



PINNACLE GI INSTITUTE

Elevated Expertise, Accessible Excellence

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

3121 Park Avenue, Ste D, Soquel, CA 95073 | 14911 National Ave, Ste 6, Los Gatos, CA 95032

Phone: (831) 260-3591 Fax (Clinical): (800) 785-5318 Fax (Admin): (831) 531-2950

Colonoscopy Bowel Prep — SUPREP

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 below and follow them carefully — this allows a safe, thorough inspection of your colon. Purchase your SUPREP kit (prescription required) from your pharmacy 2–3 weeks before your procedure.

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 Days Before Your Procedure

- No nuts or seeds — including fruits/vegetables with seeds (strawberries, raspberries, tomato, cucumber, etc.) and breads with seeds or nuts baked in
- No popcorn
- No iron supplements or omega-3/fish oil supplements

The Day Before Your Procedure — Clear Liquid Diet All Day

No solid food. You must be on a clear liquid diet all day.

You may have:

- Water / fitness water (no red or purple colors)
- Clear juices (apple, white grape)
- Carbonated drinks (no red or purple colors)
- Tea & coffee — no added milk or dairy alternatives
- Clear, store-bought broth only (chicken, beef, vegetable) — no solids
- Yellow or green Jell-O
- Popsicles/sorbet — no red or purple colors, no pulp or fruit pieces

Avoid all day:

- All solid food, alcohol, dairy products or substitutes, juices/popsicles with pulp, and red or purple-colored liquids



PINNACLE GI INSTITUTE

Elevated Expertise, Accessible Excellence

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

3121 Park Avenue, Ste D, Soquel, CA 95073 | 14911 National Ave, Ste 6, Los Gatos, CA 95032

Phone: (831) 260-3591 Fax (Clinical): (800) 785-5318 Fax (Admin): (831) 531-2950

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

Both bottles are required for a complete prep. It is your responsibility to follow these instructions closely — a poor prep can result in your procedure being cancelled.

The evening before your procedure (around 5:00 PM):

- Step 1: Pour one (1) 6 oz bottle of SUPREP into the mixing container provided. Add cool water to the 16 oz line and mix. Drink the entire contents (a straw may help).
- Step 2: Over the next hour, drink two (2) more 16 oz cups of water.

Continue drinking clear liquids for the rest of the evening to stay hydrated.

Five hours before your arrival time:

- Step 3: Repeat — pour the second 6 oz bottle of SUPREP into the container, fill to the 16 oz line with cool water, and drink the entire contents.
- Step 4: Over the next hour, drink two (2) more 16 oz cups of water.

Stop all liquids 2 hours before your procedure.

If you experience nausea, slow down and take a short break before resuming. Baby wipes or a soothing cream (e.g., Balneol) can help with irritation during the prep.

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 — what do I do?** It can take 3–4 hours after starting the prep. Be patient and keep drinking liquids. 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. Try to finish the full amount even if it takes longer. If vomiting persists or you can't finish, stop and call our office.
- **Is cramping or diarrhea normal?** Yes — bloating, discomfort, nausea, cramping, and diarrhea can all occur during bowel prep.
- **Can I have alcohol on the liquid diet?** No.
- **Can I brush my teeth the morning of my procedure?** Yes, but do not swallow.
- **Can I have candy, mints, gum, or tobacco before my procedure?** No.
- **Do I need to remove jewelry?** Please leave valuables at home. Remove all body piercings, including mouth/lip jewelry — inability to do so may result in cancellation.

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



PINNACLE GI INSTITUTE

Elevated Expertise, Accessible Excellence

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

3121 Park Avenue, Ste D, Soquel, CA 95073 | 14911 National Ave, Ste 6, Los Gatos, CA 95032

Phone: (831) 260-3591 Fax (Clinical): (800) 785-5318 Fax (Admin): (831) 531-2950

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
- 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.