

Integrative Wellness Center
"Your Colon Health Center"
151 N. Sunrise Ave #815 - Roseville, CA 95661
(916) 784-9355 - services@iwcwellness.com

Colon Hydrotherapy Preparation and Instructions

Thank you for choosing Integrative Wellness Center as Your Colon Health Center.

Before Your Colon Hydrotherapy Session:

- Drink plenty of water
- Avoid eating or drinking 2 hours prior to your appointment.
- 12 hours prior to your colonic, eat light meals (steamed vegetables or steamed fruit).
- Avoid animal protein, dairy or alcohol 24 hours prior to appointment.
- Wear a comfortable shirt, or bring one with you.

- Print and fill out the questionnaire as thoroughly as possible and bring it with you to your appointment.

We look forward to seeing you.

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