

Abstract from the Hebei Medical Journal, December 2004, Vol. 25, No. 12: Study of Colon Hydrotherapy for Pre-endoscopy preparation.

Colonoscopy is an important diagnostic procedure undertaken to evaluate colon disorder. Preparing the bowel is necessary prior to colonoscopy, to allow clear visualization of the bowel wall and any pathology within. There are presently a number of recommended measures to prepare the large bowel. These include the use of enema, oral mannitol and oral magnesium sulphate. At the hospital used in this study, we have been carrying out colon hydrotherapy prior to colonoscopy since August 2000. Results have proved to be very satisfactory.

The study included a total of 690 patients, 378 males and 312 females. Age ranged from 26 to 76 years - average of 49 years. Among them there were 144 cases requiring polypectomy, 74 cases with chronic constipation and 116 cases with history of diarrhoea. Cases with constipation were prescribed 50 mls. of 33% Magnesium sulphate at 8:00 PM of the night before colonoscopy to facilitate the softening of stool in the bowel. Colon hydrotherapy is carried out two hours prior to bowel testing.

Since we started using colon hydrotherapy in preparation of patients undergoing colonoscopy in our hospital, we achieved excellent results in 630 patients and good results in 45 patients giving a 98% success in our study population of 690 patients.

Colon hydrotherapy is a simple and effective way to prepare the colon for colonoscopy as well as other colon procedures, especially in the elderly, frail and constipated. It is useful in diabetic patients and in patients unable to undergo fasting as well as those who are unable to tolerate an episode of diarrhoea.

Colon hydrotherapy actively promotes peristalsis, enhancing the tone of the colon musculature and support the elimination of physical as well as toxic waste from the colon. This is of advantage to patients suffering from constipation and those with poor bowel habits.

Results: 630 patients had excellent results with a clear view of the colon lumen and negligible amount of retained debris. 45 patients had a good result with a clear view of lumen and a small amount of retained debris, not affecting vision. 15 patients had a poor result with a significant amount of retained waste causing the colonoscopy to be unsuccessful. It is believed that these last patients generally had swelling within the lumen interfering with entry of scope.