Second RICTAT International Conference

Colon Hydrotherapy for the Modern World

Roles of Colon Hydrotherapy and Colon Health in Health Promotion, Disease Prevention and Disease Management and Recovery

November 1-2, 2011, Maidenhead, Berkshire, UK
Mainstream Medicine meets Colon Hydrotherapy

Making a Case for Closed System Colon Hydrotherapy

Amy Sanders
President of GPACT
Colon Hydrotherapist
Programme Developer
International Trainer (USA)
Introductions

Amy Sanders:

- International Trainer
- Pioneer in the medical uses of Colon Hydrotherapy
- Colon Therapist since 1989
- Ran two successful Spas for 14 years
- Launched *The Global Professional Association for Colon Therapy* in 2009
Closed System Colon Hydrotherapy Procedure

Do you want to say something here?
Why have a Colonoscopy?
The Statistics

- nearly 143,000 new cases of colorectal cancer were diagnosed in 2010
- causing an estimated 51,370 deaths

Colorectal cancer is:
- Treatable
- Beatable
- Avoidable with a screening colonoscopy
“Some of the bowel preps that are used can be very harsh on a patient,” he said. “However, an adequate prep is essential to visualize the entire colon lining. Many patients cannot tolerate the entire prep or are not compliant with the instructions. An inadequate prep increases the likelihood of missing polyps or worse.” Dr. Norman, CA, USA
The FDA is announcing new safety measures for oral sodium phosphate (OSP) products used for bowel cleansing before colonoscopies and other procedures. These products are associated with acute phosphate nephropathy, a rare but serious type of kidney injury or renal failure. The events have been reported with the prescription products Visicol and OsmoPrep, and also over-the-counter sodium phosphate products when they are used as bowel cleansers.
The Traditional Prep

- It’s tough to take!
Traditional Oral Prep

- Preparing for a colonoscopy

  If you shudder at the thought of having a colon cancer-screening colonoscopy, chances are it’s the “prep” that’s stoking your apprehension. It’s certainly a major inconvenience: getting ready for the procedure takes much longer — according to one study, 16.5 hours, on average — than the time you’ll spend at a medical center the day of your colonoscopy (usually no more than three hours). But what’s most off-putting is the purgative part — taking a powerful bowel-clearing substance and coping with the resulting diarrhea.
Traditional Oral Prep

What’s involved?

- Emptying the contents of the colon is the first requirement for a successful colonoscopy. If the bowel prep isn’t up to par, polyps and lesions can be missed; the colonoscopy may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

- You’ll need to stop eating solid foods the day before the colonoscopy, and starting the evening before the procedure, you must take a substance that triggers bowel-clearing diarrhea. Exact instructions will depend on the bowel prep prescribed, the time of your colonoscopy, and any prior experience you’ve had with colon preps (if one didn’t work before, you’ll likely be prescribed a different one).

- Here are some common bowel preparations. Please contact your clinician to discuss the one that is best for you.
# Traditional Oral Prep

## Common bowel preparations

<table>
<thead>
<tr>
<th>Name/type</th>
<th>What’s involved</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Diet</td>
<td>On the day preceding and up to a few hours before the procedure, consume clear liquids only: broths, soft drinks, tea and coffee (with no milk or creamer), clear juices, Jell-O; but no red, blue, or purple coloring. You may also be asked to avoid nuts, seeds, hulls, skins, or other insoluble fiber for a day or more before beginning clear liquids.</td>
<td>Used in conjunction with colon-cleansing preparations, never as the sole bowel preparation. Recommendations vary and may depend on individual situation, clinician preference, or both.</td>
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- **Polyethylene glycol** (PEG)
  - **Brand names:** Golytely, Colyte, Nulytely, Trilyte, Halflytely
  - This is an electrolyte-balanced solution consumed in large amounts (4 liters, or about 1 gallon) the evening before a colonoscopy. Patients drink 8 ounces every 10 minutes until the bowel’s output runs clear or the solution is completely consumed. In another approach, the dose is divided into 3 liters the night before and 1 liter the morning of the colonoscopy. A newer preparation (for example, Halflytely) uses 2 liters (about 2 quarts) of PEG solution taken in conjunction with a laxative (bisacodyl or magnesium citrate). |
  - PEG solutions work by pushing a large volume of fluid through the bowel to force out waste. They cause no significant electrolyte shifts, so they are considered safer than OSP solutions (see below). The salty taste may be unpalatable, and the large fluid volume can cause nausea, vomiting, bloating, and cramping. An antinausea drug may be prescribed.

- **Oral sodium phosphate** (OSP) solution
  - **Brand names:** Fleet Phospho-soda EZ-Prep, Fleet Accu-prep
  - Two small doses of OSP solution diluted in at least 8 ounces of fluid are taken 10 to 12 hours apart. Each dose must be followed by 16 ounces or more of liquid. Adequate fluid intake is needed throughout the preparation and after the colonoscopy. |
  - OSP draws water into the gut to promote cleansing. It’s as effective as PEG and easier to tolerate, but it can cause dehydration and electrolyte imbalances.

- **Oral sodium phosphate** (OSP) tablets
  - **Brand names:** Visicol, OsmoPrep
  - Twenty tablets are taken the evening before the colonoscopy, 4 at a time with 8 ounces of clear liquid every 15 minutes. Depending on the preparation, 12 to 20 more are taken the same way a few hours before the procedure. Bisacodyl may be added. |
  - OSP tablets are as effective as liquid OSP or PEG and may be more tolerable. They may cause dehydration and electrolyte imbalances in some people.

