



Babak Mohajer, MD  
20 West 20<sup>th</sup> Street Suite 703  
New York, NY 10011  
T (212)260-6505  
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**Date of Procedure:** \_\_\_\_\_ **Time: \*\*** \_\_\_\_\_ **\*\***

The procedure is done at **East Side Endoscopy Center (380 2<sup>nd</sup> Ave. & 22<sup>nd</sup> St.)**  
**(For more information on the facility please go to [www.esecgi.com](http://www.esecgi.com))**  
**\*\*please arrive 45 minutes\*\*** earlier than your procedure time.

Please bring your insurance card and Photo ID with you

**Starting ONE WEEK before the procedure**

- Please make sure if you are on Plavix, Coumadin and any other blood thinners, Please discuss with Dr Mohajer a week prior to scheduling your procedure.
- If you cannot hold off on Plavix or Coumadin or any other blood thinners please inform Dr.Mohajer.
- If you are currently taking Blood Pressure medications, Please be sure to take them very early the morning of the procedure with a sip of water!!!
- If you take insulin please make sure you informed Dr. Mohajer at the time of your consultation/Follow-up visit. (not the day of your procedure)
- If you cancel and reschedule your colonoscopy and begin new medication please inform Dr.Mohajer.

**IT'S A MUST THAT YOU HAVE SOMEONE PICK YOU UP.**

You should have your escort pick you up approximately 1 ½-2 hour after your procedure starts. If you don't have any one please be aware they might cancel your procedure.

**Any cancellation or rescheduling must be done with our office not the facility.**

**(If you must cancel please give 48hr notice prior. if no 48hr notice is given we will charge you a \$100.00 fee)**

Any questions or concerns please feel free to call us at the above number.

**!! Please note if you are taking recreational drugs (i.e. Cocaine) please inform the doctor, you must be off it 1 week prior to your procedure. If not they will cancel your procedure!!**



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### **CLEAR LIQUID DIET**

**The day before your procedure (Starting from the morning you will be on a clear liquid diet all day)**

THIS DIET PROVIDES FLUIDS THAT LEAVE LITTLE RESIDUE AND ARE EASILY ABSORBED WITH MINIMAL DIGESTIVE ACTIVITY. THIS DIET IS INADEQUATE IN ALL ESSENTIAL NUTRIENTS AND IS RECOMMENDED ONLY IF CLEAR LIQUIDS ARE TEMPORARILY NEEDED. **NO DARKS COLORS SUCH AS RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!**

### **DRINKS ALLOWED**



- CARBONATED BEVERAGES (clear)
- FRUIT FLAVORED DRINKS (clear)
- APPLE JUICES
- WHITE GRAPE JUICE
- LEMONADE
- CLEAR BROTH (CONSOMME)
- CLEAR FLAVORED GELATIN, JELL-O (JELLO –LEMON OR LIME ,NO FRUIT OR TOPPINGS)
- POPSICLES (NO RED OR PURPLE)
- SUGAR, HONEY, SYRUP, CLEAR HARD CANDY, SALT
- GREEN TEA ( please make sure it's not too dark)
- COCONUT WATER

**\*All Day\***



### **FOODS NOT ALLOWED- NO SOLIDS AT ALL THE DAY BEFORE-Just Liquids**

MILK, MILK DRINKS, FRUIT JUICES WITH UNSTRAINED FRUITS, ALCOHOL BEVERAGES, VEGETABLES, MEATS, GRAINS, STARCHES, NO COFFEE

**\*\*\*Avoid Seeds / Nuts for at least 5 days prior to your procedure\*\*\***

**Last CLEAR Liquid meal should be at 12midnight unless otherwise instructed.**

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## Suprep

### The DAY before the procedure:

- **VERY IMPORTANT:** You must maintain a clear liquid diet the entire day before your procedure (NO SOLID FOOD)!
- **\*If your procedure is scheduled before 12:00PM**

**At 5:00 pm the evening** before your procedure: follow Step 1 below

**At 10:00 pm the evening** before your procedure: follow Step 2 below

- **\*If your procedure is scheduled at 12:00PM (noon) or later:**

**At 7:00 pm the evening** before your procedure: follow Step 1 below

**At 6:00 am in the morning of your procedure:** follow Step 2 below

**Step 1** Pour one of the bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You MUST drink 2 more 16-ounce containers of water or any clear liquid of your choice over the next hour.

**Step 2** Repeat Step 1 using the remaining bottle of SUPREP liquid. Remember you MUST drink 2 more 16-ounce containers of water or any clear liquid of your choice after completing the second dose.

### On the day of the procedure:

- **No eating or drinking before the procedure** (except the prep if you are instructed to take it in the morning of the procedure; You must finish drinking the final glass of water at least 4 hours before your colonoscopy). If you take both preps the day before then your last liquid meal should be 12 midnight the day before.

If you have any questions regarding these instructions please call this office at the above #.