

# My Perfect Colon<sup>®</sup> *fast*

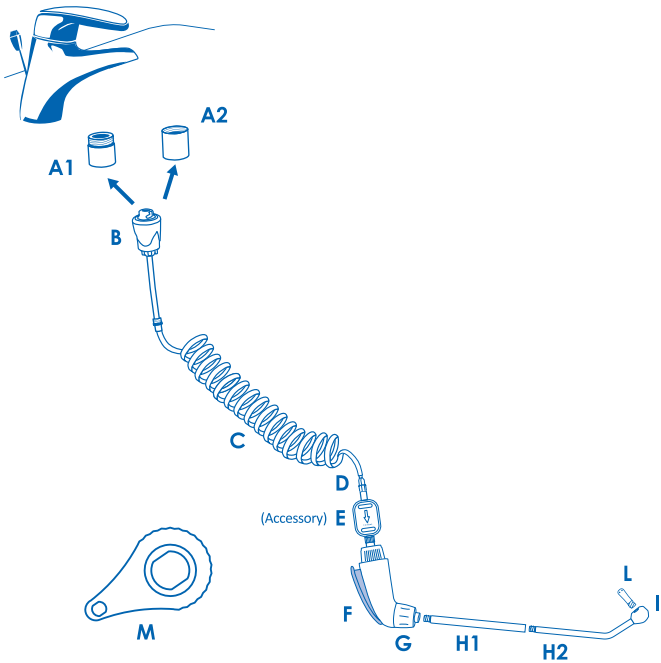
Natural Hydro-Therapy at Home

EN User manual\*

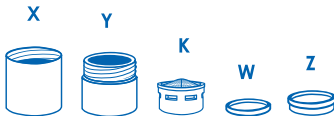
\*For "My Perfect Colon Fast - BASIC" and  
"My Perfect Colon Fast - TRAVEL" versions

[www.mypperfectcolon.com](http://www.mypperfectcolon.com)

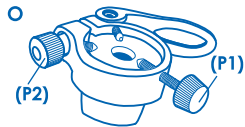
General Diagram



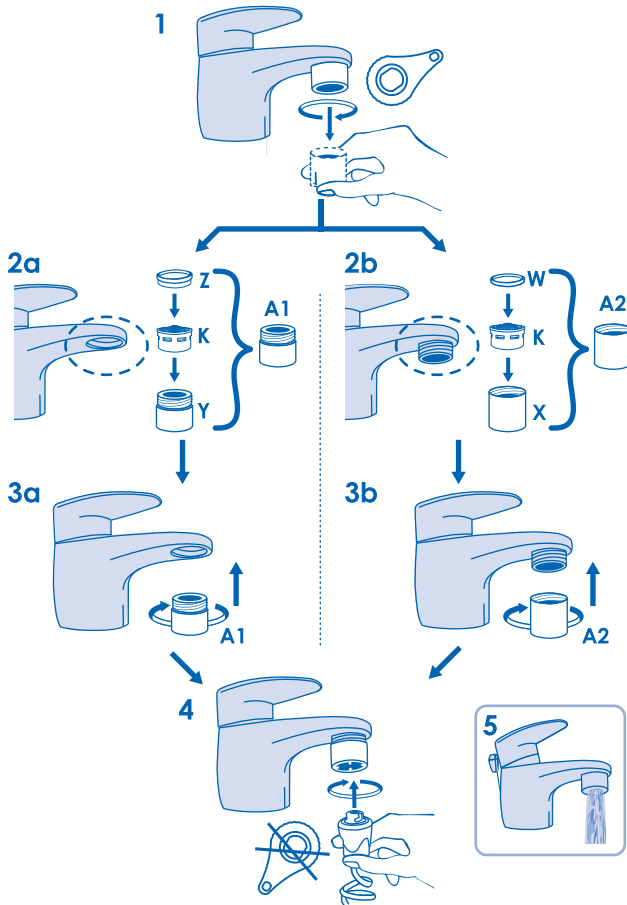
Special Aerator Filter (A1, A2)



Adddy (O) - Universal adapter  
(Included only with "Travel" version)