- **Laxatives:** Magnesium citrate, Bisacodyl
  - Either laxative may be used with lower-volume (2 liters) PEG. Both laxatives may be used in combination with a restricted diet. Magnesium citrate may be used alone. |
  - There are rare reports of ischemic colitis (loss of blood supply to the colon) associated with bisacodyl use.
Traditional Oral Prep

Common bowel preparations

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Common bowel preparations continued

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Laxatives:
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Comparison of Traditional VS. ColoLavage Prep

Benefits of the ColoLavage Prep

**Drinking:**
- 16 oz of Snapple or other beverage (anything that is NOT RED in color) mixed with Mirilax with the ColoLavage Prep

VS
- 64 oz of Snapple or other beverage (anything that is NOT RED in color) mixed with Mirilax with the traditional prep

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- No other laxatives with the ColoLavage Prep

VS
- 4 Dulcolax with the traditional prep
How can you gain a steady income stream in Colon Hydrotherapy?
1. Limited oral prep (1/2 of the regular dosage) and 2/3rds less liquid
2. Addition of healthy soluble fiber
3. Pulp free juice, tea or even milkshake options
4. One Colon Hydrotherapy procedure making the process much friendlier!
- Less cramping
- Less time off work
- Higher patient tolerance
- Cleaner Bowels = less frequent Colonoscopies, fewer ‘re-do’s’
Danbury Study
Hydrotherapy Compared with PEG-ES Lavage and Aqueous Sodium Phosphate as Bowel Preparation for Elective Colonoscopy: A Prospective, Randomized, Single Blinded Trial.

By: Joseph J. Fiorito, MD, Joan A Culpepper-Morgan, MD, Scott G. Estabrook, MD, Patricia Scofield, LPN, Victor Usatii, MD and Jodi Cuomo, RpH2. Gastroenterology, Danbury Hospital, Danbury, CT United States.

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Awards: No Award Selected
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Danbury Study highlighting HYDRO results

- Endoscopists rated the quality of colon cleansing as good for the right: 62% ASP, 49% PEG-ES, and 92% HYDRO (p<0.001).
- For the transverse colon: 80% Asp, 63% PEG-ES, and 100% HYDRO (p<0.001).
- For the left colon: 84% ASP, 67% PEG-ES, and 98% HYDRO (p<0.001).
- Patients rated the preparations as easy: 87% ASP, 56% PEG-ES, 96% HYDRO (p<0.001).
- Patients rated convenience: 61% ASP, 79% PEG-ES, and 98% HYDRO (p<0.001).
- Patients rated for comfort: 71% ASP, 36% PEG-ES, and 94% HYDRO (p<0.001).
- Patients were asked if they wanted a different preparation for the next colonoscopy: 48% ASP, 60% PEG-ES, and 4% HYDRO (p<0.001).
The quality of colon cleansing, overall tolerance, comfort, and convenience were significantly better for HYDRO. In this study ASP was better than PEG-ES for the same parameters. Hydrotherapy should be further investigated as a viable alternative to PEG-ES and ASP for bowel preparation prior to colonoscopy.
Cololavage Prep method Course for the GPACT Medpros Certification Video
Earning your Medpros Certification

Complete your GI DOCTORS NY ColoLavage course and gain Medpros Certification

- Come to New York for 3 days to earn your Certification
- Open to therapists with 2 years experience
  - Doctors
  - Nurses
- GI Doctors NY, Principal, Amy Sanders, Dr. Chris Demetriou

Learn:
- Cololavage Prep Method
- Gentle but effective therapy techniques
- Observe 10-15 Colonoscopies or “flips”, Endoscopy and/or Colonoscopies
- Learn and ask questions from any of the doctors or nurses at GI Doctors NY
- Letter of recommendation from Dr. Demetriou help launch your next phase in Colon Hydrotherapy!
Invest in your future!
GI Doctors New York Colelage Course/Medpros GPACT Certification

Provided by: Amy Sanders, Certified Colon Therapist-Instructor, Dr. Chris Demetriou

This course date is available in English only, Spanish will be available depending on demand. This course is a stand alone course counted as GPACT Continuing Education/CE/CPD Course and will run 24-28 hours in length. Here is a link to the Gastroenterology office where the course will be held. Dr. Chris Demetriou and his two partners whom you will be meeting and working with are located in Garden City Long Island, New York.

Course dates:
• January 16, 17, 18th
• February 6, 7, 8th, 2012

THREE DAY INTENSIVE. THREE STUDENTS PER COURSE ONLY~ 25-30 hours $2,250.00 USD will be the introductory cost for the course not including transportation, hotels or meals.
Each student will:

• Learn the protocols for colonoscopy preparation (reduces by half the normal oral prep and includes only 1 colon hydrotherapy)
• Observe actual colonoscopies on the patients that we perform colon hydrotherapy only steps outside the hydrotherapy room!
• Have the opportunity to ask the Doctors and Nurses questions before, during and after procedures
• Learn medical terminology necessary in gastroenterology
• Learn how to bridge the gap and join the medical world by offering colon hydrotherapy to Doctors as has not been available in a comprehensive way ever before!
Important Notes

- This is a first come first serve opportunity.
- Course costs in January are going to be slightly higher.
- Contact me directly for more information, not on the message board.
Professional Cololavage tm Training for
Doctors, Nurses and Certified Colon Therapists with 2-years of experience minimum.

International Onsite education / si habla espanol

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The doctors and nurses of GI Doctors New York and I welcome you!

Thank you!