



Colon Hydrotherapy (Colon Irrigation) Guidelines 2016

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Acknowledgement

Dubai Health Authority (DHA) is pleased to present the “Colon Hydrotherapy Guidelines”, which represents a milestone towards fulfilling the DHA strategic objective to “Improve quality standards in healthcare facilities”.

This document places an emphasis on facility design and service criteria with a focus on quality of services and safety of patients and healthcare professionals based on international standards of best practices in this domain, while taking into consideration the local and federal laws and regulations.

The Health Regulation Department (HRD) has developed this document in collaboration with Subject Matter Experts (SMEs). The contribution of these SMEs is invaluable and HRD would like to gratefully acknowledge these healthcare professionals and thank them for their dedication to quality in health and their commitment in undertaking such a complex task.

The Health Regulation Department
Dubai Health Authority

I. Scope

This guideline applies to any health facility that opts to provide colon hydrotherapy services, which are subjected to licensure under the Dubai Health Authority (DHA) establishment law, including, private, and health facilities operating in free zone areas excluding Dubai Health Care Authority.

DHA has the right to amend the guideline stipulated herein without prior notice; the latest version shall be published on the DHA website www.dha.gov.ae.

II. Purpose

This guideline line implies the provision of colon hydrotherapy at the highest level of quality and safe clinical care at all times. This guideline outlines the basic mandatory requirements for a health facility to be able to provide colon hydrotherapy services.

III. Definitions

Colon hydrotherapy a Colon hydrotherapy irrigates and cleanses the colon. It is an extended and more complete form of an enema utilizing gently infused warm, filtered water into the rectum which hydrates the colon, softens and loosens waste and results in evacuation through normal peristalsis. The pressure of the water during the session is very low, from ¼ lb. to 2.0 lbs., resulting in the cleansing of the recto-sigmoid area thru a series of fill and empty cycles.

Patient is any individual who receives medical attention, care or treatment by any healthcare professional or admitted in a health facility.

IV. Acronyms

| | | |
|---------------|---|---|
| ARTG | : | Australian Register of Therapeutic Goods |
| BLS | : | Basic Life Support |
| CE | : | Conformité Européenne |
| FDA | : | Food and Drug Administration |
| GPACT | : | Global Professional Association for Colon Therapy |
| HRD | : | Health Regulation Department |
| I-ACT | : | International Association for Colon Therapy |
| MOH | : | Ministry of Health |
| RICTAT | : | Register of Integrative Colon Therapists and Trainers |
| SME | : | Subject Matter Expert |
| UAE | : | United Arab Emirates |

1. Introduction

Colon hydrotherapy (colonic irrigation) is a body-based hydrotherapy treatment. During a colon hydrotherapy session, water is gently introduced into the large intestine via a rectal catheter in a controlled manner by a trained and qualified healthcare professional. The purpose of colon hydrotherapy is to achieve the optimal bowel function through the restoration of fluid, matter and gas balance, removal of excess wastes and exercise to the large intestine for the benefit of assisting absorption, assimilation and elimination, which is instrumental in maintaining health and wellbeing of the body and mind.

2. General Requirements

- 2.1. Colon hydrotherapy shall not be performed in an independent health facility that provides only this service.
- 2.2. Colon hydrotherapy may be added to the services of a health facility (specialty clinic or polyclinic) that provides with at least one (1) of the following specialties:
 - 2.2.1. Ayurveda Practitioner
 - 2.2.2. Gastroenterology
 - 2.2.3. General Practitioner
 - 2.2.4. General Surgery
 - 2.2.5. Internal Medicine
 - 2.2.6. Naturopathy Practitioner
- 2.3. The health facility providing colon hydrotherapy services shall abide with the facility requirements mentioned in the Outpatient Facility Regulation that can be found on DHA website www.dha.gov.ae.
- 2.4. Colon hydrotherapy services shall be carried out under the direct supervision of physicians and allied healthcare professionals (practitioners), as mentioned above.