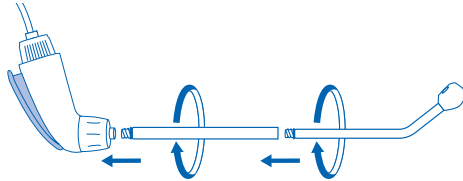


## Aerator filter installation

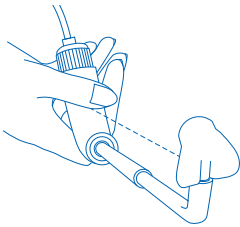


How to use

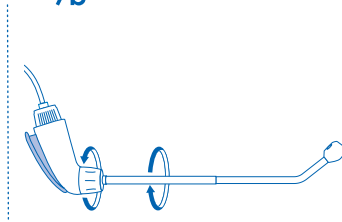
6



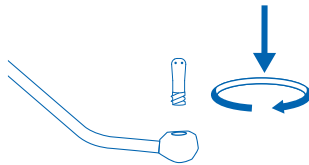
7a



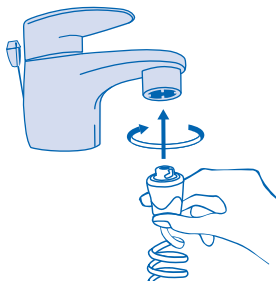
7b



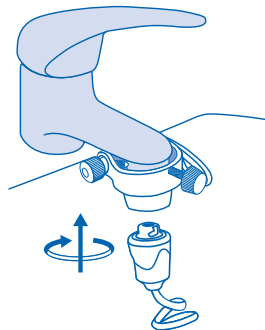
8



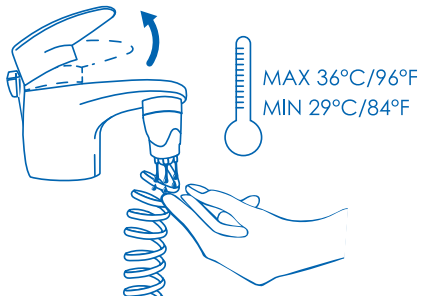
9a



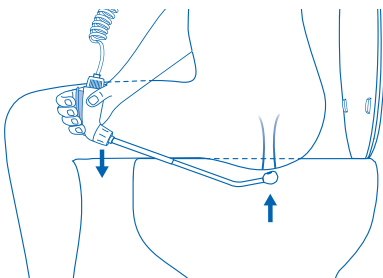
9b Only for Travel version



10



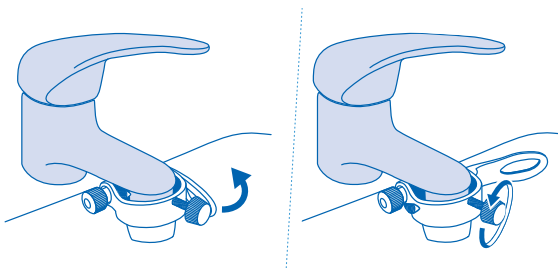
11



12



13 Only for Travel version

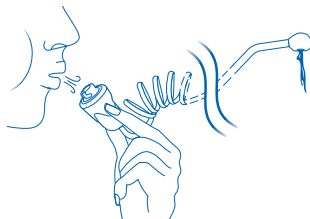


Cleaning

14



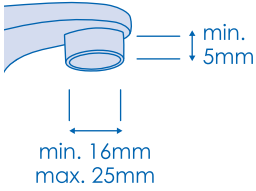
15



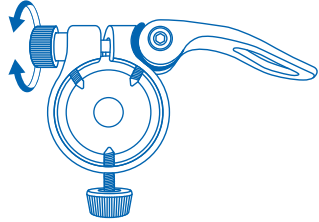
### Addy Installation

(For use of My Perfect Colon with Addy, travel adapter.  
To use My Perfect Colon at home, see step 1-4).

