I-ACT Policy Statements

I-ACT recommends the use of currently registered FDA equipment and only disposable speculums, rectal tubes, or rectal nozzles. However, should the Therapist use reusable speculums, these speculums should, at a minimum, be autoclaved for sanitation and cleanliness (30 minutes). Additionally, the autoclave unit must be tested and inspected by competent authority at least four times per year- maintain documentation. (Under NO conditions should a disposable speculum or rectal tube be reused).

I-ACT recognizes that the FDA classifies equipment used to instill water into the colon through a nozzle [speculum/rectal tube] inserted into the rectum to evacuate the contents of the colon into three distinct classes; Class I (Enema Kits), Class II and Class III (Colon Irrigation Systems). Follow the guidelines of your manufacturer, as approved by the FDA for the type of equipment (devices) you are using. Make no claims as to the use of your device other than those approved by the FDA. The main difference between Class I and Class II devices is that Class 1 devices do not have any safety features and manufacturers of Class I devices may not have any third party oversight as they do not have to comply with the good manufacturing practices that are required of Class II manufacturers. The FDA requires Class II devices to be sold on or at the order of a physician or healthcare practitioner. This may be different in each state. Purchase equipment at your own risk. Ensure you are in compliance with your local, state, federal and country guidelines. Ensure that equipment you purchase is cleared for use in your country.

I-ACT recognizes there are two distinct types of colon irrigation systems; open and closed systems. However, it is I-ACT policy that the colon hydrotherapist / technician is always in attendance / or is immediately available to the client throughout the session. The degree of assistance is to be in compliance with the instructions of the manufacturer of the equipment as registered with the FDA, and/or as directed by a physician.

The policy on insertion is to follow the instruction of the referring physician; the guidelines of the manufacturer as approved by the FDA; or the directives from the authority of your city, county, state, or country ordinances.

I-ACT recommends that you do not put the initials (CT) for colon hydrotherapist after your name, write it out in full. According to most state laws, putting initials after your name is not allowed unless you are licensed or have a degree from an accredited professional school.

I-ACT does not and cannot approve any literature, manuals, or other documents. The only materials that are I-ACT approved are materials that are generated and published from the I-ACT office.

Advertising copy which states or implies that colon hydrotherapy can treat any disease, promise cure for any disease, or that makes unsubstantiated medical claims SHALL NOT be used.

Additionally, I-ACT recommends each therapist not using FDA registered equipment consider upgrading their equipment to FDA registered equipment in the very near future.