Dr. Rosenfeld’s Colonoscopy Prep Sheet

MIRALAX

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! Colonoscopy is a very safe and effective procedure. The risks of colonoscopy are small but include perforation (a hole in the colon), and severe bleeding. Treatment for these complications rarely requires surgery; however, they will require hospitalization until you are well enough to go home. The two alternatives to colonoscopy include a flexible sigmoidoscopy followed by a barium enema or a virtual colonoscopy (neither the standard of care nor covered by insurance). Although the risks are smaller, these alternative exams are neither as good as a colonoscopy, nor can diagnostic biopsies be performed. Just so you know I had my colonoscopy in October of 2009 so I know first hand what you’re going through!

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

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.
d) **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.

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

f) **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 bring it with you to the procedure for the chart.

11) **What you will need to make the preparation (all below available over the counter no Rx needed)**
   a) Two 238 gram bottles of MiraLAX.
   b) Four 32 ounce bottles of yellow colored Gatorade.
   c) 1 box of Dulcolax (5mg Bisacodyl) tablets.
   
   d) **NOTE:** YOU WILL BE MAKING 4 BOTTLES OF MIRALAX PREP BUT SHOULD ONLY NEED 2 BOTTLES TO CLEAN OUT. THE OTHER 2 BOTTLES ARE JUST IN CASE YOU DO NOT GET COMPLETELY CLEAN!!

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 same day 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.
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</th>
<th>8:00 pm</th>
<th>6 ½ hours before start time</th>
<th>4 1/2 hours before colonoscopy start time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2:00pm</td>
<td>Take 4 Dulcolax tablets with a 6 oz glass of yellow Gatorade.</td>
<td></td>
<td></td>
<td>At 8:00pm drink one 8 ounce glass of Gatorade mixture from 8-8:30 and another 8 oz glass from 8:30 to 9pm.</td>
<td>Take nothing by mouth after 4 1/2 hours before colonoscopy start time. If you take a prescribed morning medication(s) you may take them at 4 1/2 hours before colonoscopy start time with only a sip of water.</td>
</tr>
<tr>
<td></td>
<td>2:00pm</td>
<td>Drink another 6 oz glass of the yellow Gatorade at both 2:30 and 3:30.</td>
<td></td>
<td></td>
<td>Be close to a bathroom for the next 2 hours!!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:00 pm</td>
<td>Mix one of the 238 gram bottles of MiraLAX in a large pitcher with two 32oz bottles of the yellow Gatorade. Stir solution until MiraLAX is completely dissolved. Divide back into the two 32 ounce bottles.</td>
<td></td>
<td></td>
<td>Throw the remaining Gatorade mix away.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5:00 pm</td>
<td>At 5:00 drink one of the 32 ounce bottles of the MiraLAX solution by drinking 8 ounces every 30 minutes x 4 (2 hours).</td>
<td></td>
<td></td>
<td>At 6 ½ hours before your colonoscopy Mix 119 gram MiraLAX with 32 ounces of Gatorade. Drink this 32 ounce bottle of the MiraLAX solution by drinking 8 ounces every 30 minutes x 4 glasses (It will take 2 hours to finish the bottle).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:00 pm</td>
<td></td>
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</tbody>
</table>

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 has 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.
- 7-Up, Sprite, or Ginger Ale
- Water
- Popsicles (yellow or green only)
- Tea or coffee (no milk or milk substitute may be added!!!)
- White grape juice or White cranberry juice
- Apple juice
- Soup broth - Chicken bullion only (no chicken, rice, noodles, crackers, or vegetables)

**DO NOT TAKE ANYTHING BY MOUTH AFTER 41/2 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. 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

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: ____________________

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 to not 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 BUM 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!

Dr. David Rosenfeld is a board certified colorectal surgeon and proctologist (bum Doctor)
(805) 579-8972

Please pass this along to those you feel may need a colonoscopy