

(Board Action Affirmed; 2023 Annual Meeting)
Board Adopted Substitute Resolution 08.2022-13 (A-23)
in lieu of Resolution 08.2022-13 (A-23)
(January 2023)

ILLINOIS STATE MEDICAL SOCIETY

Resolution 08.2022-13
(A-23)

Introduced by: Philip Dray, MD, ISMS Member

Subject: Colonics, Colonic Irrigation and Colonic Hydrotherapy

Referred to: Council on Medical Service

RESOLVED, that it is the policy of the Illinois State Medical Society (ISMS) that there is no scientific evidence that the provision of colonics, colonic irrigation and colonic hydrotherapy demonstrate any health benefit, and that there are significant risks associated with these procedures that can lead to numerous medical complications; and be it further

RESOLVED, that ISMS advocate with IDFPR that the provision of colonics, colonic irrigation and colonic hydrotherapy are an invasive manipulation of internal colon contents and fluid dynamics without a known or proven health benefit or medical indication, and that the performance of such should be designated in the category of an unproven cosmetic action with potential life-threatening medical complications; and be it further

RESOLVED, that the ISMS advocate that the Illinois Attorney General's Consumer Protection Division request that businesses or individuals providing colonics, colonic irrigation and/or colonic hydrotherapy obtain from their customers a signed consent form prior to the procedure acknowledging that: a.) there is no medical indication or scientific study that supports the claim that there is any health benefit to the procedure or that the procedure will detoxify the body or rid the colon of toxins; and, b.) the procedure has risks that include but are not limited to: cramping, abdominal pain, nausea, vomiting, dehydration, perianal irritation, rectal tear, infection, altered electrolyte and fluid balance, heart failure, altered balance of intestinal flora, overgrowth of harmful colon flora, parasitic infections, abscesses, kidney insufficiency, pancreatitis and death; and be it further

RESOLVED, that ISMS advocate that the Illinois Department of Public Health (IDPH) require that providers of colonics, colonic irrigation and colonic hydrotherapy obtain for each individual undergoing the action a prescription from a physician for the intended action; and be it further

RESOLVED, that the ISMS advocate for legislation that would empower the IDPH to regulate businesses performing colonics, colonic irrigation and colonic hydrotherapy, to ensure patient safety and to prevent unnecessary and potentially harmful outcomes based on unfounded claims of any medical or other health benefits of such procedures.