



# COLONIC HYDROTHERAPY

## FREQUENTLY ASKED QUESTIONS

It is perfectly normal to be a little apprehensive about colon hydrotherapy at first, and naturally you'll have some questions about the treatment. Our ARCH registered colonic hydrotherapist has lots of experience with clients who are new to the treatment and they'll be happy to talk you through any concerns you have prior to your appointment.

**Here are some of the more frequently asked questions about colon hydrotherapy:**

### **1. How do I prepare for a colonic?**

You don't need to do anything special before your treatment, but for your own comfort you should avoid a heavy meal or drinking a lot immediately before your appointment. You should also avoid alcohol.

### **2. What if I am constipated?**

If you are particularly constipated, you should ask your therapist for advice on what you can do beforehand to maximise the benefits of your treatment.

### **3. What does a colonic feel like?**

Most people find the procedure to be quite relaxing, with no discomfort. A gentle flow of warm water is used, where the colon fills and empties regularly as part of its normal function. You may feel varying sensations of fullness and movement in your abdomen throughout the treatment.

### **4. Isn't it embarrassing?**

Not at all. Your therapy will take place in a private treatment room by a trained therapist who understands the sensitivity of the procedure. It is perfectly normal to be a little embarrassed, but your therapist will put you at ease and completely understand how you are feeling. The procedure will be explained in full and you will have an opportunity to ask questions. Once the tube has been inserted, you'll remain covered for the rest of the treatment.

### **5. Is there any mess or smell?**

None whatsoever. We use a Gravity System which is modern closed system consisting of a sealed unit that carries away all the waste cleanly and hygienically. You will not have to see any waste if you don't want to.

## **6. How safe is it?**

Your safety is of paramount importance to us. Modern equipment constantly maintains the water temperature and pressure within safe limits. A new, single use, disposable speculum is used for each treatment.

## **7. Does it hurt?**

Not at all. It may feel a little strange as the small tube is inserted, and you may have a natural urge to squeeze it out again, but this passes quickly. Your therapist will then closely control the filling and emptying to ensure that you remain comfortable at all times. Occasionally the colon may contract during the treatment, giving a cramping sensation but this is easily tolerated and passes as soon as the bowel empties again.

## **8. How do I know if a colonic will help me?**

Everyone is different and colonics help some people more than others. There is evidence where relief of specific symptoms has been recorded, such as when using with clients who suffer from Irritable Bowel Syndrome. We will not look to make any claims about what colonics can do. The best way to find out if they will benefit you is to book a treatment and see for yourself.

## **9. How long will the treatment last?**

Your appointment will be for an hour. On arrival, a review of your medical history and bowel health will be conducted prior to the treatment. It is typical that around 60 litres of water will be used in one session, this may take between 30-40 minutes to administer. A little more, or a little less, water will be used depending on your reasons for the treatment. The treatment will be carried out at a pace with which you are comfortable with.

## **10. What can I expect afterwards?**

Generally speaking as soon as your treatment is completed you can carry on with your normal routine. You may experience an increase in bowel movements over the first few hours, to eliminate any remaining water or waste. This is perfectly normal and shouldn't involve any undue urgency or discomfort. After that you may find that you don't need to go to the toilet for a while, perhaps as long as a few days, as your bowels have been emptied.

## **11. Does a colonic wash away 'good bacteria'?**

Most of the important bowel bacteria are present on the bowel wall and are not removed during colon hydrotherapy. Since these good bacteria breed best in a balanced environment, a colonic cleanse may actually improve their environment and increase their numbers. However, if your therapist thinks that your bowel bacteria may be out of balance, they may suggest a pro-biotic after your treatment.

**13. What kind of water is used for colonic hydrotherapy?**

We use drinking water from the mains supply. This is then thoroughly filtered for your complete safety and warmed to body temperature or just above for your comfort.

**14. Will it be okay to eat after having a colonic?**

After a colonic, you can continue with your normal daily routine, including eating and drinking. However, you should avoid any foods that you know irritate or upset your stomach and avoid alcohol. Your therapist will offer advice on healthy eating options to help you maintain the benefits you have gained from the treatment.

**15. How many treatments will I need?**

This depends on your reason for having a colonic in the first place, as well as how successful the treatment was. Your therapist will advise you on whether you need further treatments, as well as when and how often you need to return.

**17. Are there any after effects?**

Most people feel great after a colonic, with renewed energy and vitality. However, occasionally some clients may feel a little under the weather for around 24 hours. If you have any concerns, or you feel unwell, speak to your therapist who will be able to explain your body's reactions to you.

**18. Are there circumstances in which I shouldn't have a colonic?**

Yes, certain medical conditions would prevent you from having the treatment. If you are in any doubt and have a diagnosed medical condition please do inform us at the time of booking and a therapist will be available to speak with you to address any concerns as to whether treatment would be appropriate.

**20. Can I have a colonic during my period?**

Yes. There is no reason why the procedure would not be successful. In fact, many women find the procedure helps relieve pain from cramping.

**21. I'm pregnant. Can I still have a colonic?**

No. We do not treat pregnant women during any term of their pregnancy.

Have you read our

**“Quick Guide to Your First Colonic”**

**“Colonic Hydrotherapy - Effects & Benefits”**

To start your journey to improved health and to Look Feel & Perform Better contact us today...

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