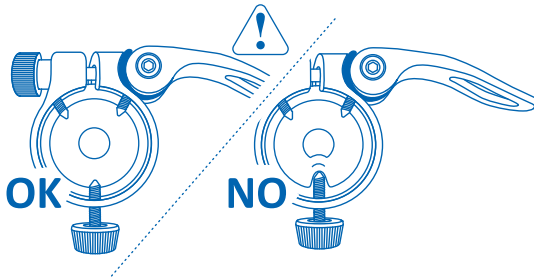
16



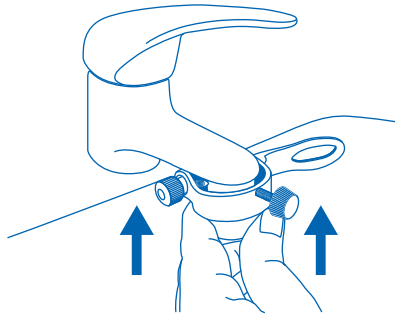
17



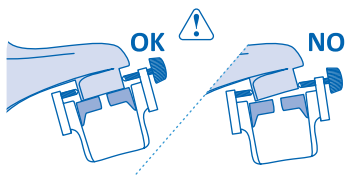
18



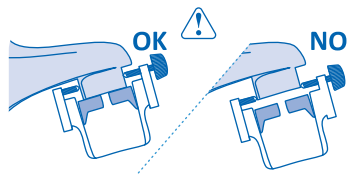
19



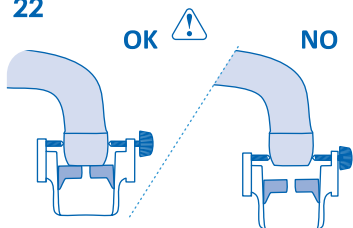
20



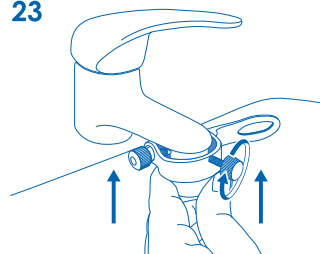
21



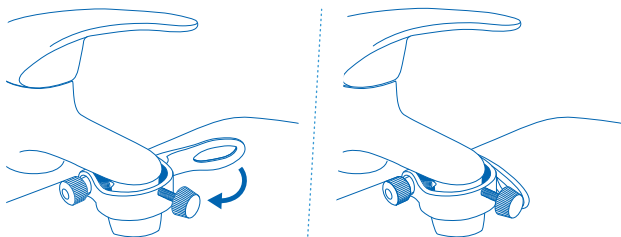
22



23



24





**WARNING:** Read these instructions carefully before using the product. Please note the device should be used only with warm water (29°C/84°F – 36°C/96°F approx).

#### PACKAGE CONTENTS:

- Special Aerator Filter (A1, A2) bag, containing:
  - Special filter holder with internal thread (X)
  - Special filter holder with external thread (Y)
  - Aerator Filter (K)
  - Gasket (W - with rectangular section) for Special filter holder with internal thread
  - Gasket (Z - with "step" section) for Special filter holder with external thread
- Attachment (B) with 3-mt. / 10' spiral tube (C), fitting (D), handle (F) and end fitting (G)
- Rigid aluminum tubes (H1 - H2) with premounted nozzle (I)
- Bag containing no. 20 mini cannulas (L)
- Key for removing filter holder (M)
- Universal adapter Addy (O)\* with fastening key (P)\*
- My Perfect Colon Fast carrying bag
- Multi-language user manual

The letters in the brackets refer to the general diagram. Item "E" not included, can be purchased separately as an accessory. \*Included only in the My Perfect Colon Travel packages.

#### WHAT IS MY PERFECT COLON FAST

**My Perfect Colon Fast** is a medical device for anal and rectal cleansing. **My Perfect Colon** connects directly to your faucet thanks to its special filter and valve for the automatic control of water pressure (patented system).

#### WHY IT IS USED

**My Perfect Colon Fast** is used for deep anal cleaning and to help remove fecal matter residue present on the walls of the rectum. **My Perfect Colon Fast** can be used in cases of constipation, bloating, flatulence, intestinal discomfort in general and for proper rectal hygiene.

