

**Guidelines for Colon Therapists**  
**Prepared by Canadian Association for Colon Therapists**

**Colonic Equipment**

**Speculums & Tubing:**

- Only use prepackaged, single-use and disposable tubes and speculums. Discard after each client.

**Equipment:**

- Suggested equipment is the Aquanet EC-2000 (fully closed system) or equivalent
- Must have built-in backflow preventer offering gravity and pressure mode.
- If using Woods Gravity System – must have backflow preventer, filtration, fully disposable tubing
- Open systems are not recommended.

**Guiding Principles**

- Colon Therapists must follow all directions provided by Chief Medical Officer of Health (CMOH) and the Ontario Ministry of Health's Guidance for their Health Sector.
- Colon therapists must follow guidelines listed under "Personal Services" of the Public Health Department in your jurisdictions (i.e. Toronto Public Health)

**Canadian Association for Colon Therapist's (C-ACT) Guidelines are categorized as follows:**

- **Hand Hygiene**
- **Personal Protective Equipment (PPE)**
- **Cleaning and Disinfecting**
- **Preparing Your Practice**
- **Booking Appointments**
- **The Appointment**
- **After the Appointment**
- **Other Considerations**
- **For Employers**

**Hand Hygiene**

- **Colon Therapists must wash their hands (including forearms and elbows) thoroughly with soap and water before and after glove usage between clients.**
- Colon Therapists must encourage frequent and proper hand hygiene for all people present in the practice environment. Colon Therapists should:
  - o Set up hand washing and sanitization stations and ensure that there is enough soap and sanitizer.
  - o Post signage instructing on proper hand washing techniques
  - o **Require everyone, including staff, clients, and visitors to wash their hands upon arrival**
- Hand sanitizer approved by Health Canada (e.g. alcohol-based sanitizer at 60%+ alcohol) may be used by others in the clinic if soap and water is not available to all. (see link in resources)
- Gloves are not a substitute for proper hand hygiene.
- Gloves must always be worn during treatment and disposed of after each client.
- Before cleaning up, wash hands and put on new gloves and wear new gloves when leaving the treatment area.

**Guidelines for Colon Therapists**  
**Prepared by Canadian Association for Colon Therapists**

- When leaving colonic room remove gloves and wash hands before touching door handles etc.

**Personal Protective Equipment (PPE)**

- Colon Therapists must wear a surgical/procedure mask (not cloth) during treatment and whenever within two (2) metres of clients. Masks should be changed after each client and whenever wet, damaged, or soiled.
- Protective equipment such as face mask and face shield and gown should be worn if the service being provided is likely to generate splashes or sprays of body fluids, excretions into the eyes, nose, or mouth and onto the therapist's clothing.
- **Gloves do not preclude the need for proper hand hygiene.** Single-use disposable vinyl or nitrile gloves only. Gloves must be disposed of and changed between each client. Be aware of potential interaction with gloves and topical products; if gloves are used, C-ACT recommends using nitrile gloves with oil or water-based products or vinyl/nitrile gloves with water-based products.
- Colon Therapists are expected to use their professional judgement and conduct individual risk assessments to determine if additional PPE (e.g. face shields, goggles) is warranted due to elevated risk.
- Colon Therapists may consider taking precautions regarding their own clothing, such as wearing disposable coverings or changing their personal clothing between clients. Clothing should be washed and dried regularly and carefully on as high a heat setting as possible.
- Colon Therapists must obtain appropriate training on safely using and disposing of PPE, related to droplet and contact precautions (including at minimum by completing the resources offered by Public Health's "infection Prevention and Control Fundamentals (see link below).

