Dr. Rosenfeld’s Doppler Guided Hemorrhoid Artery Ligation (DGHAL) and Hemorrhoidopexy Instruction Sheet

You will be undergoing an innovative surgery without cutting to treat your hemorrhoids. Hemorrhoids are vascular cushions (veins) that reside in the anus. Hemorrhoids are apart of our embryologic make up, therefore, all humans have hemorrhoids. Hemorrhoids within the anal canal are called internal hemorrhoids and hemorrhoids outside the anal canal are called external hemorrhoids. Internal hemorrhoids usually cause painless bleeding and external hemorrhoids usually thrombose and become painful, but don’t bleed. Other symptoms of hemorrhoids include anal irritation and anal itching (pruritus). Hemorrhoids are held up by fibrous attachments to the inner muscular wall of the rectum similar to the way breasts are held up to the muscular wall of the chest muscle. As we get older, hemorrhoids sag as the fibrous tissue weakens. Anatomically, internal hemorrhoids have no pain/temperature nerves and therefore they do not hurt. The external hemorrhoids lie under normal anoderm, which have an abundance of pain fibers and therefore cause pain. There are multiple treatments for internal hemorrhoids including; topical creams, injection sclerotherapy, rubber band ligation, and surgery. The reason you are undergoing this hemorrhoid procedure is because the other treatments for your hemorrhoids either did not work or your hemorrhoids were not amenable to the other treatments. The advantages of the doppler hemorrhoid procedure include; minimal postoperative pain, less risks of infection and bleeding, relief of both bleeding and prolapse, and reduction in the size of external hemorrhoids. Another advantage is that there is no cutting of tissue. The procedure is done using a doppler guided anoscope and sutures.

Though this procedure can work to reduce external hemorrhoid size, there is a chance that the external hemorrhoids could still swell causing discomfort requiring an external hemorrhoidectomy. Because most patients have relief from internal and external hemorrhoid symptoms, I do not excise the external hemorrhoids at the time of the doppler surgery. If the external hemorrhoids continue to be symptomatic it is not considered a failure of the surgery. If the external hemorrhoids are still bothersome after 6 months we can discuss the surgical approach to the external hemorrhoids.

The risks to the surgery include but are not limited to: death, bleeding, infection, abscess, fistula formation, recurrence, anal stricture, incontinence to stool and gas, stroke, heart attack, recurrence, 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.

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: ___________________________ am / pm
   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, Plavix, 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.**
   f) **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) You will need to purchase 2 Fleet’s Enemas (white and green box)
      You do not need a prescription
   b) Start the prep the day before your surgery.
   c) Take the bowel preparation as instructed on the box

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.

I understand that it is my responsibility to read this information (3 pages) 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 ______________
START THE BOWEL PREP SCHEDULE
ON THE DAY BEFORE YOUR PROCEDURE

<table>
<thead>
<tr>
<th>Morning until Dinner the Day Before</th>
<th>9:00 PM the Night Before</th>
<th>Midnight The Night Before</th>
<th>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.</td>
<td>Do not eat or drink anything after midnight</td>
<td>Take a fleet’s enema two – three hours before the procedure is scheduled.</td>
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<td></td>
<td></td>
<td></td>
<td>If you take medications on a regular basis you may take them with a sip of water (see the above #4 instructions regarding medications)</td>
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</tbody>
</table>

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>
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<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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