



A **contraindication** is when the procedure should **NOT** be administered, or should be used with **Caution**, and or only with a Doctor's Release/Prescription to protect the user.

These are the contraindications for administering the procedure of Colon Irrigation.

1. **ABDOMINAL HERNIA** – When a person has been diagnosed with an abdominal hernia or has had surgery for abdominal hernia. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
2. **ABDOMINAL SURGERY** – After recent abdominal surgery since the administering of this procedure initiates peristalsis and the use of the abdominal muscles may aggravate sutures and the healing of the incision. A minimum of 6 weeks should pass after surgery before colonic enemas, unless prescribed by a doctor.
3. **ABNORMAL DISTENTION/MASSES** – If a person has been diagnosed with abnormal colon distention, or masses. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
4. **ACUTE LIVER FAILURE** – When a person has been diagnosed with acute liver failure. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
5. **ANEMIA** – When a person has been diagnosed with severe anemia. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
6. **ANEURYSM** – Colonic Irrigation is contraindicated when a doctor has diagnosed a person to have aneurysms. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
7. **CARCINOMA** – When a person has been diagnosed with Carcinoma of the colon. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
8. **CARDIAC CONDITION** – If a person has had cardiac surgery or has been diagnosed with a heart condition, such as uncontrolled hypertension or Congestive heart failure, or other heart conditions, colonic enemas are contraindicated with a doctor's release.
9. **CHROHNS DISEASE** – If the person has been diagnosed with Chrohns Disease. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
10. **COLITIS** – If a person has been diagnosed with colitis, ulcerative colitis, etc. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.
11. **DIALYSIS PATIENTS** – When a person is restricted on fluid intake, a doctor's release should be obtained and colonic done according to doctor's order. The doctor should give specific details of fluid intake.
12. **DIVERTICULOSIS** – If a person has been diagnosed with Diverticulosis/Diverticulitis. The person should obtain a doctor's release and Use Extreme caution when using colonic enemas.

13. **FISSURES/FISTULAS** – When a person has been diagnosed with fissures/fistulas. The person should obtain a doctor’s release and Use Extreme caution when using colonic enemas.

14. **HEMORRHAGING** – When a person has a flow of bright red blood discharging from the rectum. The person should obtain a doctor’s release and Use Extreme caution when using colonic enemas.

15. **HEMORRHOIDECTOMY** – After removal of hemorrhoids a Doctor’s release should be obtained and the procedure should be administered with caution as hemorrhoids could return even without colonic enemas.

16. **HISTORY OF DIGESTIVE PROBLEMS** – When a person has had a history of colon problems. The person should obtain a doctor’s release and Use Extreme caution when using colonic enemas.

17. **INTESTINAL PERFORATIONS** – When a person has been previously diagnosed by a Physician/Surgeon to have or have had intestinal perforations. The person should obtain a doctor’s release and Use Extreme caution when using colonic enemas.

18. **LUPUS** – If you have been diagnosed with Lupus, you should obtain a prescription for your primary health care provider, as Lupus Patients have been noted to have colonic perforations occur from the disease and the use of colon irrigation can irritate the bowel further in these patients.

19. **PREGNANCY** – Colonic enemas are contraindicated during the first and last trimester of pregnancy. Colonic enema may be used if it is general procedure to administer an enema prior to childbirth. The colonic enema would just be substituted for the traditional enema, affording the person more privacy and comfort. A Doctor’s release should be obtained.

20. **RECTAL SURGERY** – After recent rectal surgery. The person should obtain a doctor’s release and Use Extreme caution when using colonic enemas.

21. **RENAL INSUFFICIENCIES** – When a person has been diagnosed to be renal insufficient. The person should obtain a Doctor’s release and Use Extreme caution when using colonic enemas.

If a Physician or Surgeon has ever diagnosed the person with any intestinal conditions, or the person has been on any medication, which may weaken the intestinal walls, the person should obtain a Doctor’s release and Use Extreme caution when using colonic enemas.

If a person is currently taking medication for ANY condition diagnosed by a Physician or surgeon, the person should check with their Doctor before electing this procedure, to ensure that the medication will not be interfered with by the additional water intake and absorption.

**IF THERE IS ANY DOUBT WHETHER A PERSON SHOULD RECEIVE COLONICS, THE PERSON SHOULD CONSULT THEIR PRIMARY HEALTH CARE PROFESSIONAL OR PHYSICIAN.**

**I have read and understand the above contraindications for colon irrigation and attest that I do not have or have not had any of the above mentioned.**

**Name (please print)** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_