- 2.5. The equipment used shall be approved by at least one (1) of the following international authorities:
 - 2.5.1. Food and Drug Administration (FDA)
 - 2.5.2. Health Canada
 - 2.5.3. Conformité Européenne (CE)
 - 2.5.4. Australian Register of Therapeutic Goods (ARTG)
- 2.6. The equipment shall be registered with the Ministry of Health (MOH) in the United Arab Emirates (UAE).
- 2.7. Specialized plumbing shall be provided for the human waste released during the treatment so that it is flushed directly into the sewage water system of the health facility.
- 2.8. There shall be a sediment filter in addition to an activated carbon filter attached to the hot and cold water connection of the treatment room.
- 2.9. There shall also be a second filter system attached to the colon hydrotherapy device itself in accordance with the manufacturer specification.
- 2.10. The filters shall be changed in a timely manner as recommended by the manufacturer and a filter change record/ log book shall be maintained.
- 2.11. In some cases, specifically the closed pressure systems, the installation of an ultraviolet sterilizer at the main supply shall be provided for water treatment.
- 2.12. Instructions of the equipment manufacturer shall be followed in performing the cleansing or priming procedure prior to commencing any treatments if the device is new or the filters have been changed.
- 2.13. Cleansing solution recommended by the manufacturer shall be used.
- 2.14. Equipment shall be maintained and all necessary parts shall be changed as per the instructions contained in the equipment manual.

3. Facility Requirements

- 3.1. The consultation and procedure/ treatment room:

- 3.1.1. Consultation room and procedure/treatment rooms shall be separate and their size shall abide by the outpatient facility regulation available on the DHA website www.dha.gov.ae.
- 3.1.2. The procedure room or treatment room) shall have:
 - 3.1.2.1. A floor that is entirely washable.
 - 3.1.2.2. Carpets on the floor shall not be permitted.
 - 3.1.2.3. Its own toilet and washing facilities.
 - 3.1.2.4. An extraction system.
 - 3.1.2.5. A hand-washing station with a hands free operating tap and liquid or foam soap dispensers shall be provided in all examination room(s). Sinks shall be designed with deep basins, made of porcelain, stainless steel, or solid surface materials.
 - 3.1.2.6. Hand sanitizer dispenser shall be provided in addition to hand-washing stations.
 - 3.1.2.7. Provisions for hand drying shall be available at all hand-washing stations.
 - 3.1.2.8. A shower for exclusive use of the client located in the procedure room or as an ensuite.
 - 3.1.2.9. A paper towel on the client couch.
 - 3.1.2.10. A paper towel for each client to clean themselves after the irrigation procedure.
- 3.1.3. The outpatient facility shall provide clean and comfortable changing area for the patient.
- 3.1.4. Clean gowns, robes and towels shall be provided.
- 3.1.5. Care must be taken so that the systems tubing does not get blocked during the procedure.
- 3.1.6. There shall be provision of drinking water.
- 3.1.7. Emergency medication and crash cart trolley shall be available in the procedure room and in accordance with the crash cart specification

stipulated in the DHA Outpatient Facility Regulation available on the DHA website www.dha.gov.ae.

4. Healthcare Professional Requirements

4.1. Healthcare Professionals practicing colon hydrotherapy services shall hold a valid DHA license in one of the following categories:

- 4.1.1. Physician and practitioners
 - 4.1.1.1. Ayurveda Practitioner
 - 4.1.1.2. Gastroenterology
 - 4.1.1.3. General Practitioner
 - 4.1.1.4. General Surgery
 - 4.1.1.5. Internal Medicine
 - 4.1.1.6. Naturopathy Practitioner

4.1.2. Registered nurse

4.2. The healthcare professionals providing the colon hydrotherapy services shall maintain a valid Basic Life support (BLS) certificate.

5. Training Course

Healthcare professionals to provide colon hydrotherapy services (*except Naturopathic professionals*) shall attend a training program which offers a full-time didactic curriculum that shall include the following:

- 5.1. A minimum of hundred (100) hours of supervised theory training.
- 5.2. A minimum of fifty (50) hours of practice that involves a minimum of twenty (20) documented colon hydrotherapy treatments.
- 5.3. Completion of the assignments, theory examinations and practical examinations.
- 5.4. Certifying schools shall be recognized by at least one (1) of the following:
 - 5.4.1. The International Register of Integrative Colon Therapists and Trainers (RICTAT) www.rictat.org
 - 5.4.2. The Global Professional Association for Colon Therapy (GPACT) www.gpact.org

- 5.4.3. The International Association for Colon Therapy (I-ACT) www.i-act.org

6. Procedure Requirements

6.1. Patient care:

- 6.1.1. The patient shall be assessed pre and post treatment. The assessment shall be documented in the patient health record by the specialist physician.
- 6.1.2. Pre-care and aftercare advice must be provided to the patients and recorded in their files.
- 6.1.3. Physician and practitioners shall ensure that all patients going through the procedure have an intravenous canulation.
- 6.1.4. Patients' health records shall be maintained in a secured area. In case the health facility utilizes electronic patient records, the health facility must ensure the records are safely maintained and easily retrievable.
- 6.1.5. Before undergoing the colon hydrotherapy, patients shall sign an "Informed Consent Form" with information about the treatment, type of equipment used, contraindications and risks associated. For further information regarding risks and contraindications of this treatment refer to [Appendix 1](#) & [Appendix 2](#) and to the DHA Informed Consent Policy.
- 6.1.6. All patients' details shall be treated with confidentiality.
- 6.1.7. Once treatment commences, controls of the equipment should be placed such that the patient is unable to alter settings.
- 6.1.8. Operator handling the functioning of the equipment shall wear clean clothes and shall not have any exposed cuts, abrasions or wounds.
- 6.1.9. Under no circumstances shall the colonic irrigation equipment be connected directly to a drinking water supply system. This could result in serious, possibly fatal injury to the patient due to application of mains pressure.