**Cleaning and Disinfecting**

- Toilet cleaning - The therapist should be wearing a mask and gloves when cleaning the toilet bowl and seat with disinfectant after each client. Gloves should be removed and disposed of after cleaning.
- Hands should be washed thoroughly after removing gloves.
- Disinfect toilet door handles back and front.
- Cleaning removes visible soiling, while disinfecting uses chemicals to kill germs once a surface is cleaned. A "wipe-twice" method (wipe once to clean, wipe again to disinfect) must be used to both clean and disinfect surfaces.
- Only use products approved by Health Canada by cross-referencing the Drug Identification Number (DIN) on the product container.
- In addition to routine procedures, high-touch surfaces should be cleaned and disinfected at least twice per day, and when visibly soiled. **High touch surfaces include doorknobs, light switches, washrooms including toilet handles, counters, handrails, arm rests, and electronics, Merchant payment machines, computers, cellphones, telephones.**
- The treatment room and its equipment must be cleaned and disinfected after each use and between clients.
  - o All equipment must be in good condition (no tears or rips) to allow for proper cleaning and disinfecting.

**Guidelines for Colon Therapists**  
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- Pay special attention to the container of topical products (e.g. soap dispenser)
- Items that are frequently shared, difficult to clean (e.g. upholstered furniture), and/or not necessary to achieving treatment outcomes should be removed. Some examples may include magazines and other entertainment items; water service, tea service, and snacks; product samples or testers; complimentary phone chargers or electronics; and re-usable hand towels, slippers etc.
- Consider altering the space as much as possible to discourage touching shared surfaces. For example, use garbage bins with step peddles or touchless motion detectors.
- Treatment bed/table should be sprayed with disinfectant and wiped with a paper towel and disposed of in the garbage pail. Also disinfect the stool.
- When removing soiled linen from the hamper into the washing machine, wear a mask and latex gloves when you are placing laundry into the washing machine. Along with detergent, add bleach. Set the wash temperature to HOT and the drier setting on high heat.
- Use only freshly laundered sheets, pillowcases, covers on the heating pad and padded liners for each client. **ALL Linens, blankets and pillows must be changed between clients, and washed and dried in highest heat possible or use disposable as noted above.**
- Client cover-ups should be either disposable material (shorts/coverups) or made of same lightweight fabric (Same as sheets). No towels should be used as client cover-ups.
- All laundry should be stored in a bag or container with a lid until they are washed.
- Colon Therapists are responsible for additional cleaning and disinfecting between clients, therefore allowing for additional time between clients.
- Colon Therapists must create and maintain records of general infection prevention and control practices they have implemented. These records should reflect the date and frequency of when the measures were applied. Colon Therapists may choose to retain the infection prevention and control records within their existing equipment record (log), or as a separate record.
- Floors should be mopped with water using a disinfectant after each client. Bucket should be emptied and rinsed with disinfectant and water after each use.

### **Preparing your Practice**

- **Coverings for Clients**

No terry towels. Disposable coverups are recommended otherwise, a light-weight cotton covering is preferable as it is easier to clean - has less material, less bulky, and uses less water when laundering.

- Recommend using fully disposable shoe covers, bed sheets, pillow covers, treatment shorts, cover-ups, hand towels.
- If using fabric, recommend using light-weight cotton sheets/cover-ups (no terry towels)  
Clients should be wearing masks (cloth okay).

Clients remove shoes upon arrival and wear disposable shoe covers on their feet and disposed of after each use.

**Guidelines for Colon Therapists**  
**Prepared by Canadian Association for Colon Therapists**

- **Signage**

- Display clear, visible signage at all entrances and within the practice environment that outline the signs and symptoms of COVID-19, what to do if one is at risk, and how to limit transmission (i.e. hand hygiene and safely covering coughs and sneezes).
- The Ontario Government has provided signage in English for both patients, clients and visitors that can be posted on entrances, and printed from the websites listed below.

- **Furnishings**

- Seating should consist of easy to wipe hard surfaces (no upholstered furniture) Separate seats in waiting areas by at least two (2) metres to ensure physical distancing of non- household members.
- Consider obstructing some areas and providing signage to encourage visitors to follow physical distancing protocol.
- Develop process for clients to provide written consent safely and hygienically.
- Plan to disinfect any equipment used during this process (e.g. pens, tablets).
- Suggest client complete on-line intake forms and submit prior to first appointment and paperless digital client progress reports.

