

4-1-2023

## Debunking Medical Myths: Debunking Colon Cleanses

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### Recommended Citation

Hartzell, Susan; Lopez, Jose; Johnson, Elli; Bernard, Alexa; Schiff, Theodore; and Ferris, Jackson, "Debunking Medical Myths: Debunking Colon Cleanses" (2023). *Patient Education Projects*. 584. [https://digitalcommons.wayne.edu/pat\\_edu\\_proj/584](https://digitalcommons.wayne.edu/pat_edu_proj/584)

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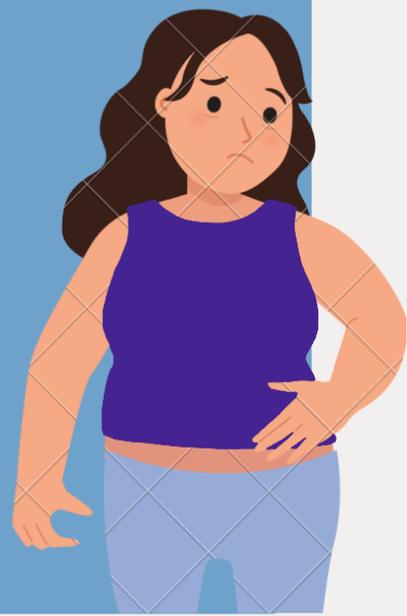
Susan Hartzell, Jose Lopez, Elli Johnson, Alexa Bernard, Theodore Schiff, and Jackson Ferris

# Debunking Colon Cleanses

Brown II: Bernard A., Ferris J., Hartzell S., Johnson E., Lopez J., Schiff T.

## What are colonics?

Alternative medical practice whereby large volumes of water, often herb-infused, are instilled into the colon through the rectum.



## Purported benefits (not backed by evidence)

Detoxifying the colon, boosting energy, strengthening the immune system, and aiding in weight loss.



## What are the documented risks?

- Dehydration (6)
- Electrolyte imbalance (5)
- Septic shock (1)
- Rectal perforation (3)
- Long-lasting changes to gut microbiome (including loss of "good" bacteria) (2,4)



### Citations

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