#### CONTRAINDICATIONS

**My Perfect Colon Fast** should not be used in cases of: Enteritis proctitis (Inflammation of the small and large intestines and of the anus); Acute abdominal pathologies; Pregnancy; Bleeding hemorrhoids and anal fissures; Perforation of the rectum; Rectum cancer; Hematochezia; Melena; Recent colon, rectum or anus surgery; Heart/respiratory failure; Epilepsy and psychosomatic syndromes; Diarrhea; Dismetabolic Syndrome; Arterio-venous disorders; Diverticular disease in its active phase; Nausea or vomiting; Serious state of dehydration; Prostate surgery.

In addition to the pathologies listed above, always consult your physician before using this medical device.

#### WARNINGS

- Before using **My Perfect Colon Fast**, check the integrity of the device and its components, as well as the correct assembly of all parts;
- If you experience any discomfort after using the device, stop use of **My Perfect Colon Fast** immediately and seek medical advice from your doctor;

- **My Perfect Colon Fast** should be used with warm water, never to exceed 37°C / 98.6°F. Ideal water temperature should be maintained between 29°C and 36°C (84°F – 96°F). After connecting **My Perfect Colon Fast** to the faucet and without pressing the handle lever (F), use your hand to check the temperature of the water coming out of the valve for the automatic control of water flow (B - Fig. 10). Keep in mind that the sensitivity to heat or cold of the rectal channel is considerably greater than that of your hand.
- If at any point while using **My Perfect Colon Fast** if you feel that the water temperature may be too hot or too cold, immediately stop the water flow by releasing the handle lever (F), and adjust the temperature from the faucet. NOTE: some water heaters may take a while to start; to solve this issue, simply open the hot water from another faucet (e.g. bath tub) to kick start the water heater.
- The rectal cannulas are disposable; every rectal cannula must be used one time only, even if the same person uses it.
- Water used for the colon cleansing must be clean (normal drinkable water supplied by the domestic water network). If you believe that the water coming out of your faucet is not of good quality or is not drinkable, we recommend using a **My Perfect Colon** medical filter with double membrane of 5 microns (E), which can be purchased separately.
- Colon cleansing should always be performed with light to moderate water flow, especially during the first washes. Water flow and pressure can be adjusted directly from the faucet. In case of diverticulosis in particular, if advised by your doctor and while keeping in mind all other counterindications, the water flow must be adjusted to a minimum.
- **My Perfect Colon Fast** is not intended for use and it should not be used by anyone under the age of 16 without adult supervision and the authorization of your doctor.
- Do not use the device on someone who is sleeping or unconscious, an infant, or a patient with altered mental status or decreased skin sensation.

#### INSTALLATION OF SPECIAL FILTER TO THE FAUCET

- NOTE: The installation of the special filter holder on the faucet must be done only the first time you use **My Perfect Colon Fast**; the exclusive **Water Powered** aerator filter does not need to be removed and replaced after each use because it allows normal use of the faucet (fig. 5), providing water aeration and filtration. (The special filter holder **Water Powered** connects to all faucets with removable filter holder according CEN-EN 246 standards).
- To connect the **Water Powered** special aerator filter (A1 / A2) to your faucet (sink, bidet, or shower hose\*):
  - 1 - Unscrew the aerator filter holder from your faucet, making sure the gasket is also removed (fig. 1). If necessary, use the key (M).
  - 2a - If your faucet has an internal thread (fig. 2a), insert the aerator filter (K) with rounded side up inside the filter holder with external thread (Y) and place the gasket with step section (Z) on the aerator filter (fig. 2a).
  - 2b - If your faucet has an external thread (fig. 2b), insert the aerator filter (K) with rounded side up inside the

filter holder with internal thread (X) and insert the gasket with rectangular section (W) (fig. 2b).

3 - Thread the new filter holder to the faucet (fig. 3a / 3b) until it stops using the connector (B—fig. 4) with dry hands, turning counterclockwise.

\*\* To connect **My Perfect Colon Fast** to the shower hose, use the Multi-function Shower Joint (accessory - can be purchased separately. See the "Spare Parts and Accessories" below for more info).

