



## RICTAT - Frequently Asked Questions – May 2024

Below is a list of regularly asked FAQ's. It is not exhaustive, and must be taken along with the whole picture of your client's health.

If you feel there is something that can be added to this list, please let us know so that we can continue to compile a comprehensive list.

### 1. Age 'Elderly'

Not a problem, just get a general overview of client's health and medication.

### 2. Asthma – Using a steroid inhaler

No problem treating as there is a small amount of steroid in the inhaler and is not systemic.

### 3. Atrial Fibrillation

Do not treat due to sudden changes in heart rate.

### 4. Blood Pressure

#### High Blood Pressure

If it is under control, it's fine to treat.

If it is not under control do not treat. By increasing blood volume by water being absorbed through the colon wall it adds pressure to already struggling systems which are trying to achieve homeostasis i.e., heart and kidneys.

#### Low Blood Pressure

Be aware they may faint as they get up from the couch. Often people who don't drink enough fluid, so colonics may help as the colonic is a hydrative treatment.

### 5. Blood Thinning Medication

Following discussion with an anti-coagulation nurse and Nurse Prescriber we have been able to clarify who we can and cannot treat.

Clients on warfarin and 'treatment' level doses of low molecular weight heparins (LMWH) e.g., Clexane/Ennoxaparin - Fragmin/Dalteparin or Innohep/Tinzaparin cannot be treated. This is because the time it takes to clot blood is artificially lengthened increasing the risk of bleeding.

Clients on the lower prophylactic doses of LMWH's are ok to treat. The client should know the difference, if they are unsure ask them to get clarification from their GP.

### 6. Breast Augmentation

No problems treating as long as no other issues.

### 7. Breast Feeding

Ok to treat, but do not use herbs if breast feeding.

### 8. Cervical Smear

No problem in treating client.

**9. Children Under 16 Years Or Young Person Between 16-18 Years Of Age.**

Any client under the age of 16 must have a referral from a GP/medical specialist and a guardian present during the treatment, otherwise don't treat.

Any client aged 16-18 needs a guardian present and require both the client and the guardian to sign the consent form.

**10. Cholesterol. High -Taking Statins**

No problem in treating client.

**11. Chronic Fatigue Syndrome- CFS. (Also known as ME, Myalgic Encephalomyelitis.)**

No problem in treating client, be aware of client's energy level, they may become fatigued quickly, so shorter treatment may be needed.

**12. Colonoscopy - Pre and Post**

No problem in treating client as long as procedure is not related to indication of bowel cancer or a condition that might increase risk of bowel perforation.

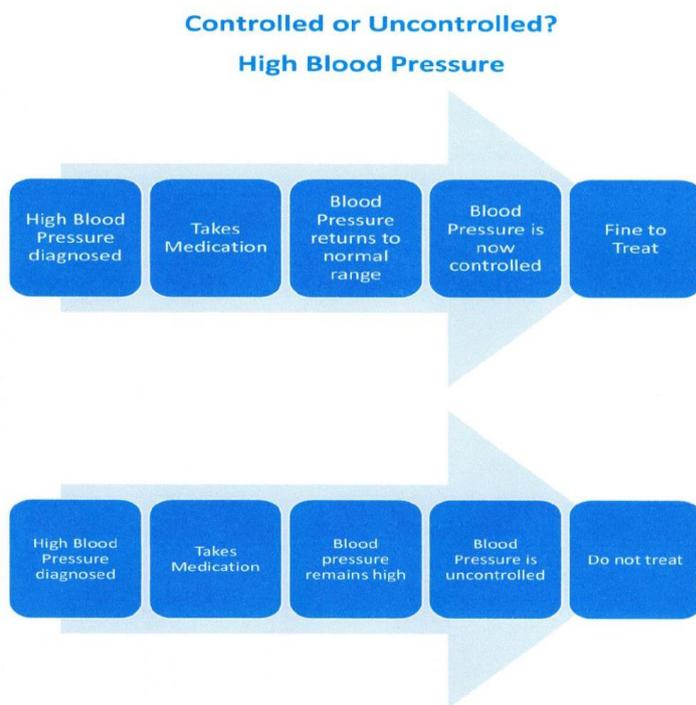
**Post Colonoscopy.**

Wait until bowel movements have returned and results have been received.

