



Babak Mohajer, MD
20 West 20th 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 2nd Ave. & 22nd St.)**
(For more information on the facility please go to 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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MOVIPREP INSTRUCTIONS

DAY BEFORE THE PROCEDURE:

Very important: Maintain a clear liquid diet the entire day.

Clear liquids include: broths, water, clear juices (apple or white grape), Gatorade, jell-popsicles, you may use sugar, honey or lemon. Please do not have any dairy products, orange juice or anything RED or PURPLE colored.

⇒ **Beginning at 5pm the day before exam:**

***STEP 1:** Empty 1 Pouch A and 1 Pouch B into the disposable container. Add cold drinking water to the top line of the container. Mix to dissolve. (Or you can mix the prep with clear liquids such as coconut water, lemonade etc.)

***suggestion:** Mix solution ahead of time and refrigerate prior to drinking. (Must use the solution within 24hrs)

***STEP 2:** The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.) until the full liter is complete.

* Drink 16 oz. of the clear liquid of your choice.

⇒ **Beginning at 10pm day before exam:** Repeat steps 1 and 2

Day of the procedure: Do not eat or Drink anything unless instructed otherwise.

- Please note if your procedure is schedule in the afternoon (1pm-330pm) then you take the 1st Prep at 8pm the night before and the 2nd Prep at 5am the morning of your procedure , LAST Liquids should be drank by 7am-8am that morning. NO MORE LIQUIDS AFTER 8AM.