

## Aftercare Advice for Colonic Hydrotherapy Clients

Simple measures to follow after your Colonic Treatment:

1. Follow any specific advice on diet, supplements, exercise etc given to you by your practitioner.
2. Don't overeat, eat simple cooked or raw foods and chew well. A diet rich in fruit and vegetables, especially leaf will add to the cleansing effect and help regulate bowels.
3. Eat only whole grains, e.g. brown rice, wholemeal flour, NOT refined e.g. white flour products such as Pasta.
4. Avoid lots of mucus-forming foods like refined grains, dairy products and eggs.
5. A small amount of water is absorbed during the colonic treatment and you may notice an increased need to urinate, this is normal and will subside quickly.
6. Drink plenty of fluids, if your digestion is weak don't drink with meals or for 30 minutes before or 1 hour after meals. Avoid alcohol for at least 48 hours.
7. 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 treatment. Probiotic supplements/foods may be useful, and the fruit and vegetables will help.
8. Avoid Rigorous exercise and weight lifting for 24 hours and treatment.
9. If you experience any continued discomfort or, telephone your practitioner or doctor.

For more help, advice or information please visit our website: [www.colonicswirral.uk](http://www.colonicswirral.uk)