**13. Controlled or Uncontrolled- What is the difference?**

**Using blood pressure as an example.**

Someone comes to you and says they have been diagnosed with high blood pressure.



**Can you treat them?**

Whilst the blood pressure is not within normal ranges, we cannot treat them.

If they are taking blood pressure medication and it has brought their blood pressure back under control and into the normal range, then effectively, they no longer have high blood pressure, so they are fine to treat.

If they are taking blood pressure medication and their blood pressure is still not controlled, i.e., it is still high, we cannot treat.

If they choose not to take medication and their blood pressure is not within normal range, we cannot treat.

#### **14. COPD - (Congestive Obstructive Pulmonary Disease.)**

No problem in treating client, but look at the person as a whole.

#### **15. Deep Vein Thrombosis (DVT)**

If the client is on Warfarin, or a treatment dose of an injectable anti-coagulant, then it is contraindicated. However, if they are on low dose prophylactic and not being monitored by medical staff, then fine to treat.

#### **16. Diabetes**

No problem if their diabetes is under control. Both Type 1 and 2.

##### **Type 1 Diabetes**

This is due to a failure of the pancreas to produce insulin and are insulin dependent requiring self-administered daily injections.

##### **Type 2 Diabetes**

People still produce insulin but it may not be sufficient to control blood sugar levels. Often controlled with metformin or diet controlled. Recommended good practice is to have something like Lucozade within reach in case their sugar levels start to go low. Recommend they eat before coming for a treatment as colonics sometimes trigger the stomach to empty into the small intestine and that can make the sugar levels drop.

#### **17. Eating Disorders**

Fine to treat if they are not using colonics for managing their weight and becoming obsessive. e.g., Bulimia, Anorexia Nervosa etc

#### **18. Ehlers Danlos Syndrome EDS (hyper stretchy skin)**

Is a genetic, connective tissue disorder causing hyper stretchy skin, Hypermobility or can affect blood vessels and can affect anywhere in the body. There is no problem in treating client, as it may help with constipation. Check with client that there have been no changes in their digestive system.

#### **19. Endometriosis**

No problem in treating client, unless they are in pain.

#### **20. Epilepsy**

Do not treat unless the client has a valid driving licence, (or would qualify for one.)

#### **21. Faecal Impaction**

This is when a large hard mass of stool gets stuck in the colon and can't get pushed out the usual way. This is fine to treat.

However, if no gas is being passed, if client is vomiting or experiencing severe pain and abdominal distention, then seek medical advice as this may indicate onset of a bowel obstruction. If there are any investigations ongoing wait for the results.

#### **22. Fatty Liver Disease**

This is graded 1-5 from mild problems to liver failure. Need to check their individual circumstances.

#### **23. Fibromyalgia (FM)**

No problem in treating client.

#### **24. Flying**

Exercise caution because we may be disturbing gas pockets during the treatment. The cabin pressure may exacerbate the gas so consider carefully any treatment if flying within 2 weeks as we can disturb gas pockets, which could cause the client some discomfort. Especially if client is attending an event like a wedding. We don't want to be implicated in not fitting into the dress!

## **25. Frequency of Treatments**

Maximum of 24 treatments per client per year, unless you can justify otherwise. E.g., spinal issue.

## **26. Gall Bladder and Gall Stones**

Fine to treat Gall stones. Be careful infusing coffee as it stimulates bile production, so can also stimulate the gall bladder. It may create pain, nausea, and discomfort for client. Gall bladder removal fine to treat following surgery and full recovery. Minimum of 3-6 months.

## **27. Gastric Band**

Fine to treat as long as no problems and no other health conditions.  
Recent Gastric Band Removal – 3-6 months full discharged no problems.

## **28. Gastroparesis**

This is a condition where the stomach does not empty properly, food passes through the stomach more slowly and often leaves a feeling of fullness, often diagnosed by symptoms. Fine to treat. Can be common with diabetes.

## **29. Gastric Bypass, Sleeve or Band**

Major surgery, treat only after medical discharge and no complications, no treatment until 6 months post-surgery.

