

## QUESTIONNAIRE

### PRIVATE AND CONFIDENTIAL

Name : ..... D.O.B : .....

Address : .....

Email : ..... Tel.....:.....

### MEDICAL HISTORY

Doctor's name : .....

Surgery's address: .....

Medical conditions and/or past surgery ? : .....

What medication, if any, are you on ? .....  
(check for emergency medications and interventions)

What is your blood pressure reading ? .....

If you do not know your BP reading please tick where appropriate  
(symptoms that can relate to elevated BP and will require a BP reading prior to your treatment)

| Nose bleeds :  | Blurred vision :  || Throbbing in ears :

| Headaches, typically in the morning :  || Numbness or tingling in hands / feet :

### POSSIBLE CONTRA-INDICATIONS TO COLON HYDROTHERAPY

Do you suffer from any of the following (tick where appropriate)?

| Cancer :  Epilepsy  | Haemorrhoids :  | Anal fissures :

| Anal fistula :  || Recent abdominal surgery :  || Bowel/liver/kidney disease :

| Long term steroid use :  || Gallstones :  || Severe anaemia :  || Diabetes :

| Heart disease :  Spinal Injury above T6 :  || Hernia (abdominal/inguinal) :

| Are you pregnant or trying to be :  || Allergies

<b>CONSENT FORM</b>
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I : (your Name).....

- agree to a digital rectal examination and Colon Hydrotherapy treatments;
- to the best of my abilities, I have informed my therapist of any medical conditions, medication and past surgery, which could affect my treatment. I understand that Colon Hydrotherapy (Colonic Irrigation) is part of an overall approach to diet and lifestyle and is not a medical treatment.

It is not generally advisable to undertake Colon Hydrotherapy if suffering from any of the following conditions:

- Recent Abdominal, Bowel or Rectum surgery (less than 12 weeks ago)
- Abdominal or Inguinal Hernia
- Severe/inflamed Haemorrhoids, Anal Fissure or Anal Fistula, Tight Anal Sphincter
- Bowel or Rectal Cancer
- Hirschsprung's disease (Megacolon) or Small Intestinal Obstruction (Ileus)
- Active Inflammatory Bowel Conditions (Diverticulitis, Ulcerative Colitis or Crohn's Disease)
- Liver, Heart or Kidney disease
- Spinal injury above T6 because of possible risk of Autonomic Dysreflexia
- High or Low Blood Pressure unless controlled by medications
- Severe Eating Disorder and/or Anxiety
- Pregnancy
- I have informed my therapist of possible latex allergy;
  - In case of medical emergency risks (Diabetes, Epilepsy, Angina, Allergies, Asthma, etc.) I have informed my therapist of how I would like to be handled.

Signature : ..... Date : .....



Main reason(s) for seeking help through colonic hydrotherapy?

*Actively listen for the need (Health; Pain; Vanity; Fear)*

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How long have you had the problem(s) for and how did it start?

*Be aware of recently developing symptoms with no obvious cause (change of diet, traveling, illness, medications, stress). Send to the doctor if unexplained symptoms that have not been medically assessed*

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Bowel emptying habit (frequency, size, shape, consistency feeling empty afterwards, colour)?

*Ask when their last bowel movement was prior to seeing you and plan for a toilet break if severely constipated*

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How did you hear about us?

*Marketing feedback and if sent to another practitioner make sure to acknowledge/message the practitioner*

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**Reported symptoms:**

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**LIFE STYLE**

*Assess stress levels and self-care/health management*



Work : .....

Relationships : .....

Children : .....

Exercise / Interests/Sleep (amount, quality, timing) .....

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**DIET**

*Look for amount of fibre, processed foods, sugar/carbohydrates, animal protein; establish timing of food*

Breakfast : .....

Lunch : .....

Dinner : .....

Snacks : .....

Which foods do you avoid because it gives you symptoms or/and is unhealthy .....

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Which foods do you eat every day and could not easily give up? .....

*Addiction to a food indicates possible food sensitivity*

How much alcohol do you consume per week? (is this part of stress management) .....

