

# After Your Colonic

What to eat and drink, and what to avoid

Your colon has just been emptied, so the goal for the next few days is simple: rehydrate, eat gently, then bring fiber and variety back gradually. Following this order helps you avoid gas, cramping, and stomach upset.

## 1 HOURS 0 TO 4

### Rehydrate and settle

Sip water, herbal tea, or warm broth. Within a couple of hours, have a small bowl of well-cooked vegetable soup. Skip raw foods, caffeine, and alcohol.

## 2 REST OF DAY 1

### Soft, cooked, and bland

Eat small portions from the Favor list below and drink more water than usual. Pale yellow urine is a good sign you are keeping up. Keep meals simple and chew well.

## 3 DAYS 2 TO 3

### Bring fiber back slowly

Add cooked vegetables first, then whole grains, salads, and small portions of beans, plus fermented foods. Return to your regular healthy diet as your comfort allows.

## Favor in the first 24 hours

### EAT AND DRINK

#### DRINK

- ✓ Water, room temperature or warm
- ✓ Herbal tea such as ginger, peppermint, or chamomile
- ✓ Warm vegetable or chicken broth
- ✓ Low-sugar electrolyte drink (choose a non-red one)
- ✓ Pulp-free juice, diluted half with water
- ✓ Coconut water in moderation (it hydrates about as well as plain water)

#### EAT

- ✓ Well-cooked vegetable or chicken soup
- ✓ Scrambled or soft-boiled eggs
- ✓ Baked or grilled chicken
- ✓ Soft white fish such as cod, halibut, or tilapia
- ✓ Mashed or baked potato, peeled
- ✓ Soft cooked vegetables such as carrots, zucchini, or squash
- ✓ White rice
- ✓ Applesauce, ripe banana, or peeled cooked fruit
- ✓ Plain yogurt or kefir
- ✓ White or sourdough toast
- ✓ Smooth nut butter, thinly spread

## Avoid for the first 24 hours

### HOLD OFF

- ✗ Alcohol
- ✗ Coffee, black tea, and energy drinks (caffeine slows rehydration)
- ✗ Carbonated drinks, including sparkling water
- ✗ Raw vegetables and salads
- ✗ Whole grains, brown rice, and seeded breads or crackers
- ✗ Corn and popcorn
- ✗ Nuts, seeds, crunchy nut butter, and coconut
- ✗ Dried fruit and fruit with edible skin
- ✗ Fried, greasy, or fatty foods such as sausage and bacon
- ✗ Red meat, steak, and pork
- ✗ Milk, ice cream, and heavy cheese (plain yogurt and kefir are fine)
- ✗ Spicy or heavily seasoned food such as garlic, curry, and chili
- ✗ Sweets, chocolate, and processed snacks
- ✗ Citrus and tomato sauce, if your stomach feels sensitive

# After Your Colonic, continued

## Days 2 to 3: add back gradually

|                                         |                                                           |
|-----------------------------------------|-----------------------------------------------------------|
| <b>Cooked vegetables</b>                | First. Then salads and raw vegetables.                    |
| <b>Whole grains</b>                     | Oatmeal, quinoa, brown rice, or millet.                   |
| <b>Beans and lentils</b>                | Start with 2 to 3 tablespoons and chew well.              |
| <b>Fermented foods</b>                  | Kefir, miso soup, sauerkraut, or kimchi in small amounts. |
| <b>Fruit with skin, berries, citrus</b> | Once your stomach feels calm.                             |
| <b>Nuts, seeds, and red meat</b>        | Last, in modest portions.                                 |

Fiber feeds your gut bacteria and supports regular bowel movements. Too much too soon is what causes gas and cramping, so go step by step.

### Bowel movements

It is common not to have a bowel movement for 1 to 3 days because the colon has been emptied. Do not use laxatives to force one. Water, cooked vegetables, and gentle walking help. If you have not gone by day 3, or you feel uncomfortable, call us.

### Probiotics and your gut bacteria

Plain yogurt, kefir, and other fermented foods supply live cultures. A probiotic supplement with acidophilus and bifidus strains is a reasonable choice for several days. Small studies of people recovering from colonoscopy bowel preparation suggest probiotics may help the gut microbiome recover faster, but the research is early and not specific to colonics. If your immune system is weakened, ask your doctor before taking a probiotic.

### Check with your doctor first

If you have kidney or heart disease, Crohn's disease, colitis, diverticulitis, or diabetes, are pregnant, or take diuretics or blood thinners, ask your doctor about fluids and food choices. If you have diabetes, choose unsweetened options and monitor your blood sugar.

### Gas and cramping

Mild gas or cramping can happen. Ginger or peppermint tea and a gentle walk usually help. Hold off on beans, broccoli, cabbage, onions, and fizzy drinks until day 2 or 3.

If you have any questions, please call us [\(212\) 719-3611](tel:2127193611) or visit our [FAQ Page](#).

## Shop for Gastrointestinal Products

- [Gut & Health Detox by AgelImmune](#)
- [Gastrointestinal Products by Various Brands](#) (*check for updates*)
- [The Holobiome Roadmap: A 5-Month Path to Personalized Wellness](#)

### Sources and further reading

- [Frequently Asked Questions](#)
- [Our Latest Blog Posts](#)
- [Cleveland Clinic: Foods to Eat After a Colonoscopy](#)
- [Johns Hopkins Medicine: Low-Residue Diet](#)
- [Mayo Clinic: Is coconut water super hydrating?](#)

This guide is adapted from hospital recovery advice after bowel preparation, the closest well-studied situation, and from Atlant Health clinical protocols. No clinical trials have tested a diet specifically after colon hydrotherapy. It is general education and does not replace advice from your own doctor.