

The Dove Clinic for Integrated Medicine

Medical Director: Dr Julian Kenyon MD, MB, ChB, Dip. Med. Ac

When to use “Top-Ups”

In some situations where the patient lives a long way from the clinic, we can send a Home Kit and then the Top-Up can be self-administered. The precise timing of the Top Up varies from patient to patient but we have some guidelines and suggestions as shown below:

Some basic rules apply:

1. If you are feeling particularly unwell, leave the implant for another day, it doesn't hurt to skip days.
2. Spread your implants out over a longer period, initially using them every other day for a few days and stretch to one or two per week, eventually spacing the remaining ones out to two-weekly intervals or more, see the schedule of suggestions. These will most often be administered here in the clinic but as indicated above, if you live a long way away these may have to be self-administered.
3. Leave a gap of anything up to a week after you go home, just to let the first implant settle, and then start the two to three week schedule as below.

This is a rough guide

For Irritable Bowel Disease, Multiple Sclerosis, Chronic Fatigue Syndrome and other chronic long-term conditions with accompanying dysbiosis:	Two every week for three weeks. One per week for four weeks One per fortnight (two weeks) for two months. One per month for six months. This is a twelve-month programme and uses 20 implants. We would judge whether to use this approach in any particular case on an individual basis.
For IBS, Antibiotic Dysbiosis, Food Intolerances and other non-chronic or non-inflammatory conditions:	One per week for four weeks, one per fortnight (two weeks) for four weeks. One per month for four months. This is a six-month programme and uses 10 implants.

If you feel better initially and then start to slide and find your old symptoms coming back, then decrease the gaps between implants. This will be judged if you come to see us at the Clinic, but if you are doing this at home you will have to make your own clinical judgement.

Registered Address:

The Old Brewery, High Street, Twyford, Winchester, Hampshire SO21 1RG Telephone 01962 718000 Fax 01962 717060

www.doveclinic.com

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If you don't feel any improvement, then in that situation just keep using the implants, if you are going to do this at home, at a rate of 2-3 per week until you feel things changing for the better.

A few things are applicable to all:

It is a good idea to keep one or two implants in deep freeze storage for emergencies like:

1. If you have any kind of food poisoning or gastric 'bug' of any kind.
2. If you have had to take antibiotics.
3. If you have travelled to countries with a high level of Traveller Diarrhoea, such as Egypt, Bali, Thailand, India.
4. When you need to carry out an implant if you are home doing this, but this also applies in the clinic, the key of the outcome of the process is to deliver the implant to a clean and empty colon, so that there is somewhere for your bacteria to go. If you are making a firm and full stool in your colon, this can become an obstacle which cannot be bypassed, so if you are forming a hard stool, types 1-4 on the Bristol Stool Scale (see <http://www.sthk.nhs.uk/library/documents/stoolchart.pdf>) we recommend that the night before an implant, take a double dose of Oxy-Klenz or similar.