*Alcohol is a gut irritant; small amounts of quality wine with food can be helpful for digestion*

How many cigarettes do you smoke per day? .....

*Nicotine is a known laxative and IBS irritant*

How much water do you drink per day? .....

*Best to drink water away from food*

How many cups of coffee or tea do you drink per day? Milk? Sugar? .....

What supplements, if any, are you taking? For what reason and are they helping? .....

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**NOTES** : .....

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**SYMPTOM ANALYSIS**



**ELIMINATION PROFILE:**

*Probiotics (Udo’s Choice); fermented foods (Kefir, Kimchi, etc.); bulking/fibre; magnesium (citrate or oxide – Now); gluten/casein elimination; cascara-based laxatives (SHS); bile and liver support (SHS); check for low thyroid (York Test laboratory); alternative iron supplement (Liver or/and IV infusion); microbiome testing Atlas Biomed Laboratory*

- Less than one or two bowel movement per day or not feeling fully empty .....
- Difficult/painful to pass; hard consistency, ball or pellet shaped
- Hypothyroidism or Hashimoto’s disease .....
- Pain killers/medications/iron .....
- Gall stones and poor liver condition .....
- Bouts of diarrhoea .....
- Bad breath .....
- Acne/other skin condition .....
- Stool test showing high methanogens .....

**FOOD SENSITIVITY PROFILE:**

*Food testing/elimination; probiotic; digestive enzymes; liver support; York Laboratory testing*

- I.B.S. diagnosis (abdominal pain, flatulence and bloating, constipation or/and diarrhoea) .....
- Tenderness at McBurney's point .....
- Sinus congestion/excess mucous/mucous colitis .....
- Skin disorders (acne, eczema, psoriasis) .....
- Asthma .....
- Headaches .....
- Water retention .....
- Weight problems (low or high) .....
- Hives/allergies .....
- Fatigue .....
- Food sensitivity testing .....



**HYPOCHLORHYDRIA and STOMACH PROFILE:**

*Acid test with lemon juice or apple cider vinegar; digestive enzyme supplement containing hydrochloric acid (Nutrigest - Nutri Advance); in case of acid burning on lemon juice check for H Pylori (BTS or GP or home test) and treat with mastic gum/propolis/neem*

- Bloating, wind/flatulence following a meal .....
- Acidity, acid reflux, nausea when hungry or soon after eating .....
- Uncomfortably full during or after meals, even if small .....
- Sour breath .....
- Problem with swallowing reflex and/or regurgitation .....
- Sores in the corner of mouth, bumpy skin at the back of arms, hair loss (iron/B12 deficiency) or/and issues with calcium absorption .....
- Positive Helicobacter pylori (Hp) test .....

**BILE CONGESTION PROFILE:**

*Bile containing digestive enzyme (Gall Plus - Nutri Advance); digestive bitters (Dig drops - SHS); Herbal liver support (SHS); [liver and gall bladder flushing](#)*

- Burping, acid reflux .....
- Acid burning and bloating particularly after fatty foods .....
- Sour metallic or strange taste in mouth .....
- Tenderness on liver area/pain under right shoulder blade .....
- Light coloured/grey stool/gall stones .....

**SIBO PROFILE (SMALL INTESTINES):**

*Low FODMAP diet; probiotic (Udo's Choice); herbal liver support; digestive enzyme (Similase - Nutri Advance); ICV work; anti-microbial (Allicin, berberine, etc.); chlorophyll; charcoal; zeolite/diatomaceous earth; Food Marble home devise to monitor breath/diet;*

- Positive Lactulose test from Gastroenterologist .....
- Tenderness at ICV point .....
- Constant abdominal bloating not seemingly related to eating .....
- I.B.S. diagnosis (abdominal pain. flatulence and bloating, constipation or/and diarrhoea) .....
- Flatulence, 3-4 hours following a meal .....
- Flatulence worse from eating fruits, vegetables and a high fibre diet .....



