Colon Hydrotherapy for Pre-endoscopy preparation


ABSTRACT:

Objective: To evaluate the effectiveness of colon hydrotherapy in preparing the large bowel for colonoscopy, as a new approach to pre-colonoscopy preparation.

Method: Colon hydrotherapy was carried out in 690 patients who were scheduled for colonoscopy. The degree of cleansing achieved was determined and documented after colonoscopy.

Results: Colon hydrotherapy procedure carried out to prepare the large bowel for colonoscopy was successful in 98% of cases.

Summary: Colon hydrotherapy is an effective means of cleansing the large bowel in cases undergoing colonoscopy. It is more effective than the use of either oral mannitol or magnesium sulfate as a means of cleansing the large intestines prior to colonoscopy.

www.cathysheaschool.com/research/articles/115-colon-hydrotherapy-for-pre-endoscopy-preparation

Sheas Way Protocol for Colonoscopy Preparation that supports your health

Colonoscopy Preparation

Post Colonoscopy

Looking after your body after the colonoscopy procedure

Your body has been through an invasive treatment with the colonoscopy. It is now time to rest it and nourish it with a range of pre and probiotics. This could be from sauerkraut, coconut kefir, probiotic drinks or other supplements that offer Biffidus Bacterium particularly for your large bowel.

Drink plenty of water and eat foods full of naturally occurring enzymes.

www.bottomsupcolonics.com.au
We use the colon hydrotherapy instrument which is TGA registered and manufactured by Transcom Sl. The instrument incorporates temperature, pressure and flow control to ensure safety of the procedure. Pressure of water rarely exceeds 2 psi (pound per sq. inch) to achieve the necessary results in elimination of waste.

The use of disposable speculum and tubing recommended maintains hygiene and avoids contamination.

Patients undergoing the procedure have expressed a high level of satisfaction. With the increasing level of effluence, it is expected colon hydrotherapy will become a recommended preparatory approach for individuals who require a colonoscopy.

For the three days prior to your colonoscopy you will commence your day drinking warm water with lemon juice, taking the recommended supplement and having a colonic session. You are able to eat lightly from a list of foods we will give you.

Drinking filtered water and herbal tea is highly encouraged.

In these three days you are asked to avoid meat, dairy, wheat/grains and sugar.

On the third day schedule your colonic session straight before your colonoscopy procedure.

We support you through this process and give you a detailed plan to follow so you come out the other side feeling great.

Is it safe?
Yes it is a safe procedure with trained therapists and authorised equipment.

How does it work?
While you eat simple foods and light for the three days prior you will also be taking a supplement and having one colonic hydrotherapy session per day, with the last one timed just before your procedure.

Will I be hungry?
While you are not fasting you are eating lighter so you may feel a little different but drinking water and herb tea help with this.

Does it work as well as the medical preparation?
I have sighted research on this pamphlet and below there is a further link. This preparation has a 98% success rate.

Do you provide after care and support?
Yes Bottoms Up prides itself on the care plans we put together for our clients to reclaim their health.

Q&A

If you have more questions please visit the “How It Works” page on our website at: www.bottomsupcolonics.com.au/how-it-works