6.2. Water pressure:

6.2.1. Manufacturer's instructions shall be followed.

6.3. Water temperature:

6.3.1. Water temperature shall be regulated to normal body temperature to prevent thermal shock or scalding. The minimum allowed temperature shall be 31°C and the maximum allowed temperature is 39°C with the average treatments temperature of 34°C to 37°C. It is unsafe to operate the equipment outside the recommended temperature levels.

6.4. Treatment duration:

6.4.1. The average treatment duration is around fourth-five (45) minutes; the treatment shall not exceed sixty (60) minutes.

6.5. Lubricant:

6.5.1. Tubes of lubricant, single-use pouches or disposable spatulas shall be used to avoid cross-contamination. Any contaminated lubricant shall be discarded immediately.

7. Infection control

The infection control procedures shall abide by the DHA Infection Control Policy that can be accessed on the DHA website www.dha.gov.ae in addition to the special precautions related to the procedure stated in this document.

7.1. There shall be disinfectant in the room e.g. sterilizing alcohol.

7.2. Toilet, door handles and bed shall be sanitized with a disinfectant solution between all treatments so as to prevent human cross-contamination.

7.3. The colon hydrotherapy device shall be cleaned and sterilized between all treatments.

7.4. Disposable gloves shall be worn during the treatment and the cleaning process. Any gloves smeared with bodily fluids shall be immediately discarded and replaced.

7.5. Only tubes or single pouches of lubricant are allowed. Any contaminated lubricant shall be immediately discarded.

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- 7.6. All disposable equipment used during the treatment shall be discarded in a specialized medical waste bag. This must be collected by a medical waste collection service as it is classified as human bodily fluids and wastes.
 - 7.7. Hands must be scrubbed between treatments.

8. Disposables

- 8.1. It is recommended to use only disposable kits.
- 8.2. A water based lubricant in a single use sachet is recommended to assist catheter insertion.
- 8.3. Single use gloves shall be worn by the operator when assisting a patient/ client to insert a catheter or discard immediately after use.
- 8.4. No part of disposable kits (speculum, obturator, inlet or outlet pipe, disposable underpants or robe) shall ever be re-used.
- 8.5. Speculum and obturator sealed packaging shall not be opened until immediately prior to the commencement of the treatment and should be done so in full view of the patient.

References

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Appendix (1) - Contraindications to Colon Hydrotherapy

- 1- Severe cardiac disease
- 2- High blood pressure not controlled by a doctor
- 3- Low blood pressure causing the person to pass out habitually and severe anaemia
- 4- Aneurysm
- 5- GI hemorrhage or perforation
- 6- Severe internal hemorrhoids
- 7- Cirrhosis of the liver
- 8- Carcinoma of the colon
- 9- Active fistulas and fissures
- 10- Pregnancy
- 11- Abdominal hernia
- 12- Recent colorectal surgery
- 13- Renal insufficiency (serious kidney problems)
- 14- Inflammations (anything with a long name ending in “*itis*”, and acute form of such diseases as: Diverticulitis, Ulcerative colitis and Crohn’s disease.

Appendix (2) - Risks associated with Hydrotherapy

People with acute or chronic illnesses, who are suffering from diarrhoea, or who are immune-compromised should seek medical advice prior to undertaking any colonic irrigation procedure.

Potential risks for any client include:

- 1- Infection due to unsterile equipment that permits backflow of faecal material to the water system.
- 2- Injury to the colon, such as ulceration or perforation.
- 3- Exacerbation of chronic bowel disease such as diverticulitis, Crohn's Disease or hemorrhoids.
- 4- Scalding if water temperature regulating controls fail.
- 5- Reduced capacity to control bowel movements for a period of time after the procedure.
- 6- Removal of normal intestinal flora may lead to gastrointestinal infections.

If you develop an infection, feel weak, or have any other unusual symptoms following therapy, stop treatment and check with your doctor. You should also report these symptoms to the operator.