

Olympia Multi-specialty Clinic
Ambulatory Procedure Center
3920 Capital Mall Drive
Physician's Pavilion, Suite 300

Capital Medical Center
3900 Capital Mall Drive
Emergency Room Area
Outpatient Registration

Marshall McCabe III, M.D.

Darien Heap, M.D.

John Kuczynski, M.D.




Michelle Thompson D.O.

Marshall McCabe IV, D.O.

Your procedure is scheduled for _____

Check in at _____.

Colyte Preparation PM

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<input type="checkbox"/> Arrange for a ride <input type="checkbox"/> If taking iron stop the medication now. You may take Tylenol or Tylenol products. <input type="checkbox"/> If taking Coumadin or other blood thinners or need antibiotics prior to dental work, call our office for instructions. <input type="checkbox"/> Go to your pharmacy and pick up your Colyte. <div> Begin Low Fiber Diet No raw fruits or vegetables. No whole wheat or high fiber. No nuts or popcorn or food containing seeds. No Metamucil, Fibercon, bran or bulking agents </div> <input type="checkbox"/> Last chance to cancel appointment or you will be charged a CANCELLATION FEE of \$200.00	<input type="checkbox"/> If you are diabetic and take insulin, please check with your physician about your diabetic medications for the day before and the day of your procedure. 	<input type="checkbox"/> Check with your driver and be sure they have read the drivers instructions.	<input type="checkbox"/> Drink at least 8 (8 oz) glasses of water or clear liquids today  No solid Food after midnight.	<div> Begin Clear Liquid Diet Strained fruit juices (no pulp):for example apple, white grape, broth, water, Gatorade, popsicles, Jell-O, coffee, and tea (no milk or cream) NO RED OR PURPLE </div> <input type="checkbox"/> Drink at least 8 (8 oz) glasses of water or clear liquids throughout the day.  <input type="checkbox"/> Mix Colyte as directed on container in the morning. Put in refrigerator. <input type="checkbox"/> 5 PM Begin drinking Colyte. Drink one glass (8oz) every 10 minutes until the container is 1/2 empty. Put back in the refrigerator the 2 nd half. <input type="checkbox"/> You may warm the Colyte if you become chilled. <input type="checkbox"/> You may drink clear liquids until bedtime.	<input type="checkbox"/> You may take only necessary medications with sips of water. <input type="checkbox"/> You may have clear liquids until 2 hours prior to your procedure <input type="checkbox"/> _____ Drink 2 nd half of Colyte. Drink one glass (8oz) glass every 10 minutes until empty. <input type="checkbox"/> No Gum, hard candy or chewing tobacco.

Due to the use of Sedation, you will be required to arrive with someone who can sign you out and drive you home. *We cannot permit you to take a taxi, bus, or drive yourself home.**

LOW FIBER DIET

Type of food	OK to consume	Foods to Avoid
Breads, Cereal, Rice and Pasta	<ul style="list-style-type: none"> • White bread, rolls biscuits, croissants, melba toast • Waffles, French toast, and pancakes • White rice, noodles, pasta, macaroni and peeled cooked potatoes • Plain crackers, saltines • Cooked cereals: Farina, cream of rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K 	<ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat) • Oatmeal, grits
Vegetables	<ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green beans, pumpkin, spinach and lima beans 	<ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds: okra, cucumbers, zucchini • Sauerkraut • Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, peas, hominy and corn
Fruits	<ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas, melons 	<ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins, fresh pineapple
Milk and Dairy products	<ul style="list-style-type: none"> • Milk, plain or flavored yogurts, custard, ice cream, cheese and cottage cheese 	<ul style="list-style-type: none"> • Yogurt with nuts or seeds
Meat, Poultry, Fish, Dry Beans, and Eggs	<ul style="list-style-type: none"> • Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats and organ meats • Eggs • Peanut butter without nuts 	<ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas or lentils • Peanut butter with nuts
Fats, Snacks, Sweets, condiments, and Beverages	<ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream and salad dressing • Plain gravies • Sugar, clear jelly, honey and syrup • Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Hard candy • Pretzels, plain snack crackers • Gelatin, plain puddings, custard, ice cream, sherbet and Popsicles • Chocolate 	<ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish and horseradish • All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran • Candy made with nuts or seeds • Popcorn, snack crackers with seeds