Dr. Rosenfeld’s Crystal Light
Colonoscopy Prep Sheet

Read all pages carefully before beginning the prep!

Your doctor has recommended a colonoscopy to evaluate your colon. This exam will use a long tube with a camera and a light at its end. In order to see the inside of your colon clearly, the colon must be washed out the day before the procedure. This is the most important part of the procedure. None of the bowel preps on the market are pleasant, but the one prescribed below should be well-tolerated as it only tastes like Gatorade as the medicine is completely tasteless and odorless. Plan to stay at home once you begin taking the prep. You will need to be close to a bathroom as it causes a lot of diarrhea. Your colon must be very clean or polyps and even cancer may be missed due to retained stool. Follow the preparation instructions on page three EXACTLY AS STATED!

Dr. Rosenfeld is following the recommendation of the American College of Gastroenterology (ACG) which now recommends splitting the dose of colonoscopy bowel preps. The first dose is to be taken the night before the colonoscopy and the second dose is to be taken the morning of the procedure. The literature has shown split-dose preps to have a better quality, tolerance, and a decrease in missed polyps and cancers. I understand it will be unpleasant to get up very early to take the bowel preparation but it is important.

INSTRUCTIONS

1) 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
      i) For billing and insurance questions for the Aspen Center call (805) 955-8173.

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 colonoscopy 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 colonoscopy.
c) For an ache or pain you may use Tylenol as it contains no aspirin. **IMPORTANT:**
You are not allowed to take any of the following medications starting 7 days prior to the procedure:
   i) **Aspirin, Ibuprofen (Motrin), Celebrex, Advil, Aleve, Bayer, Bufferin, Anacin, Excedrin, Alka-Seltzer or any other medicine containing aspirin. Discontinue Redux or any kind of diet pills.**

   d) **Important:** Please notify the office if you take:
   i) **Coumadin (Warfarin), Plavix, Pradaxa, Aggrenox, Effient or Persantine (Dipyridamole).**

   e) **Warning:** If you take herbal supplements listed on page 4 please stop one week before surgery. If you are on any of these please inform the doctor.

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) **Driving:** You can not drive for 24 hours after the procedure. **You need a ride to and from the facility!** You should not make any major decisions for 24 hours after the procedure. (i.e. can’t go back to work later that day, buy or sell stocks, etc.)

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

9) **Bowel Prep:**
   a) Start the prep the **day before** your colonoscopy.
   b) Take as directed.

10) **Consent:** Please sign this form, below, and fax or email it to the office.

11) **What you will need to make the preparation (all below available over the counter no Rx needed)**
   a) One 238 gram bottle of MiraLAX.
   b) One 119g bottle of MiraLAX.
   c) Two packets of Crystal Light Lemonade (makes 2 quarts each).
   d) 4 Dulcolax tablets (5mg Bisacodyl).

   I understand that it is my responsibility to read this information fully and by signing this form I am consenting to the procedure as described. I understand that if I have any questions after reading this material I am to call the office before my scheduled procedure to address them.

   Signature ___________________________ Date ________________
START THE BOWEL PREP SCHEDULE ON THE DAY BEFORE YOUR PROCEDURE.

<table>
<thead>
<tr>
<th>Morning</th>
<th>2:00pm</th>
<th>Prepare the Solution:</th>
<th>5:00 PM to 7 PM</th>
<th>8:00 PM to 9 PM</th>
<th>6 ½ hours before start time</th>
<th>4 1/2 hours before colonoscopy start time</th>
</tr>
</thead>
</table>
| Do not eat solid food today. You are only allowed to drink clear liquids (see below). Gatorade is the best as it has electrolytes. Do not eat any fruit or vegetables today! Liquids only. Drink a lot of liquids during the morning and day! | Take 4 Dulcolax tablets with a 6 oz glass of clear liquid. Drink another 6 oz glass of clear liquid (see list below) at both 2:30 and 3:30. | Mix one package of Crystal Light Lemonade powder, one 238 gram bottle of Miralax Powder and 64 ounces of water into a pitcher. Stir solution until MiraLAX is completely dissolved. Put in refrigerator. | At 5:00 you will start drinking four glasses filled with 8 ounces of the solution.  
  • 5 PM to 5:30 PM  
    Drink one 8 ounce glass of solution.  
  • 5:30 PM to 6 PM  
    Drink one 8 ounce glass of solution.  
  • 6 PM to 6:30 PM  
    Drink one 8 ounce glass of solution.  
  • 6:30 to 7 PM  
    Drink one 8 ounce glass of solution.  
Be close to a bathroom for the next 2 hours!! | At 8:00 you will start drinking two glasses filled with 8 ounces of the solution.  
  • 8 PM to 8:30 PM  
    Drink one 8 ounce glass of solution.  
  • 8:30 PM to 9 PM  
    Drink one 8 ounce glass of solution.  
You will have extra mixture in the pitcher. Throw the remaining mixture away. | At 6 ½ hours before your colonoscopy mix one half of the remaining package of Crystal Light Lemonade powder, one 119 gram bottle of Miralax Powder and 32 ounces of water into a pitcher. Stir solution until MiraLAX is completely dissolved.  
  1. Drink one 8oz glass of solution over 30 minutes for a total of 4 glasses. This will take 2 hours (1 glass every 30 minutes X 4).  
| List of Clear Liquids (liquids with little or no color and without pulp): No red or purple beverages | Gatorade - A favorite and strongly suggested as it replaces electrolytes you will be losing with the diarrhea. Choose the yellow flavor.  
  Power Aide - Also a favorite and strongly suggested as it has electrolytes you will be losing with the diarrhea. Choose the clear or yellow flavor.  
  Vitamin Water – This also comes in clear flavors.  
  Lemonade Flavored diabetic or non-diabetic drinks – Lemonade flavors (i.e. Crystal Light or generic of Crystal Light, Country Time Lemonade)  
  7-Up, Sprite, or Ginger Ale  
  Water  
  Popsicles – WITHOUT pulp or fruit pieces (yellow or green only)  
  Tea or coffee - MORNING ONLY (no milk or milk substitute may be added!!!)  
  White grape juice or White cranberry juice  
  Apple juice  
  Soup broth - Chicken bouillon only (NO chicken, rice, noodles, crackers, or vegetables)  
  NO JELLO! |

