

## 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](http://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

# bmmmd

## 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

**NO GUM OR HARD  
CANDY 2 HOURS PRIOR  
TO PROCEDURE.**

### 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

**Babak Mohajer, MD**

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



## Suprep Instructions

For the entire day before your procedure, it is very important that you maintain a diet of only clear liquids.

### If your procedure is before 12pm:

- ✓ Follow Step 1 at 3pm the evening before your procedure
- ✓ Follow Step 2 at 8pm the evening before your procedure
- ✓ Your last liquid meal should be consumed by midnight, and no food or drink the next morning

### If your procedure is 12pm or later:

- ✓ Follow Step 1 at 7pm the evening before your procedure
- ✓ Follow Step 2 at 6am the morning of your procedure
- ✓ You must finish your last glass of water or other clear liquid by 4 hours before your procedure

### STEP 1

- Pour one of the bottles of Suprep liquid into the mixing container. Add cold water up to the 16oz line on the container and mix. Drink ALL the liquid in the container. You must drink 2 more 16oz containers of water or another clear liquid over the next hour.

### STEP 2

- Repeat Step 1 above using the remaining bottle of Suprep liquid. Remember you must again drink 2 more 16oz containers of water or another clear liquid within an hour of after completing the second dose.

### TIPS

- Improve the prep's taste by mixing it with coconut water, lemonade or ginger ale
- You can pre-mix your prep in the morning and refrigerate
- We have fewer taste buds on the back of our tongues, so use a straw placed toward the back of your mouth to help get the prep down without tasting it
- Stay very close to a toilet once you start your prep

# **Please note:**

**Your procedure will be taken place at:**

***East Side Endoscopy  
380 2<sup>nd</sup> Avenue 22<sup>nd</sup> 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 2<sup>nd</sup> Avenue (between 21<sup>st</sup> and 22<sup>nd</sup> 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.**