## **30. Gilberts Syndrome**

Gilbert's syndrome is characterised by the liver's inability to process the yellowish-brown pigment in bile (bilirubin). Too much bilirubin can cause yellowing of the skin and eyes (jaundice). Gilbert's syndrome is considered harmless and typically does not need medical treatment.

## **31. Haemorrhoids (Piles)**

Fine to treat if they are not inflamed, painful or bleeding.

## **32. Heart Failure**

Do not treat.

## **33. Heart Attack - (Myocardial Infarction)**

If they have made a full recovery and have good cardiac function, it is fine to treat, otherwise a medical note is required.

## **34. Hirschsprung's Disease**

Dealt with at a young age, so once it's been rectified, effectively, it doesn't exist so is fine to treat.  
Be mindful of how much surgery has been undertaken, bowel could be shortened, so don't overfill.

## **35. Hernia**

Only hiatus hernia is fine to treat as it's in the thoracic cavity and doesn't affect the colon. Fill gently and maybe sit up due to reflux.  
All other hernias are contra-indicated.

## **36. HIV**

No problem in treating client.

## **37. Hysterectomy**

Abdominal surgery, so on medical discharge and no complications. Minimum of 3-6 months.

## **38. Inflammatory Bowel Disease - IBD (see contraindications)**

### **Colitis, Ulcerative Colitis, Crohn's Disease, Diverticulosis, Diverticulitis.**

If clients are suffering with a flare-up, recent flare up, or have an unstable pattern of flare-ups there is a risk of bleeding, tissue damage and colonics may exacerbate symptoms. Don't treat within 3-6 months of any flare up and then take into account the history over a longer period, at least over the last year or so.

**IBD-Relative contra indication exceptions.** Clients who are fully in remission.

We have concluded that it is fine to treat people who have been diagnosed with inflammatory bowel disease as long as you are satisfied that they are in a stable state of remission and, very importantly, you feel you have the knowledge and experience to be able to decide it is safe to treat them.

It's very tricky to be black and white with things like this, but we recognise that lots of therapists have long experience of treating people with IBD very successfully and without issue.

Overall, this is for you as a therapist to decide based on how you feel about things.

Always the advice is if in doubt, don't treat. Don't say yes if you aren't comfortable with it.

You can always ask for advice and opinion but it's your choice.

### **39. Kidney Function**

Colonics can increase fluid circulation as one of the primary functions of the colon is to absorb fluid.

Kidney function must be a minimum of 50% with two kidneys and 100% with only one kidney and not fluid restricted.

Generally, if the client is on fluid restriction and under medical supervision then this is contraindicated.

### **40. Laparoscopy**

If it is a laparoscopic investigation (no surgical procedure undertaken and they have just had a look around) then 6 weeks.

Otherwise, it is classed as abdominal surgery so needs to be that they have been medically discharged and suffering no complications, generally 3-6 months. E.g., hysterectomy.

### **41. Liposuction**

Only affects fat layer so doesn't affect organs. Fine to treat, but be mindful of pain, bruising and the general state of the client. Do not massage the area.

### **42. Liver function**

Any condition that affects the liver and decreases its function needs to be assessed. If recent blood tests are in normal range ok to treat, be aware of using herbs and coffee and its stimulating effect on the liver.

Do not treat if under medical supervision unless you have written consent from the Doctor/Consultant.

### **43. Low Thyroid. Taking Levothyroxine**

No problem in treating client.

### **44. Multiple Sclerosis**

No problem in treating client. Be aware of mobility, and depending on severity and stage of MS, they may have poor anal sphincter tone. Peristeen may also be a good recommendation.

### **45. Motor Neurone Disease**

No problem in treating client. Peristeen may also be a good recommendation.

### **46. Neutropenia**

Low or no immune system. Severe risk of infection. Do not treat. Often as a result of chemotherapy.

### **47. Oedema (Water Retention)**

Ascertain the cause of the oedema (water retention), e.g., legs swelling. If due to heart/kidney problems/failure, do not treat.

### **48. Ovarian Cysts**

No problem in treating client, can vary massively in size. Many women don't know they have them. If painful don't massage the area.

#### **49. PPI (proton pump inhibitors)**

E.g, Omeprazole, Lansoprazole. Proton pumps are enzymes in the lining of your stomach that help it make acid to digest food. Omeprazole prevents proton pumps working properly which reduces the amount of acid the stomach makes. Check on underlying cause for reason as to why the client has been prescribed it.

