238 grams, with the 64-ounce bottle of Gatorade. Shake the solution until the miralax is dissolved. Drink an 8-ounce glass of the solution every 10-15 minutes until the solution is gone.

Continue drinking clear fluids until bedtime.

On the morning of your procedure:

At 7:00am drink the whole bottle of magnesium citrate.

You may have 2 glasses of water only, 3-4 hours prior to your appointment. Do not have anything else to eat or drink.

Do not take blood-thinning medication for five days prior to the procedure.

**Please call the office if you have any questions
801-408-7660**