

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

St Peters Hospital
413 N Lilly Rd
Front Lobby
Short Stay

Marshall McCabe III, M.D.

Thomas O'Meara, M.D.

Darien Heap, M.D.




John Kuczynski, M.D.

Moonkyung Schubert, MD

Your procedure is scheduled for _____ at _____

Check in at _____.

SUPREP PREP

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Arrange for a ride</p> <p>If taking Iron stop now.</p> <p>If taking Coumadin or other blood thinners, or need antibiotics prior to dental work, call our office for instructions.</p> <p>Pick up Suprep at your pharmacy.</p> <div> <p>Begin Low Fiber Diet</p> <p>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.</p> </div>	<p>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.</p> 	<p>Continue low fiber diet.</p> <p>Last chance to cancel appointment or you will be charged a CANCELLATION FEE of \$100.00.</p> <p>Check with your driver and be sure they have read the drivers instructions.</p>	<p>Continue low fiber diet.</p> <p>Drink at least 8 (8 ounces) glasses of water or clear liquids today.</p>  <p>No solid foods after midnight.</p>	<div> <p>Begin Clear Liquid Diet</p> <p>Strained fruit juices (no pulp): for example apple, white grape, broth, water, Gatorade, Popsicles, Jell-o, coffee, tea (no milk or cream)</p> <p>NO RED LIQUIDS</p> </div> <p>Drink at least 8 (8 ounces) glasses of water or clear liquids throughout the day</p>  <p>5:00 pm</p> <p>Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool water to the 16 ounce line on the container and mixed. Drink all liquid in the container. Drink two more 16 ounces of clear liquids over the next hour.</p> <p>You may continue to drink clear liquids until bedtime.</p>	<p>At _____</p> <p>Pour one (1) 6 ounce bottle of Supreo liquid into the mixing container. Add cool water to the 16 ounce line on the container and mixed. Drink all liquid in the container. Drink two more 16 ounces of clear liquids over the next hour.</p> <p>Up until 4 hours before your appointment, you can drink clear liquids. Then nothing to eat or drink until after your appointment.</p> <p>You may take only necessary medications with sips of water.</p> <p>No gum or hard candy.</p> <p>Check in the Physican's Pavilion located in Capital Medical Center building. Take elevator to the 3rd floor and check in at Suite 300.</p>

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