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PREP FOR THE COLONOSCOPY

the day before your exam

1. Mix medication with one gallon of water and refrigerate it in the morning. (Inside the container is white powder that is the medication, add water to the top of the container.) **(DO NOT MIX ANY SOONER ONCE MIXED WITH WATER SOLUTION IS ONLY GOOD FOR 24-48 HOURS)**
2. **No solid food** only clear liquids NOTHING RED IN COLOR AND NO MILK. Clear liquids are: water, black coffee, apple juice, tea (no lemon), Gatorade, Popsicles, clear sodas, jello, hard candy, and broth.
3. **At 9am**, drink 1 (10oz) bottle of magnesium citrate (bought over the counter) (do not drink if kidney issues.)
4. **At 3pm** begin to drink solution (DO NOT START THE MEDICATION ANY EARLIER). One 8 oz. Glass every ten minutes until you drink **half the gallon**. You will get diarrhea, possibly nausea and vomiting.
5. **At 7pm** begin to drink solution again (DO NOT START THE MEDICATION ANY EARLIER). One 8 oz. Glass every ten minutes until you **drink the remaining half the gallon**. You will get diarrhea, possibly nausea and vomiting.
6. **You can continue clear liquids until 10pm then nothing by mouth after that.**