



Colon Hydrotherapy

Glastonbury Naturopathic Center, 18 School Street, Glastonbury, CT 06033

Dr. Helene Pulnik, N.D., Medical Director

phone 860.657.4105

Informed Consent

I, the undersigned, authorize Constance Jones or other certified colon hydrotherapists working with Glastonbury Naturopathic Center to administer Colon Hydrotherapy sessions. None of the certified colon hydrotherapists is a physician and therefore not qualified to diagnose or prescribe. As with any procedure, there are potential benefits and risks associated with it. I understand how Colon Hydrotherapy is performed and used, and I acknowledge the potential benefits and risks of it as described below:

Colon Hydrotherapy (or a *colonic*) is a gentle, purified water-washing of the large intestine. The client lies on a padded table and, with a Colon Hydrotherapy instrument, purified and triple-filtered water is run very slowly into the colon by the practitioner. When slight pressure builds up in the colon, the practitioner reverses the water flow to empty. As the water and waste are flowing out through an illuminated glass viewing tube, pressure points may be stimulated. This process is repeated several times during the period for 45-55 minutes. During one session, a total of approximately 2-5 gallons flows into and out of the large intestines. **Glastonbury Naturopathic Center uses a closed Colon Hydrotherapy system with single-use, disposable speculum and tubing. The Colon Hydrotherapist is *always* present in the room with the client during each session.**

Colon Hydrotherapy may be used to cleanse the colon by removing fecal material, gas, and mucus. It may also be prescribed by a physician in preparation for the diagnostic study of the large intestine or for other conditions.

Potential risks may include possible aggravation of symptoms existing prior to the session, digestive distress, appetite changes, or energy changes.

Possible contraindications are: severe cardiac disease, severe anemia, GI hemorrhage/perforation, severe hemorrhoids, cirrhosis, carcinoma of the colon, fissures/fistulas, advanced pregnancy, abdominal hernia, recent colon surgery (within 6 months), and renal insufficiency. *If you have any of these conditions or are taking certain medications, you must consult Dr. Pulnik or your physician first. Constance or another certified colon hydrotherapist will review your questionnaire at the first visit before you receive Colon Hydrotherapy to determine whether or not this procedure is appropriate for you.*

- » I affirm that I understand the purpose and potential benefits of Colon Hydrotherapy.
- » I understand and freely accept the potential risks of the procedure.
- » An offer has been made to answer any questions I have about the procedure.
- » I freely and voluntarily consent to the above procedure.
- » I realize that no guarantee as to the results that may be obtained has been given to me by Constance Jones, other certified colon hydrotherapists, Glastonbury Naturopathic Center, or Helen Pulnik, N.D.
- » I hereby release Constance Jones, other certified colon hydrotherapists, Glastonbury Naturopathic Center, or Helen Pulnik, N.D. from any and all liability which may occur in connection with the above mentioned procedure.
- » I understand that I am free to withdraw my consent and to discontinue participation in this procedure at any time.
- » I am not acting as an agent for any government agency, law office, or pharmaceutical company.

Signature of Patient (or of Guardian if under age 18):

Signature _____ Date _____