



PINNACLE GI INSTITUTE

Elevated Expertise, Accessible Excellence

Mukthinuthalapati, V V Pavan Kedar MD (aka Dr. Kedar / Dr. M)

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Colonoscopy Bowel Prep — GoLytely / Generic 128 oz Prep

Please read these instructions today, and again 2 weeks before your procedure.

Note: This is a general reference sheet. Your exact procedure date, arrival time, and location will be confirmed by our office by phone before your visit.

CANCELLATION POLICY: Scheduling procedures requires careful planning between our staff, physicians, and the facility. If you must reschedule or cancel, please call us at least 3 days prior to your procedure at (831) 260-3591. Late cancellations and no-shows may be charged a \$500 fee.

Restrictions

Familiarize yourself with all dietary restrictions and preparation instructions and follow them carefully to allow a safe, thorough inspection of your colon. Purchase your prep kit (prescription required — GoLytely, Trilytely, Nulytely, PegLyte, or any 128 oz generic colon prep) from your pharmacy 5–7 days before your procedure. **Do not follow the instructions on the box — follow the instructions below instead.**

Transportation — Required

You must be accompanied by an adult (18 years or older) to and from your procedure. You cannot drive after your procedure — sedation will impair your judgment and coordination for approximately 12 hours. Your driver's name and phone number will be required at check-in.

A taxi, rideshare (Uber/Lyft), shuttle, or bus is **not** a valid form of transportation after your procedure. If you do not have a driver, your procedure will be cancelled. If you don't have anyone available, let us know — we can provide information on escort services (at an additional cost).

5–7 Days Before Your Procedure

Have your prescription filled.

- Stop iron supplements, diet pills (Phentermine/Adipex/Qsymia), weekly GLP-1 injections, and herbal medications for 7 days before your procedure (vitamins are fine)
- If you take pain relievers/opioids or aspirin/ibuprofen daily, ask our office whether these should be held 5–7 days before your procedure — if you need a pain reliever in that window, use acetaminophen (Tylenol) instead
- If you routinely have fewer than 2 bowel movements per week, purchase an 8.3 oz bottle of Miralax and begin taking it twice a day starting 5 days before your procedure; take the last dose the morning before your procedure

The Day Before Your Procedure — Clear Liquid Diet All Day

No solid food. You may have water, coffee, tea, broth, sodas, apple juice, Gatorade, Jell-O, popsicles, and hard candy — all clear, none red or purple in color. Drink extra clear liquids before starting your prep to stay well hydrated.

How to Take Your Prep — Split Dose (2-Day Regimen)

The full 128 oz container is required for a complete prep. A poor prep can result in your procedure being cancelled.

At 10:00 AM the morning before your procedure:

- Step 1: Fill the provided container with lukewarm water to the fill line and dissolve all the powder. You may add the flavor packet provided.



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- Step 2: Refrigerate the mixture.

At 5:00 PM the evening before your procedure:

- Step 3: Drink 8 oz of the solution every 10–15 minutes until you've consumed 3/4 of the container.
- Step 4: Refrigerate the remaining 1/4. Continue drinking clear liquids for the rest of the evening.

Five hours before your arrival time:

- Drink the remaining 1/4 of the container at the same rate. If you feel nauseated, pause 10–15 minutes and resume.

Stop all liquids 2 hours before your procedure.

Bowel Prep — Frequently Asked Questions

- **What is a clear stool?** It may have a slight yellow or tea-colored tint but should be completely transparent with no solid matter.
- **I'm not having bowel movements yet.** This can take 3–4 hours after starting the prep. If you haven't had a bowel movement by 9:00 PM the night before your procedure, call our on-call physician.
- **The prep is making me nauseous.** Slow down the rate at which you drink and try to finish the full amount. If vomiting persists, stop and call our office.
- **Is cramping/diarrhea normal?** Yes, this is a normal part of the prep process.
- **Why do I need the second dose if my stool already looks clear?** Your small intestine produces a sticky substance overnight that coats part of the colon — the second dose clears this so your doctor can see clearly.
- **Can I brush my teeth the morning of my procedure?** Yes, but do not swallow.
- **Do I need to remove jewelry?** Please leave valuables at home and remove all body piercings, including mouth/lip jewelry.

If You Have Diabetes

Please contact our office for detailed diabetic prep guidance on adjusting insulin or oral medications, since this varies by individual — this sheet is not a substitute for that conversation.

What to Expect — Day of Your Procedure

When you arrive, you'll register and sign consent forms (online check-in may also be available). Staff will confirm your name and date of birth, insurance, and the contact information of the person picking you up.

After changing into a gown, a nurse will place an IV, and an anesthesiologist will review your medical history. Your doctor will explain the procedure, answer questions, and go over risks and benefits before you're brought into the procedure room, where your heart rate, breathing, and blood pressure will be monitored throughout.

After Your Procedure — Recovery

You'll wake up in the recovery room. Bloating or mild cramping is normal and improves as you pass gas. Once you're fully awake, your IV will be removed, your doctor will discuss results, and your nurse will review discharge instructions before your escort takes you home.

If a biopsy was taken, results are typically available in 7–10 days. Avoid alcohol for 24 hours after your procedure, and avoid carbonated beverages, raw fruits, and salads at your first post-procedure meal. Most patients can resume their normal diet and activities the next day.

Call Our Office Immediately If You Have:

- A temperature of 101°F (38.3°C) or higher



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- Severe stomach pain or increasing size/firmness of your abdomen
- Heavy bleeding from the rectum lasting more than 24 hours
- Weakness, faintness, or persistent nausea/vomiting

Questions?

- Procedure or prep questions: call (831) 260-3591, Monday–Friday (not holidays), 8:00 a.m.–5:00 p.m.
- After hours, weekends, or holidays: the on-call provider will reach out. If not urgent, you'll be answered the next business day.
- To reschedule for any reason, call (831) 260-3591.
- For a medical emergency, call 911 or go to the nearest emergency room.