DO NOT TAKE ANYTHING BY MOUTH AFTER 4 1/2 HOURS BEFORE THE PROCEDURE
WARNING

TAKING HERBAL MEDICATIONS CAN INCREASE THE RISK FOR COMPLICATIONS WHEN HAVING SURGICAL PROCEDURES.

If you are taking any of the below herbal supplements you must **stop 1 week prior to your procedure.**

<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>
</tr>
</tbody>
</table>

I understand that it is my responsibility to read this information fully and by signing this form I am consenting to the procedure as described. I understand that if I have any questions after reading this material I am to call the office before my scheduled procedure to address them.

Signature ___________________________    Date _____________
ANESTHESIA
MEMBER (PATIENT) RESPONSIBILITY AGREEMENT (ABN)

Your insurance company will be billed for your anesthesia care needed to perform your colonoscopy. Unfortunately, many plans do not pay for anesthesia for a colonoscopy if they feel it is not medically necessary. If Your insurance company does not pay for the anesthesia, participating health care professionals (“Providers”) are prohibited from charging members for any service, product or upgrade (collectively, “Service”) that is deemed not medically necessary, unless the member specifically requests such Service and agrees in writing to be financially responsible for it. This waiver form shall be used to document the Member’s agreement to be responsible for such Services. To be effective and valid, this document must be executed prior to the delivery of any non-medically necessary Service.

PATIENT NAME: ______________________________ DOB: _____________________

PLEASE PRINT

PROVIDER: Simi Valley Anesthesia MG

PROVIDER PHONE: (818) 845-8345

PROVIDER TAX ID: 36-4418750

By signing below, I agree to pay Provider for those Services determined for the reason(s) specified below not to be covered under my Benefit Agreement:

- Not medically necessary;
- Primarily for comfort and convenience; or
- Otherwise not a covered benefit or excluded under my coverage

I understand that a Provider may not charge me for a Service determined not to be medically necessary unless I specifically agree to pay for it. I also understand that the Provider and/or I may appeal any determination that a Service is not medically necessary by filing a grievance or appeal with your insurance company or the Department of Managed Health Care (“DMHC”) pursuant to the grievance and appeals procedures described in my Benefit Agreement or Evidence of Coverage (“EOC”). I also understand that I may also have the right to Independent Medical Review through the DMHC, as described in my Benefit Agreement or EOC.

<table>
<thead>
<tr>
<th>Date of Service</th>
<th>Service</th>
<th>Total Cost</th>
<th>Member’s (patient’s) responsibility if the claim is not covered by the insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Anesthesia for Colonoscopy</td>
<td>$250.00</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

Signature: ___________________________ Date Signed: ___________________________

Insurance Member/Subscriber

* For anesthesia billing and related questions call: Tracy (626) 795-6596 x 410
* If your insurance company does approve the procedure you, as the member (patient), understand that you will be billed and held responsible for any applicable co-payment, deductible, and/or coinsurance as stated in your Member’s Benefit Agreement.
THE BUTT DOCTOR’S TALE OF A COLONOSCOPY (written by Dr. Rosenfeld)

Oh the time has come, the day you fear  
Yes it’s time that I look in your rear  
A colonoscopy is the procedure’s name  
Anyone 50 or over is fair game  
Why is it needed, oh you want an answer  
Well it’s to look for and remove polyps, to prevent colon cancer  
The test is a breeze because you are asleep  
It’s prepping your colon which makes you weep  
Yes the colon cleanse is quite the chore  
But it must be clean for Dr. Rosenfeld to explore.  
The laxative has many nasty flavors one is lemon-lime  
If used in an interrogation it would be considered a war crime  
You drink so much liquid you soon choke it down  
You look in the mirror, yes your eye balls are brown  
The laxative you drink makes your intestines rumble  
You’ll rush to the toilet and pray you don’t stumble  
You’ll crap and you’ll crap and you’ll crap some more  
You’ll go so much you’ll nearly crap on the floor  
In and out of bed you get little sleep  
It’s 6am and your alarm goes beep, beep, beep.  
You stand for a while to make sure you’re all done  
Because crapping in your car will not be fun.  
You arrive at the location ready for the fun to start  
Oh no not again, whew it was just a fart.  
You have the procedure with an anesthesiologist at your side  
So when you wake up you still have your pride  
You see, a small look in your rear was actually a misquote  
I look in so deep I’ll see the back of your throat  
When the 6 foot long tube is removed from your rump  
It’s time to pass the gas in your colon that I did pump  
In recovery I will show you the pictures I took  
So you can scan them to post on Facebook  
Yes the world will know that you are brave  
And the more people you tell the more lives you may save!

Best Ever Proctologist Music Video. Dr. Rosenfeld does a hilarious music video on prepping your colon for colonoscopy. Help spread colorectal cancer awareness and pass this along on Facebook!

Search “Bowel Prep Shuffle” on YouTube  
OR  
Scan below QR code.

LIKE US ON FACEBOOK!  
“Dr. David Rosenfeld MD Proctologist