

Colonic Hydrotherapy Aftercare

The majority of clients feel fine after a colonic hydrotherapy treatment and do not experience any unwanted side-effects. However here are a few simple measures that will ensure you continue to benefit from the treatment and assist in relieving any discomfort you may feel.

- Don't overeat. Eat simply cooked food and chew well. A diet rich in fruit (unless otherwise specified by your therapist) and vegetables (especially leafy) will add to the cleansing effect and help regulate the bowels. Soups are good straight after a colonic.
- Eat only whole grains, e.g. brown rice, not refined e.g. white flour or white pasta. Refined or white grains and excess dairy products are mucus forming.
- A small amount of water is absorbed during the treatment and you may notice an increased need to urinate. This is normal, and will subside quickly
- Drink plenty of fluids. If digestion is weak, don't drink with meals or for 30 minutes before or 1 hour after meals. It is best to avoid excess alcohol for about 24 hours post colonic.
- You may experience some flatulence and bowel sounds - this is due to the bowel bacteria multiplying back up to strength for up to 48 hours after the treatment. Probiotic supplements will be useful and the fruit and vegetables will help.
- If griping occurs, drink hot peppermint, fennel and chamomile infusions and place hot water bottle on tummy and avoid cold drinks, carbonated drinks and gassy foods.
- Don't expect a bowel movement the next day: depending upon your condition, it may take several days before normal bowel movements resume.
- Avoid rigorous exercise and weight lifting for 24 hours after treatment.
- If you experience any continued discomfort, telephone your therapist.

Disclaimer

Please take note that this information is provided for education purposes only. We do not provide medical advice or recommendations. It is recommended that if you have or suspect that you may have a serious medical condition that you should consult your medical doctor before taking any action. The information is not a substitute for diagnosis and treatment by a medical physician.