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The day before your exam

- 1) The day before your procedure, please maintain a liquid diet all day (No solid food) **examples**: coffee, tea, fruit juices, sodas, chicken or beef broth, non red Gatorade's, non red jellos, and non red popsicles: Do not drink any liquids that are red or purple color and NO DAIRY PRODUCTS!
- 2) **At 9am**, drink 1 (10 oz) bottle of magnesium citrate, this is bought over the counter (**if kidney issues do not take**)
- 3) **At 3pm**, use the Plenvu mixing container to mix dose pouch 1 with 16 ounces of water and drink it with in 30 minutes.
- 4) **at 5PM**, drink 16 ounces of water
- 5) **at 7pm**, repeat the same steps as number 3 with pouch A&B
- 6) **at 9pm**, drink 16 ounces of water
- 7) **Nothing by mouth after 10pm, PLEASE DO NOT DRINK ANYTHING, THAT INCLUDES WATER ALSO.**
- 8) **No show/Cancellation policy notification 3 business days \$100 charge**