



Preparations for Your Screening

A colonoscopy is a simple, diagnostic test that allows your physician to examine the entire colon. Using a flexible instrument called a colonoscope, the physician will be able to guide a small light and camera through your colon and perform a thorough examination. You will be comfortably sedated during the procedure which typically takes about 30 minutes. Most patients report a positive experience and are able to return to regular activities and diet the next day.

It is important for the bowel to be completely cleaned out prior to having a colonoscopy. This will allow your physician to clearly view the walls of the colon and provide the highest quality diagnostic results. The following bowel preparations require temporary dietary changes and medications which will be reviewed in your screening call.

Please keep this brochure on hand as you can expect a call back from Court Street Surgery Center approximately 7-10 days prior to your screening colonoscopy. During this call, the facility your will schedule your procedure and discuss any procedure questions you may have.

COURT STREET SURGERY CENTER

About

With a 93% Patient Satisfaction rate, Court Street Surgery Center offers a high-quality, service-oriented environment for your surgical procedure. Additionally, we are accredited by the Joint Commission.

Mission

Our mission is to treat each and every one of our patients, and their families, as if they were our own family member. Each patient, each family, each and every time.

Address

2184 Court Street
Redding, CA 96001

Phone

530.246.4444

Website

www.csscr.com



Court Street Surgery Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Court Street Surgery Center is a facility in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request.

early screening
saves lives



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Direct Screen Colonoscopy Program[®]

Preparation Instructions

MIRALAX® / DULCOLAX®

Purchase List:

- 255 grams of Miralax
- Dulcolax tablets (Not Stool Softeners)
- Two 32 ounce bottles of Gatorade or G2. (No red or purple)

On the day prior to your procedure:

You may have a **light breakfast of black coffee and plain toast** and clear liquids **ONLY**.

Night Before Procedure

Take 2 Dulcolax tablets.

6:00 PM Night Before Procedure

Mix half of the Miralax into one bottle of Gatorade, G2, or Crystal Light. Drink 8 ounces every 15-20 minutes until finished.

8:00 AM Day of Procedure

Mix the other half of the Miralax into the second bottle of Gatorade, G2, or Crystal Light. Drink 8 ounces every 15-20 minutes until finished.

If severe nausea occurs while drinking, rest for 20 minutes, then restart. **Continue the clear liquid diet until midnight. Have nothing by mouth after midnight, unless instructed by the nurse.**

COURT STREET
SURGERY CENTER

Important

- **You must have someone with you** in order for the physician to explain the results of the procedure after your exam. Due to the sedation used in the procedure, **you will need to ensure you have a driver to get you home safely and a responsible adult to stay with you for 24 hours. You should not drive for 24 hours after your procedure.**
- Plan to be at the facility for 2 to 3 hours. The facility will call you with any schedule changes or updates.
- **Failure to prepare for your procedure according to these instructions (complete prep) could result in cancellation and rescheduling of your procedure.** If you have any questions about the preparation instructions, please call Court Street Surgery Center, and ask to speak to a nurse about your Direct Screen Colonoscopy preparation.

530.246.4444

Clear Liquid Diet List

- Anything with red or purple color is not allowed because it can result in an incorrect finding
- Milk products or solids are not allowed
- Clear juices without pulp (apple, white grape or lemonade only)
- Water
- Clear broth or bouillon
- Popsicles (No red or purple)
- Coffee or tea without milk or non-dairy creamer
- Gatorade, soft drinks, Kool-aid, or other fruit flavored drinks (No red or purple)

Meet the Board-Certified Direct Screen Colonoscopy Program[®] Physician

Paramvir Singh, MD



Dr. Singh is Board-Certified and has more than 15 years experience in the field of gastroenterology and hepatology. He completed advanced training in Internal Medicine and Gastroenterology at the State University of New York at Buffalo. To further improve his skills, he completed another fellowship in Advanced Therapeutic Endoscopy including endoscopic ultrasound and ERCP at the University of Cincinnati.

Notes
