NOURISHING JOURNEY WELLNESS CENTER

# After Your Colonic

A simple guide for the next day or two

## Sip water and include electrolytes

Drink water regularly. For electrolytes, try broth, water with a small pinch of sea salt, or unsweetened coconut water. Follow any fluid, salt, or potassium limits your healthcare professional has given you.

## Eat what feels good to your body

Unless you're following a fasting program, have something to eat as you feel ready. Fresh juice, broth, or a smoothie with peanut butter may sound good at first. If you feel better with something more substantial, try eggs, fish, or chicken with rice, cooked vegetables, avocado, or olive oil. Choose familiar foods you digest well and skip your usual triggers, such as dairy or beans if they bother you.

## Fermented foods and probiotic supplements

Start with a small serving of plain yogurt or kefir labeled "live and active cultures," or try refrigerated sauerkraut, kimchi, or naturally fermented pickles labeled "live cultures." Cultured nondairy yogurt is another option. We prefer fermented foods with live cultures if you tolerate them. A probiotic supplement may also be an option. If you have a weakened immune system, ask your healthcare professional before taking one.

## Rest and watch for your usual bowel rhythm

If you feel a little tired, take it easy and keep up with fluids and electrolytes. A day or two without a bowel movement may be okay if you otherwise feel well and are passing gas. If you haven't had a bowel movement after two days, magnesium citrate may help with occasional constipation if it's safe for you to take. If you're unsure, ask a pharmacist or healthcare professional.

**Get medical care promptly** for severe or ongoing belly pain, rectal bleeding, fever, repeated vomiting, inability to pass gas, fainting, or signs of dehydration such as very little urine or persistent dizziness.

**Questions about your visit?** 410-992-3001 · info@nourishing-journey.com

Sources: Mayo Clinic · MedlinePlus · NIDDK · NIH Office of Dietary Supplements