

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 \_\_\_\_\_.

## Sutab Prep

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 Sutabs.  <div> <b>Begin Low Fiber Diet</b>             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> <b>Begin Clear Liquid Diet</b>            Strained fruit juices (no pulp):for example apple, white grape, broth, water, Gatorade, popsicles, Jell-O, coffee, and tea (no milk or cream)  <b>NO RED OR PURPLE</b> </div>  <input type="checkbox"/> Drink at least 8 (8 oz) glasses of water or clear liquids throughout the day.    <input type="checkbox"/> <b>5 PM</b> Open 1st bottle of 12 tablets. Fill the provided container with 16 ounces of water. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.  <input type="checkbox"/> Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.  <input type="checkbox"/> 30 minutes later drink another 16 ounces of water over 30 minutes.  <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"/> _____ Open 2nd bottle of 12 tablets. Fill the provided container with 16 ounces of water. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.  <input type="checkbox"/> Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.  <input type="checkbox"/> 30 minutes later drink another 16 ounces of water over 30 minutes.  <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
<b>Breads, Cereal, Rice and Pasta</b>	<ul style="list-style-type: none"> <li>• White bread, rolls biscuits, croissants, melba toast</li> <li>• Waffles, French toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>• Plain crackers, saltines</li> <li>• Cooked cereals: Farina, cream of rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> <li>• Oatmeal, grits</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green beans, pumpkin, spinach and lima beans</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds: okra, cucumbers, zucchini</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, peas, hominy and corn</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas, melons</li> </ul>	<ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins, fresh pineapple</li> </ul>
<b>Milk and Dairy products</b>	<ul style="list-style-type: none"> <li>• Milk, plain or flavored yogurts, custard, ice cream, cheese and cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<b>Meat, Poultry, Fish, Dry Beans, and Eggs</b>	<ul style="list-style-type: none"> <li>• Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas or lentils</li> <li>• Peanut butter with nuts</li> </ul>
<b>Fats, Snacks, Sweets, condiments, and Beverages</b>	<ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey and syrup</li> <li>• Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Hard candy</li> <li>• Pretzels, plain snack crackers</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet and Popsicles</li> <li>• Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn, snack crackers with seeds</li> </ul>