



CLIENT QUESTIONNAIRE

Name _____ Date _____

Address _____ City _____ State _____ Zip _____

E-mail _____

Cell Phone _____ Height _____ Weight _____

Occupation: _____ Marital Status: _____ Children _____

Emergency person/number _____

PRIMARY concern _____ Physician _____ Chiropractor _____

I found Integrated Body Health using Google _____ Google Ads _____ FaceBook _____ Other _____

I heard of Integrated Body Health from: _____ They get \$5 off their next session.

Vital Health Information: To provide the best possible care and insure optimum results from your Colon

Hydrotherapy, it is important to have a thorough understanding of your physical condition. This information will help me meet your individual needs. All is kept strictly confidential. Thank you for taking the time to fill it out.

GASTROINTESTINAL

__ recent constipation

__ chronic constipation

__ diarrhea

__ leaky gut

__ ulcerative colitis

__ bloody/black stools

__ recurrent abdominal pain

__ hemorrhoids

__ bad breath

__ tilted pelvis

__ FISTULA/FISSURES

__ ABDOMINAL HERNIA

__ Crohn's Disease

__ IBS

__ gas, belching

METABOLIC

__ hormone issues

__ overweight

__ obese

__ low blood sugar

__ diabetes

__ frequent heartburn

__ high blood pressure

MUSCULOSKELETAL

__ painful joints

__ muscle cramps

TRAUMAS

____ childhood

____ adult

____ recent

____ PTSD

GENERAL

__ SEVERE HEART DISEASE

__ KIDNEY DISEASE

__ CIRRHOSIS

__ PREGNANT

__ NURSING MOM

__ ANEURYSM

__ menstrual problems

__ frequent headaches

__ nervousness

__ irritable

__ insomnia

__ fatigue

__ anxiety

__ depression

__ skin disorders

Surgeries: Rectal ___ date _____ Abdominal ___ date _____ Other _____ date _____

Procedures: Barium enema/when _____ Colonoscopy/when _____ Sigmoidoscopy/when _____

Colon Hydrotherapy: When _____ How often? _____ Open or Closed System? _____

Please list current supplements, laxatives, herbs, OTC meds, or prescriptions you are taking regularly:

Daily Habits

Eating Source (circle): Home Cooking, Eating Out, Fast Food **Special diet:** _____

Circle if you **Eat:** Beef, Pork, Chicken, Fish, Shellfish, Eggs, Dairy, Veges, Fruits, Other _____

How much of each of these per day?

Water ___ 16oz bottles Coffee _____ Alcohol _____ Exercise ___ x/week
Tobacco ___ per/day Tea _____ Sodas _____ Rest _____ hrs

Bowel Movements:

___ Daily
___ Twice Daily
___ About every ___ days
___ Once a week

Occurrence:

___ Don't empty well
___ Painful
___ Requires straining
___ Effortless

Use of laxatives:

___ Frequent
___ Occasional
___ Never
Name _____

Are you interested in learning more about food and lifestyle changes? Yes _____ No _____

Please check below boxes:

- I understand that therapies are given by a certified colon hydrotherapist.
- Colon hydrotherapy is a process, not a quick cure. Multiple sessions with good eating and hydration are necessary to achieve optimum results. Please discuss this with your physician, as you see fit.
- I have listed all my known medical conditions and physical limitations and I will inform the therapist of any changes in my physical health.
- **I agree to pay for all scheduled appointments that I am unable to keep unless I notify the therapist at least 24 hours in advance. A credit card will be billed for the full amount for any no shows.**

Signature: _____ Date: _____

Informed Consent

I, the undersigned, authorize Pauline Phillips, to administer colon hydrotherapy. Pauline Phillips is not a physician and therefore is not qualified to diagnose or prescribe. I understand how Colon Hydrotherapy is performed and used; I acknowledge the potential benefits and risks of colon hydrotherapy as described below.

Colon Hydrotherapy is a cleansing of the large intestine with gentle and warmed water. With the Hydro-San Plus instrument, purified and triple-filtered water is run very slowly into the colon by the practitioner while the client lies on a massage table. When slight pressure builds up in the colon, the practitioner reverses the water flow to empty when the client prefers. As the water and waste are flowing out through an illuminated glass viewing tube, the abdominal area is massaged. This process is repeated several times during the period of 45 minutes. Integrated Body Health uses a system with a 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 mucous. It may also be prescribed by a physician in preparation for the diagnostic study of the large intestine or for other conditions.

Possible contraindications are: severe cardiac disease, GI hemorrhage/perforation, carcinoma of the colon, recent colon surgery (within six months) and renal insufficiency.

If you have any of these conditions you must consult your physician first. Pauline Phillips 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 therapy.
- An offer has been made to answer my questions about the therapy.
- I freely and voluntarily consent to the above therapy.
- I realize that no guarantee as to the results that may be obtained has been given to me by Pauline Phillips and/or Integrated Body Health
- I hereby release Pauline Phillips and Integrated Body Health from any and all liability which may occur in connection with the above mentioned therapy.
- I understand that I am free to withdraw my consent and to discontinue participation in this therapy at any time.
- I am not acting as an agent for any government, law office or pharmaceutical company.
- I have the right to self-insert the speculum but prefer not to insert the speculum myself.

Signature of Client:

Date: _____

Note: Please fill out this form and either Save/Email attachment to pauline@integratedbodyhealth.com or Print It and bring with you to your appointment. Thank you.