### **Booking Appointments**

- Before accepting an appointment, the Colon Therapist must screen the client virtually for risk of COVID-19 by following the Ministry of Health patient screening guide and the Symptoms guide. **If the client does not pass this basic COVID-19 screening, the Colon Therapist cannot provide treatment, regardless of the rationale for Colonic Therapy treatment.** Advise the client that they should self-isolate and complete the online self-assessment tool before calling their doctor or Telehealth Ontario at 1-866-797-0000. This information should be documented in the client health record/progress report and the Colon Therapist should not treat the client for at least 14 days, until the client is asymptomatic, and has been cleared by their primary care provider or Telehealth Ontario of any concern of COVID-19.
- In-home visits are not recommended. However, if they chose to do home visits, Colon Therapists must use their professional judgement when providing care outside of an environment they can control, such as providing home enema treatments/visits. For information on precautions for entering a client's environment, please review the Ministry of Health Guidance for Home and Community Care Providers.
- Inform clients of any public health measures that have been implemented in advance of the appointment.
- Ask clients to arrive alone (where possible) and as close to their appointment time as possible.

Schedule appointments in a way that allows enough time between clients to implement new cleaning and disinfecting protocol.

### **The Appointment**

Develop a system to have clients wait outside or in their vehicle if possible. For example, ask the client if they would like to receive a phone call or text message when they can enter the clinic.

- Maintain a roster of all people entering the space (including their name and phone number) to assist

## **Guidelines for Colon Therapists**

### **Prepared by Canadian Association for Colon Therapists**

with contact tracing if required. In addition to clients, this may include couriers, guardians, and support people/workers. Explain to visitors that this information will be used for contact tracing only, should someone who visited the setting later be diagnosed with COVID-19, and that visitors can refuse to provide their name and telephone number.

- Ensure the client washes or sanitizes their hands upon arrival and after treatment.
- Colon Therapists must wash their hands (including forearms and elbows) with soap and water thoroughly before each treatment.
- Immediately prior to treatment, the Colon Therapist must screen the client to ensure the client's COVID-19 status has not changed and must screen themselves using the same criteria as when the client booked the appointment. This screening must be documented in the client's record.
- If immediately before treatment, either the client or the Colon Therapist does not pass screening, the Colon Therapist must not provide treatment.

If the Colon Therapist encounters a client who has gone through the screening process and enters the setting, yet exhibits signs and symptoms consistent with COVID-19, they must:

- Establish and maintain a safe physical distance of two (2) metres.
- Have the client complete hand hygiene.
- Provide a new mask for the client to wear, if possible.
- Segregate the client from others in the clinic.
- Explain the concern that they are symptomatic, discontinue treatment and reschedule the appointment.
- Advise the client that they should self-isolate and complete the online self-assessment tool before calling their doctor or Telehealth Ontario.
- Clean and disinfect the practice area and anywhere the client is likely to have touched immediately; and,
- Ensure a record is kept of all close contacts of the symptomatic client and other visitors and staff in the clinic at the time of the visit. This information will be necessary for contact tracing if the client later tests positive symptomatic for COVID-19.

### **After the Appointment**

- Colon Therapists must wash their hands (including forearms and elbows) with soap and water thoroughly after each treatment and before and after disinfecting.
- Clean and disinfect anything used during the appointment.
- Document all new procedures related to the client in the client record, including but not limited to screening dates and results, PPE used during treatment and any modifications to treatment.

### **Other Considerations**

- Though needed for draping, a cloth sheet is likely not sufficiently thick or layered to be an effective transmission barrier for COVID-19.
- Remember that barriers become less effective at preventing transmission when dampened or moistened. Since all fabrics present during treatment (masks, linens, pillows) may become

## **Guidelines for Colon Therapists**

### **Prepared by Canadian Association for Colon Therapists**

dampened or moistened by the topical product(s) used during treatment, or any body fluids that may leak. The Colon Therapist should be aware of the elevated risk of transmission and take relevant precautions.

