

THE **Ultimate Guide** TO A *Perfect* **Colonic Experience**

Everything you need to know BEFORE, DURING
& AFTER your Colonic.



 Vitalis Health
Colon Wellbeing Clinic

Everything You Need to Know for a Comfortable & Effective Cleanse

Welcome to Vitalis Health

At Vitalis Health, we're passionate about holistic gut health. This free guide, crafted by our certified Colonic Hydrotherapists, walks you through every step of a colonic—from preparation to post-care—so you can feel confident, relaxed, and get the maximum benefits. Let's get started!

What Is a Colonic and How Does It Work?

A colonic is a gentle internal cleanse that uses warm, filtered water to flush out waste from the colon. It helps remove built-up toxins, improves digestion, and supports overall gut health.

During a session, you'll lie comfortably while a certified Colonic Hydrotherapist (CHT) introduces water into the colon via a small tube. This process stimulates the natural release of waste, allowing your body to eliminate toxins more effectively.

Key Benefits:

- Supports digestion and relieves bloating
 - Aids in eliminating toxins and waste buildup
 - Can improve skin health and energy levels
 - Helps with constipation and sluggish bowels
 - Prepares the body for deeper detox programs
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Preparing for Your Colonic

Preparation ensures a smooth, effective session. Follow these tips 2–3 days before:

1. Hydrate well

Drinking plenty of water in the days leading up to your colonic appointment helps soften waste and makes elimination easier. Aim for at least 2–3 liters per day, and drink 1 liter of water the morning of your appointment to ensure proper hydration.

2. Eat Light & Fiber-Rich Foods

A few days before your session, focus on:

- Fresh fruits & vegetables
- Leafy greens
- Smoothies & juices
- Herbal teas
- Whole grains (quinoa, brown rice)

Avoid:

- Processed foods
- Dairy & gluten
- Red meat
- Alcohol, caffeine & carbonated drinks

3. Time Your Meals

It's best to stop eating at least 2 hours before your session to prevent discomfort. Also, avoid drinking excessive liquids 1 hour before your appointment, so your bladder isn't full during treatment.

Skip These for 48 Hours:

Beetroot, turmeric, and spirulina can color the water, making it harder for your hydrotherapist to assess what's being eliminated. If you forget, don't worry—it won't affect the colonic, but it's best to avoid them if possible.

4. Take Magnesium or Herbal Support (*If Needed*)

If you tend to get constipated, consider taking magnesium citrate or a gentle herbal cleanse the night before to help loosen waste. However, it's not necessary unless you struggle with sluggish bowels.

Remember: There's no special preparation required before your first colonic! We want to see what's naturally happening in your body. Just follow these simple guidelines to have the best experience.

What to Expect During Your Colonic

Feeling a little nervous? That's completely normal! But don't worry—a professional colonic is a **safe, hygienic, and comfortable** experience when performed correctly. Here's a step-by-step walkthrough of how it works at our clinic:

Step-by-Step Walkthrough:

1. Consultation & Health Check-In

When you arrive for your first session, you'll fill out a health history form so we can understand your concerns and goals. We'll also ask a few additional questions to get a full picture of your digestive health.

2. Pre-Treatment Prep

Before starting, we'll show you to the treatment room and ask you to use the bathroom. Once you're ready, you'll lie down on our comfortable crystal bed and cover yourself with a towel for privacy.

We also do a short iridology assessment, which is a gentle eye examination to gain insight into the state of your colon and related organs.

3. Physical Assessment & Explanation

Next, we'll do a light abdominal palpation to check for any areas of tension or discomfort. We'll then explain the procedure in detail so you know exactly what to expect.

4. The Colonic Process

- A small, sterile speculum is gently inserted while ensuring you're in a comfortable position lying on your back.
- We begin with a gentle, warm water infusion, allowing your colon to relax and release waste naturally.
- Throughout the session, we monitor your comfort and provide guidance on breathing and relaxation techniques.
- We also massage your abdomen to stimulate movement and encourage better elimination.

5. Communication & Observations

During the session, we keep you informed about what we're seeing and experiencing in real time. This helps us provide personalized insights about your digestion and overall gut health.

6. Completion & Aftercare

Once the session is complete, you'll use the restroom as you might need to release some remaining water and waste. Afterward, we'll meet back in the office to discuss our findings and provide recommendations for ongoing gut health support.

For Follow-Up Sessions: If you return for additional treatments, the intake process will be shorter. We'll check in on your progress, address any new concerns, and continue to support your journey toward optimal digestive health!

Most people report feeling lighter, refreshed, and more energized after a colonic!

Questions to Ask Your Colonic Hydrotherapist

A great therapist makes all the difference! Here are some questions to ask before your session:

- **Are you certified in colon hydrotherapy?** *(Ensure they are professionally trained for at least 350 hrs and have a certificate to prove it.)*

- **What type of system do you use?** (*Open or closed systems vary in experience.*)
 - **How much water do you use during the session?** (*shouldn't be more than 30ltr - more water means more pressure*)
 - **Do you have tips for post-colonic care?** (*We will guide you after the session.*)
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Post-Colonic Care – Maximizing Your Results

After a colonic, your colon is refreshed and free of built-up waste. This is a great opportunity to support your body as it rebalances and heals. Here's how to make the most of your session:

1. Rehydrate & Restore Electrolytes

Your body has just eliminated a significant amount of waste, so it's important to **drink plenty of fluids** to stay hydrated. We recommend:

- Pure water
- Herbal teas
- Coconut water (a natural electrolyte booster)

2. Eat Gut-Friendly Foods

For the first few hours, keep it liquid and light—smoothies, juices, or pureed soups are ideal. After that, introduce foods that are easy to digest and nourishing, such as:

- Bone broth
- Steamed vegetables
- Fermented foods (sauerkraut, kimchi)
- Light proteins (fish, eggs, tofu)

If your body handles raw foods well, a small salad can be beneficial—just be sure to chew thoroughly.

Avoid heavy, greasy, or processed foods that can burden digestion.

3. Take Probiotics for Gut Health

A colonic helps clear out waste, but it can also shift the balance of gut bacteria. Taking a high-quality probiotic after your session can help replenish beneficial bacteria and support long-term digestive health. (We will give you some probiotics to drink after the session)

4. Rest & Listen to Your Body

Some people feel energized and light, while others may feel tired as their body continues to adjust. Take it easy and allow yourself time to rest if needed.

It is possible to experience mild bloating or extra bowel movements as your body rebalances. This is just part of the process!

When & How Often Should You Get a Colonic?

For general wellness – A session every **2-3 months** supports digestion.

During a cleanse – A series of **3-6 sessions** over a few weeks can optimize detox results.

For constipation or gut issues – More frequent sessions e.g. monthly, may be needed to reset digestion.

Your Next Step

A colonic isn't just about cleansing—it's about **resetting, renewing, and optimizing** your digestion for long-term wellness. Whether it's your first time or part of a regular routine, following these steps ensures you get the best results.

Feeling ready to prioritise your gut health?

[Click here to book your colonic today!](#)

Bonus Offer!

Sign up for our newsletter and get **exclusive gut health tips, special offers, and expert insights** delivered straight to your inbox.

[Join the Vitalis Health community today!](#)