

Colonic Hydrotherapy Aftercare

- **Medication.** Follow any specific advice or medication as given to you by your doctor or GP
- **Don't overeat.** Choose simple cooked or raw food and chew well. Juicing will add a cleansing effect and may help regulate bowels
- **Keep Hydrated.** You will be hydrated after the treatment as the colon absorbs water. Drink 2 litres of water per day to keep hydrated. If digestion is weak don't drink water with meals. Sip water throughout the day.
- **Avoid the 4 White Carbs** for 48 hr post treatment. White Bread, White Pasta, White Rice, Potatoes as these may cause your colon to bloat
- **Choose Whole Grains** – brown rice, whole meal flour, spelt bread, ryvitas, rye bread, oat cakes, rice cakes, quinoa, porridge
- **Avoid dairy products** .If you have mucus in your colon avoid cheese and eggs after your treatment.
- **Probiotic.** As the body returns to natural function you may experience flatulence, sounds and rumbles. This is due to good bacteria multiplying. To aid this process you may choose to purchase acidophilus probiotics from your health store or pharmacy
- **Cramping.** Sip hot peppermint tea, fennel tea, and chamomile and avoid very cold drinks, fizzy drinks and gassy foods (cruciferous veg).
- **No bowel movement** for up to 48 - 72 hours. This is because your bowel has been completely emptied.
- **Avoid rigorous exercise.** Walking and light exercise is acceptable but it is best to relax and let the body restore itself naturally.