



Detroit Wholistic Center

COLON HYDROTHERAPY FOR BOWEL PREPARATION

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.

Colonoscopy is an important diagnostic procedure undertaken to evaluate colon disorder. Preparing the bowel is necessary prior to colonoscopy, to allow clear visualization of the bowel wall and any pathology within. There are presently a number of recommended measures to prepare the large bowel. These include the use of enema, oral mannitol and oral magnesium sulfate. At the hospital, we have been carrying out colon hydrotherapy using the Toxygen Model BSC UV colon hydrotherapy instrument manufactured by Dotolo Research USA prior to colonoscopy with the Olympus CF-230 colonoscopy since August 2000. Results have proved to be very satisfactory.

GASTROENTEROLOGY PROTOCOL

Colon Hydrotherapy is a valuable modality in the preparation involving diagnostic studies for evaluating the colon, including sigmoidoscopy and colonoscopy. This procedure effectively cleanses the entire colon, affording optimal preparation for the above studies while maximizing the physician's timetable. Harsh laxatives or enemas are not necessary prior to sigmoidoscopy or colonoscopy when utilizing Colon Hydrotherapy.

SIGMOIDOSCOPY PROTOCOL

1. 24 - hour clear liquid diet after midnight day one
2. Colon Hydrotherapy session day one
3. Colon Hydrotherapy session day two.
4. Exam on day two after second session.

COLONOSCOPY PROTOCOL

1. Three Colon Hydrotherapy sessions on consecutive days prior to colonoscopy.
2. Clear liquid diet beginning day one and continue until after procedure.
3. Colon Hydrotherapy session on day one.
4. Colon Hydrotherapy session on day two.
5. Colon Hydrotherapy session on day three.
6. Colonoscopy on day three shortly after third session.