Dr. Rosenfeld’s Hemorrhoidectomy
Instruction Sheet

You will be having a hemorrhoidectomy. Hemorrhoids are venous cushions. They are a part of our anatomy just like eyes, nose, ears, toes, etc. We are born with at least 6 hemorrhoids, three within the anus (internal hemorrhoids) and three outside the anal opening (external hemorrhoids). External hemorrhoids are abundant in nerve endings. The internal hemorrhoids lack pain fibers. Of all of the ways to treat hemorrhoids it was felt the best option was to have them excised.

Whether just an external hemorrhoid excision or an internal and external hemorrhoid excision there are inherent risks to having hemorrhoid surgery. Though the complications are not frequent they can occur. The risks to the surgery include but are not limited to: death, bleeding, infection or abscess which can lead to a fistula, recurrence, anal stricture, incontinence to stool and gas, stroke, heart attack, clots in the legs that can dislodge and go to the lungs, and anesthesia complications. Before you undergo the operation you will need to follow the instructions below. If you are having a colonoscopy at the same time please follow the colonoscopy bowel preparation sheet given to you. If you are only having a hemorrhoid excision please follow the instructions below on page 2.

Location: Your surgery has been scheduled at:

a) Simi Valley Hospital - (805) 955-6000
   2975 N. Sycamore Drive
   Simi Valley, Ca. 93065
b) Aspen Surgery Center – (805) 955-8170
   2750 N. Sycamore Drive
   Simi Valley, Ca. 93065
   Angel (805) 955-8173
   For facility billing and insurance questions

2) Schedule:
   a) Date: ____________________________
   b) Time: ____________________________ am / pm

3) Arrival:
   a) You must arrive at ____________________________ am / pm
   b) You must have someone drive you to and from your procedure. You are not allowed to take a cab or other limo service home. You must leave the facility with a responsible adult.

4) Registration: You must arrive and register at the facility at the above arrival time

5) Medication:
   a) If you take prescribed medication every morning, you may do so on the morning of the procedure with just a sip of water.
   b) If you are a diabetic on insulin, take ½ of your morning dose on the morning of the procedure.
   c) For an ache or pain you may use Tylenol as it contains no aspirin.
   d) IMPORTANT: You are not allowed to take any non-steroidal anti-inflammatory medications starting 7 days prior to the procedure. This includes but is not limited to:
      i) Aspirin, Celebrex, Ibuprofen (Motrin), Advil, Aleve, Bayer, Persantine (Dipyridamole), Bufferin, Anacin, Excedrin, Alka-Seltzer or any other medicine containing aspirin. Discontinue Redux or any kind of diet pills.
e) **Important:** Please notify the office if you take any blood thinners including but not limited to:
   i) **Coumadin (Warfarin), Pradaxa, or Effient, Plavix**

6) **Travel:** You must be in town for 2 weeks after the procedure. If you have plans to travel within this time we will need to reschedule the procedure or you will need to change your plans.

7) **Questions:** Call my office (805) 579-8972 at any time if you have questions.

8) **Bowel Prep:**
   a) Start the prep the day before your hemorrhoidectomy
   b) Take the bowel preparation as instructed

9) **Working After Surgery:**
   a) You must take a week off of work. You are having surgery and no matter how small, you will have pain and shouldn’t work for one week.
   b) You will receive a post operative instruction sheet detailing what you need to know about your recovery.

10) **THINGS TO PURCHASE:**
    a) 2 fleets enemas – buy the ones in the green & white box

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**START THE BOWEL PREP SCHEDULE ON THE DAY BEFORE SURGERY**

<table>
<thead>
<tr>
<th>Morning until Dinner Day Before Surgery</th>
<th>7:00 PM Night Before Surgery</th>
<th>Midnight Night Before Surgery</th>
<th>05:00am the Morning of Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may eat anything you want all day.</td>
<td>Take a fleet’s enema. (see #10 above “things to purchase”).</td>
<td>Do not eat or drink anything after midnight</td>
<td>Take the second fleet’s enema. If you take medications on a regular basis you may take them with a sip of water (see the above instructions regarding medications)</td>
</tr>
</tbody>
</table>

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I understand that it is my responsibility to read this information fully. I understand that if I have any questions after reading this material I am to call the office at least 72 hours before my scheduled procedure to address them.

Signature ____________________ Date ____________________
Taking herbal medications can increase the risk for complications when having surgical procedures.

If you are taking any of the below herbal supplements

<table>
<thead>
<tr>
<th>Herbal Supplement</th>
<th>Risk for surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromelain</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Danshen</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Dong quai</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Feverfew</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Garlic</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Ginger</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Ginkgo</td>
<td>May cause bleeding</td>
</tr>
<tr>
<td>Ginseng</td>
<td>May cause bleeding, may cause rapid heartbeat,</td>
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</table>