#### **50. Pancreatitis**

If acute they are likely to be very unwell, so do not treat.

#### **51. Perforation**

A hole in the intestinal wall leaking contents into abdominal space which should be sterile therefore local or extensive infection can occur. Do not treat.

#### **52. Post Pregnancy**

##### **Natural birth.**

No problems, no ongoing issues, 6 weeks minimum.

##### **Caesarian.**

Constitutes Abdominal Surgery so treat on medical discharge with no complications, minimum of 3-6 months.

##### **Breast Feeding.**

No problem treating, may be wise to recommend they express milk beforehand just in case they feel any nausea or weak.

#### **53. Post Miscarriage or Abortion**

Depends on when the miscarriage or abortion occurs. Wait until women's next period or when they feel ready.

#### **54. Pre-IVF**

Fine to treat up to the start of treatment. Use herbs with caution if they are having hormone injections, just as a mindful action of not interfering with anything. Do not treat once IVF treatment begins.

#### **55. PCOS (Polycystic Ovary Syndrome)**

No problem in treating client.

#### **56. Prolapse – Rectal/Bowel/Bladder/Vaginal**

##### **Rectal/Bowel**

Do not treat due to weakened tissues not supporting the organs properly. Risk of making the condition worse. If there has been surgical repair and all ok, then fine to treat. BUT, if there have been multiple repairs which have failed, it demonstrates an inherent weakness to the tissue so don't treat.

##### **Bladder, Vagina and Uterus**

It is fine to treat but you must consider other factors that might indicate an inherent weakness which may then be contra-indicated. e.g., repair that has not been successful or multiple prolapses.

#### **57. Prostate (Enlarged)**

If you can't insert the scope easily or it causes any discomfort don't treat. Recommend client see a GP if it hasn't already been diagnosed. You are not trained to examine prostate glands.

#### **58. Prostatitis**

Infection of the prostate gland, ok to treat if comfortable to insert speculum.

#### **59. Rectocele**

Fine to treat gently.

#### **60. Rheumatoid Arthritis**

No problem in treating client. Check which medications they are taking and any other health conditions associated.

### **61. Sickness and Diarrhoea Bug**

Do not treat until they are eating normally and back to work.

### **62. Steroids**

No problem in treating client, but look at the person as a whole. Be aware of the reason for a client taking steroids long term, they may have a contraindicated condition e.g., Colitis or IBD. If taking steroids for something that is non-bowel related, e.g., psoriasis, then this would be fine to treat as this does not affect the integrity of the bowel wall.

Steroids do not affect the integrity of the bowel wall.

(Source: BNF – British National Formula, EMC – Electronic Medicines Compendium; Pharmacodynamics – the way it works on the body).

### **63. Stroke**

Dependent on blood pressure. Consider any medication such as Warfarin, (which is contraindicated) possible mobility problems, positioning on couch.

### **64. Surgery – Abdominal**

See contraindications.

### **65. Tachycardia**

Do not treat due to irregularity of heart rate. Potential for heart rate to suddenly rise

### **66. TIA (mini-stroke)**

Once resolved fine to treat.

Under medical Investigations/awaiting medical results – consider the nature of the conditions that the client is having tests for e.g., bowel, gynaecological, liver, pancreas, digestive, heart.

### **67. Under medical Investigations/awaiting medical results**

Do not treat or intervene if it may be perceived a treatment may interfere with test results. Consider the nature of the conditions that the client is having tests for e.g., bowel, gynaecological, liver, pancreas, digestive, heart. Whilst there are many tests that will not be affected by, or because of, a colonic treatment, others may be, so consider carefully any implications before treatment. If in doubt don't treat.

### **68. UTI – Urinary Tract Infection/Antibiotic Treatment**

Do not treat until the course of antibiotics for the infection has been completed.

### **69. Weight Loss Injections**

Ok to treat, check clients side effects.

### **70. Wilsons Syndrome**

A genetic disease that prevents the body from removing extra copper causing copper to build up in liver, brain, eyes and other organs. See liver function.

Reference - <http://www.bnf.nice.org.uk/>