

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

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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

Colonoscopy Preparation Instructions with SUTAB

- Please stop any Aspirin, Plavix, Coumadin or any blood thinning medications for 5 days prior to procedure, this includes Advil, Motrin, Aleve or any other NSAID medications (Tylenol is OK)
- If you are experiencing symptoms consistent with an upper respiratory infection, please notify us the day before your procedure so we can reschedule your appointment.

Please pick up SUTAB Prescription at least **5 days** prior to you examination, make sure you give the pharmacist a **COUPON** (ask for our office staff for a coupon or download it online www.sutab.com)

*****Two nights prior to your procedure please take 2 Dulcolax tablets after dinner.
(This can be purchased over the counter)*****

The day before your colonoscopy:

You are to be on a clear liquid diet for the entire day beginning in the morning. DO NOT eat any solid foods, dairy products included. **CONSUME CLEAR LIQUIDS ONLY!** (I.e. Apple juice, white grape juice, any carbonated soda, clear broth, bouillon, water, tea WITHOUT milk, Gatorade, etc.) This is for the entire day (24 hours) before your exam. Please abstain from anything that is red and/or purple colored (i.e. fruit punch, cherry, strawberry, or grape-flavored drinks or Jell-o).

The day before your colonoscopy (**start at 3pm**) take the first dose of SUTAB

- **Step 1** Open 1 bottle of 12 tablets
- **Step 2** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 40 to 60 minutes. If you become uncomfortable, take the tablets and water slower.
- **Step 3** Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- **Step 4** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.



Dose 2: Start at 8pm second bottle of 12 tablets. Repeat **Step 1** to **Step 4**

**IMPORTANT: You must use all tablets and take them with plenty of water.
Drink water slowly to avoid any discomfort.**

PLEASE NOTE: IF YOU ARE SCHEDULED IN THE AFTERNOON (1PM- 4PM) you can have a light breakfast the day before, then you take the **1st** prep at **8pm** that night 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

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.