

Babak Mohajer, MD

20 West 20th Street, Suite 703
New York, NY 10011
(212) 260-6505 (t) | (212) 260-3060 (f)
DoctorMohajer.com



Colonoscopy | General Information

Procedure Date	Arrival Time	Procedure Time	Pick Up Time

Your procedure will be done at
East Side Endoscopy Center 380 2nd Ave. @ 22nd St. |
(212) 375-1065 | esecgi.com

WHAT TO BRING

- ◆ Insurance card and photo ID
- ◆ Please leave valuables at home but small personal items can be stored in a provided locker
- ◆ Wear loose, comfortable clothing (you will change into a surgical gown for the procedure)

CANCELLATIONS

- ◆ Call (212) 260-6505 if you must cancel your procedure
- ◆ Cancellations made fewer than 48 hours from your procedure time will incur a \$100 fee

PICK UP

- ◆ You must have someone pick you up after your procedure (see Pick Up Time above)
- ◆ Patients without an escort will either have their procedure cancelled or will not be discharged

INSURANCE COVERAGE

- ◆ If you have insurance, it is your responsibility to find out your payment share of the procedure
- ◆ As a courtesy to our patients, our medical biller can contact your insurance provider to see if you might be expected to pay any out of pocket costs. If your insurance company informs us that you will be expected to pay a share of the cost, we will email you with their estimate. If you do not hear from us, you can assume that your insurance will cover all of the cost.

DRUG INTERACTIONS

- ◆ If you take Plavix, Coumadin or any other blood thinners, you must discuss a dosing plan with Dr. Mohajer at least one week before your procedure
- ◆ If you take insulin, be sure to inform Dr. Mohajer well in advance of your procedure, so he can make a pre- and post-procedure monitoring and dosing plan
- ◆ If you start a new medication since your procedure was scheduled, inform us immediately
- ◆ If you use recreational drugs like marijuana or cocaine, they can interfere with anesthesia, so discontinue use at least a week before your procedure and discuss with Dr. Mohajer

Babak Mohajer, MD

20 West 20th Street, Suite 703
New York, NY 10011
(212) 260-6505 (t) | (212) 260-3060 (f)
DoctorMohajer.com



Colonoscopy | Preparation

Week before Procedure

- If you take blood thinners, insulin, new medications or recreational drugs, discuss with Dr. Mohajer
- **Stop eating seeds and nuts**
- Arrange for someone to pick you up after your procedure
- If you are unsure of your insurance coverage, call our biller at (212) 260-6505 to verify your share of costs

Day Before procedure

- Beginning in the morning you will be drinking a **CLEAR LIQUID DIET** all day



Allowed

- ▶ Clear carbonated drinks
- ▶ Clear fruit flavored drinks
- ▶ Apple juice
- ▶ White grape juice
- ▶ Lemonade
- ▶ Coconut Water
- ▶ Clear broth/consommé
- ▶ Clear JELL-O (lemon, lime ok but no fruit or toppings)
- ▶ Popsicles (no red or purple)
- ▶ Sugar, honey, syrup, clear hard candy, salt
- ▶ Green tea (not too dark)

Not Allowed

- ▶ **No solid food of any kind**
- ▶ Milk or milk drinks
- ▶ Unstrained fruit juices
- ▶ Alcoholic beverages
- ▶ Vegetables
- ▶ Meats
- ▶ Grains & Starches
- ▶ Coffee

Day of Procedure

- Do not eat or drink anything unless Dr. Mohajer instructed otherwise
- If you need to take medications in the morning, take with one sip of water
- Confirm your escort will come for you at your designated pick up time
- Plan to arrive at East Side Endoscopy Center 45 minutes before your scheduled procedure
380 2nd Ave, Concourse A New York, NY 10010
(212) 375-1065
Subway: 6 train (23rd St stop)
Bus: M15
- It can take 24 hrs for the full effects of anesthesia to wear off, so don't return to work or make big decisions for the rest of the day
- Air is put into your colon during the procedure and can cause some discomfort for a few hours. Passing the air and walking around can relieve this discomfort

PLENVU INSTRUCTIONS

(You must follow this instruction sheet given only - NOT what's on the box)

DAY BEFORE THE PROCEDURE: You must maintain a clear liquid diet the entire day. (See list provided)

Check List:

FIRST DOSE- Beginning at either 3pm or 4pm the day before the exam:

- **STEP 1:** Empty Dose 1*** (only one big pouch) *** into mixing container, fill to line with water or any clear liquid (at least 16 fluid oz) and mix with a spoon or put lid on mixing container securely and shake until completely dissolved. This may take up to 2 to 3 minutes.
- **Step 2:** Drink the entire dose 1. Take your time- Slowly finish the dose within 30 minutes.
- **Step 3:** Rinse the container and fill to line with clear liquids (at least 16oz) and drink entire contents over 30mins. Again, take your time and slowly finish all of it within 30 minutes.