**CANDIDA AND/OR PARASITE PROFILE (LARGE INTESTINE AND PELVIS):**

*Anti-candida support (CandiClear – Higher Nature, Allicin); [Parasite protocol](#); probiotic (Udo’s Choice); fermented foods (Kefir, Kimchi, etc.); digestive enzyme (Similase - Nutri Advance); vitamin D supplement (with vitamin K2 – Nutri Advance); herbal immune support (SHS); low sugar/carbohydrate diet; laboratory test from BTS); microbiome testing Atlas Biomed Laboratory*

- Positive diagnosis from BTS or the GP .....
- Red/itchy/sore around anus; anal or nose itchiness often worse at night .....
- Recurrent thrush/cystitis/ fungal infection .....
- Coated tongue or/and mouth ulcers .....
- Contraceptive pill .....
- Recurrent antibiotics, especially for acne, bladder infections and strep infections .....
- Steroids, chemotherapy and/or immunosuppressant drugs .....
- Sugar craving .....
- Appendectomy .....

**METABOLIC SYNDROME (MITOCHONDRIA FUNCTION AND SYNDROME X)**

*In addition to gut cleansing measures (against SIBO and Candida): vitamin D supplement (with vitamin K2 – Nutri Advance); CoQ10 supplements (PPQ- Doctors Best); Omega 3 supplement (Krill oil Kiki); Pan Range herbal (SHS); Essential Health Check test panel (York Laboratory); low sugar/carbohydrate diet; low omega 6 diet*

- Waist measurement is the widest body circumference .....
- Blood triglyceride is above 150mg/dl and HDL Cholesterol is less than 40mg/dl .....
- Diagnosis of a Non-Alcoholic Fatty Liver (NAFL) and/or elevated liver enzymes (ALT) .....
- Poor immunity and recurring infections (especially Herpes type) .....
- Depression and Anxiety .....
- Cardio-vascular disease, inflammation and arthritis .....
- Fatigue especially in the afternoon .....
- Diabetes and elevated haemoglobin A1c (HbA1c) in blood .....
- Cognitive decline .....



**SUMMARY FOR INITIAL TREATMENT**

DATE : .....

**REPORTED SYMPTOMS**

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**RELEVANT PROFILE** *(underline where appropriate)*

Constipation, Food Sensitivity, Hypochlorhydria, Bile Congestion, SIBO, Candida, Parasite, Leaky Gut.

**RELEVANT DETOX PROTOCOL** *(circle where appropriate)*

Alkaline Diet, Liver Detox, Gall Bladder Flush, (Coffee) Enema, Epsom Salts Bath, Fasting, Juicing, Kidney Cleanse, Skin Brushing, Castor Oil Packs, other

**RELEVANT LABORATORY TESTING** .....

Stool testing for parasites and/or candida (BTS), H-Pylori testing (doctor/BTS/home), Food sensitivity testing (York Lab), SIBO testing (Gastro/Food Marble), Leaky Gut Test (BTS), Vitamin D/Iron (York Lab), Thyroid test (York Lab), Cortisol (York Lab), Microbiome test (Atlas-Biomed)

**TREATMENT PROTOCOL**

A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release, Notable and effective acupressure points, colon reflexes, abdominal breathing, rapport

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B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

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C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).





<b>SUMMARY FOR TREATMENT 2 (obligatory)</b>	<b>Date</b>
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**Symptom evaluation and progress in relation to previous advice.**

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A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release,  
*Notable and effective* acupressure points, colon reflexes, abdominal breathing, rapport

.....

B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

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C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).

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<b>SUMMARY FOR TREATMENT 3 (optional)</b>	<b>Date</b>
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**Symptom evaluation and progress in relation to previous advice.**

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A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release,  
*Notable and effective* acupressure points, colon reflexes, abdominal breathing, rapport

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B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

.....

C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).

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**COLONIC PROGRESS CHART**

DATE	DURAT.	COLOUR	CONSIST.	FATS	WIND	QUANTITY	DISCOMF.	UNDIG. FOOD