- Please note this guidance details three additional documentation requirements.
  - a general infection prevention and control record/log for the practice,
  - a notation of COVID-19 infection precautions taken for each client in the client record/progress report,
  - a roster of all people entering the space for contact tracing purpose. Documentation should be kept for 10 years.

If there are any confirmed cases of COVID-19 in a provider, staff, client, or visitor of the practice, the Colon Therapist should promptly report it to their local Public Health Unit and follow their directions.

### **For Employers**

Employers have a legal duty under Ontario Occupational Health and Safety Act to take every reasonable action to protect the health and safety of workers. This duty is particularly important in the context of COVID-19, where there is a need to protect workers and the public from contracting the virus.

Employers should carefully review the sector specific guidelines highlighted below and make reasonable efforts to implement the recommended actions. Otherwise, you could face charges and prosecution under the *Occupational Health and Safety Act* do not take the recommended precautions.

The guidance documents currently available are listed below, by sector or practice setting. The guidance is likely to evolve as the pandemic situation evolves, so it is important to refer to the relevant government and Ministry of Health pages periodically.

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<b>RESOURCES LIST FOR COLON THERAPY ESTABLISHMENTS</b>
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**Tele-Health Canada (Ontario) - 1 866-797-0000**

**Toronto Public Health - (416) 338-7600**

**Self-Assessment Tool:** <https://covid-19.ontario.ca/self-assessment/>

**Ministry of Health patient screening guidance:**

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_patient\\_screening\\_guidance.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_patient_screening_guidance.pdf)

**Public Health Reference for Symptoms:**

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

**Ontario Government poster for within your setting:**

<https://files.ontario.ca/moh-coronavirus-pec-poster-en-2020-03-09.pdf>

**Ontario Government poster for patients:**

[www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_signs\\_EN\\_patients.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_signs_EN_patients.pdf)

**Ontario Government poster for visitors:**

[www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_signs\\_EN\\_visitors.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_signs_EN_visitors.pdf)

**Ontario Government general VOVID 19 poster:**

<https://files.ontario.ca/moh-coronavirus-pec-poster-en-2020-03-09.pdf>

**Health Canada approved products:**

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

**Ontario Public Health Infection Prevention and Control Fundamentals:**

<https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ipac-fundamentals.pdf?la=en>

**Health Canada Approved Sanitizer:**

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>

**Health Canada approved Disinfectant:**

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

**PPE Suppliers Directory**

<https://covid-19.ontario.ca/workplace-ppe-supplier-directory?page=2#no-back>

**List of Ministry of Health Guidance for the healthcare sector:**

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019\\_guidance.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx)

**List of sector-specific guidance for workplace safety:** <https://www.pshsa.ca/covid-19>

**Ontario Health and Safety Act:** <https://www.ontario.ca/laws/statute/90o01>

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<b>CLINIC RE-OPENING COVID-19 CHECK-LIST</b>
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- Print and post COVID-19 symptoms signs:
- Purchase adequate soap for hand-washing stations
- Purchase hand-sanitizer approved by Health Canada
- Purchase adequate disinfectant that is approved by Health Canada
- Purchase adequate surgical/procedural masks - Level Three (not cloth)
- Therapists must wear surgical procedural masks (not cloth) during treatment
- Purchase additional cover-ups, blankets/pillows if required
- Gloves – single use nitrile gloves with oil or water-based products or latex gloves with water-based products.
- Coverings: Disposable coverings (gowns) or changing clothes between clients. Additional PPE such as goggles, face shields.
- Print and post signage of proper handwashing techniques.
- Set up proper hand-washing stations
- Separate seats in waiting areas by at least two (2) meters to ensure physical distancing
- Print and post physically distancing measure posters