SECOND DOSE - 5 hours after the first dose either at 8pm or 9pm the day before the exam:

- **Step 1:** Empty Dose 2 *** (Pouch A and Pouch B) **** into mixing container, fill to line with water or any clear liquids (at least 16fluid oz) and mix with a spoon or put lid on mixing container securely and shake until completely dissolved. This may take up to 2 to 3 minutes.
- **Repeat Step 2 & Step 3**

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

DAY OF PROCEDURE: NO EATING OR DRINKING anything unless instructed otherwise. If you need to take medications in the morning please do so with a SIP of Water only.

PLEASE NOTE: IF YOU ARE SCHEDULED IN THE AFTERNOON (1PM- 4PM) then you take the 1st prep at 8pm the night before and the 2nd prep at 5am the morning of the procedure, Last clear liquid should be at 8am the morning of the procedure. NO MORE LIQUIDS AFTER 8am

Helpful Tip: *If you have difficulty drinking the prep you can use a straw to help digest the solution.*

{ you have less tastes buds in the back of your mouth; with a straw you may be able to tolerate the prep a little more than just drinking it without it }

Please note:

Your procedure will be taken place at:

*East Side Endoscopy
380 2nd Avenue 22nd Street
Concourse A (lower Level)*

**You arrive 45minutes prior to your
appointment time.**

**Please disregard any confirmation
notifications you may get with our office
address.**



East Side Endoscopy, LLC

♦ 380 2nd Avenue (between 21st and 22nd Sts) ♦ NY, NY 10010 ♦ Tele: 212-375-1065 ♦ www.esecgi.com

You have been scheduled for a procedure at East Side Endoscopy on _____, @ _____AM/PM
for ___ Colonoscopy ___ Upper Endoscopy with Dr. Mohajer.

You must Check-In at the Center 45 minutes prior to your appointment.

All procedures require either a bowel cleaning prep or fasting for up to 8 hours. It is very important to review the instructions provided by your doctor carefully to avoid rescheduling.

Do not drink anything 2 hours prior to your procedure time.

1 to 2 days prior to your procedure a nurse will call you to review important medical information and give you additional instructions. Please be prepared to review all medications and dosages. It is helpful to make a list.

In Preparation for your Procedure:

- Make arrangements for someone to pick you up after the procedure. You must have an adult sign you out and escort you home.
- Due to COVID-19 restrictions and testing requirements ONLY patients are admitted into the facility.
- A nurse will escort you to the street level; there is no need for your escort to park.
- Please make arrangements for childcare in advance. The endoscopy center cannot accommodate small children.
- The approximate duration of your stay at East Side Endoscopy is 1 and ½ hours.
- **Contact your insurance carrier to determine any requirements for pre-authorization and potential financial responsibility. Co-pays are expected at the time of service. We will accept cash, check, credit card (Visa, Master Card & American Express), or debit card.**
- If you have any questions regarding your medication(s) prior to the procedure, please contact your physician's office.

On the Day of Your Procedure:

- **DO NOT CHEW GUM OR SUCK ON ANY HARD CANDY NOR MINTS 2 HOURS PRIOR TO PROCEDURE.**
- Please bring your insurance card and a photo ID.
- Bring your eyeglasses.
- Leave all jewelry and valuables at home. The endoscopy center cannot take responsibility for safeguarding your personal items.
- Bring your medication(s) or a list of the medication(s) and dosages you are currently taking.
- If you use an inhaler, please bring the device with you.

After Your Procedure:

- Average recovery time is 30 minutes for most procedures.
- Patients will remain in the recovery area until they are ready for discharge.

You may NOT drive a vehicle following your procedure for 24 hours.

Thank you.