



Colon Hydrotherapy Preparation Guide

To help you feel comfortable and prepared for your colon hydrotherapy session, we recommend focusing on hydration, whole foods, and simple meal choices in the days leading up to your appointment.

2–4 Days Before Your Appointment

Focus on eating mostly whole, minimally processed foods such as vegetables, fruits, lean proteins, whole grains if tolerated, and other foods that are easy for you to digest.

Drink at least 80 ounces of water each day in the days leading up to your session.

We also recommend minimizing highly processed foods and avoiding alcohol before your appointment.

There is no need to fast, cleanse, or follow an extreme diet before colon hydrotherapy.

The Day of Your Appointment

Eat normally but keep your meals relatively light and choose foods that you know digest well for you.

Please avoid eating for approximately 2 hours before your appointment.

Please avoid liquids for approximately 2 hours before the session so you are comfortable during your session.

If You Struggle with Chronic Constipation

For clients who are chronically constipated, we may recommend 16 ounces of fresh carrot juice the evening before and/or the morning of your appointment.

Fresh carrot juice can be purchased from a location that prepares fresh juice, such as Jamba, or made at home if you have a juicer.

This is not necessary for every client. If you are unsure whether this recommendation applies to you, please ask us before your appointment.

Hydration Matters

Adequate hydration is one of the most important ways to prepare for your session.

Try to stay consistently hydrated during the several days leading to your appointment rather than drinking a large amount of water immediately beforehand.

How Long Is the Session?

Your colon hydrotherapy session itself is approximately 25- 40 minutes depending on your digestive health.

If this is your first appointment at Refresh Your Soul, please plan to spend approximately 90 minutes to 2 hours with us.

Your first visit includes time reviewing your health and digestion history, discussing your current concerns and goals, answering questions, completing your evaluation, and preparing you for your session.

What to Bring to Your First Visit

The more information we have about your health and digestive history, the better we can support you.

Please bring any recent lab results, current medications and supplements, previous testing, a food journal, and any other health information you feel may be helpful.

Before You Arrive

Please have all intake forms completed prior to your appointment so we can use your scheduled time to focus on your evaluation, digestive health, and session.

Please also review our cancellation policy before your appointment. Your appointment time is reserved specifically for you, and understanding the policy ahead of time helps avoid any unexpected charges.

Please follow the preparation recommendations above and arrive at the requested time for your appointment.

At Refresh Your Soul, your digestive health is our priority. We take the time to understand your individual history and needs so that your experience is thoughtful, comfortable, and personalized.