**My Perfect Colon Fast** can be connected to the faucet also via the universal adapter Addy (O) without replacing the aerator filter, ideal while travelling (Addy is included only with **My Perfect Colon Fast Travel**; you can purchase it separately for **My Perfect Colon Fast** - see "Spare Parts and Accessories").

#### HOW TO USE MY PERFECT COLON FAST

1. Thread the rigid tube (H1) onto the rigid curved tube (H2) and then onto the handle (F) (Fig. 6) so that the water flow is in line with the handle (fig. 7a). Make sure the gray washers are mounted on the threads of the two rigid tubes.
2. If the water spout of the nozzle (I) is not aligned with the handle (F), as shown in Fig. 7a, slightly loosen the end fitting of the handle (G) and rotate the rigid tube (H1 + H2), to align the nozzle (I) to the handle (F) (Fig. 7b). Thread on again the handle's end fitting (G) to block the rotation of the rigid tube (H1 + H2).
3. For a deeper cleansing of the rectum, use the mini rectal cannulas by threading one on the nozzle (I) (fig. 8).
4. With dry hands, insert the quick connector (B) to the special filter holder (A1 - A2) or Addy (O) previously mounted on your faucet, and rotate counterclockwise (Fig. 9a - 9b) to secure **My Perfect Colon Fast** to the faucet.
5. Turn on the water and, without pressing the handle lever (F), regulate the desired temperature. We recommend warm water (29°C / 84°F - 36°C / 96°F approx). Never use water at a temperature higher than 36°C / 96.8°F. Use your hand to check the temperature of the water coming out of the control valve (B - Fig. 10).
6. Direct the nozzle in the toilet or sink, and press the handle lever handle (F) to check that water is flowing from the nozzle and that the temperature is stable. Release the handle lever to stop the water flow.
7. Sit on the toilet, position the rigid tubes (H1 + H2) of **My Perfect Colon Fast** between your legs so that the water flow is in line with the sphincter (Fig. 11). In order to keep the nozzle closer to the sphincter, in order to keep the nozzle closer to the sphincter, lightly push the handle lever down on the toilet to pry. If you are using the mini rectal cannulas, gently insert the tip into the anus (Stop using if the tip is hard to insert. Forcing the cannula into the rectum can cause serious injury. In case of bleeding or pain, get immediate medical care.)
8. While remaining seated, gradually open the water flow to start the cleansing. Always start the water flow slowly when you let water in the rectum. (CAUTION: check "Frequency and duration" and "Suggestions for rectal cleansing" for additional instructions).
9. Each cleanse consists of these 3 phases:
  - a - Filling (flow of the water in to the rectum); Stop filling with water immediately if you feel full, even if this is the first filling and performed only for a couple of seconds;
  - b - Holding (water is held inside the colon until the urge to evacuate is strong, usually 1 to 5 minutes);
  - c - Emptying (evacuation); during evacuation, the rectal cannula may be left in or taken out of the anal duct; if no urge is felt after 5 minutes try to empty the bowel; call a doctor immediately if no water comes out after 30 minutes as this might be a sign of dehydration.
10. After the cleansing has ended, remain seated and close the water flow by releasing the handle lever (F). Then close the faucet.
11. Make sure you expel all water from the colon. If all water is not expelled, subsequent light leakage or slight discomfort may occur.
12. Disconnect the quick connector (B) from the faucet filter holder and wash the rigid tube with the nozzle by unscrewing them from the handle, cleaning them with care and rinsing thoroughly (Fig. 14). Discard the mini rectal cannula (if used).
13. Store **My Perfect Colon Fast** in its case (see "maintenance and storage").

#### FREQUENCY AND DURATION OF CLEANSING

- For a correct execution of the cleanse, it is recommended to alternate phases of filling with phases of holding, each of the duration of 10-15 seconds.
- For the first cleansings, repeat the steps of filling and retention at least twice. For the subsequent washings, repeat these steps for a maximum of five times. In any case, immediately stop the water injection if you feel a sensation of bloating (even if the water injection occurs only once and for a few seconds).
- When the last phase of water intake is complete, try to retain the water inside (without any particular efforts and, in any case, no longer than 4-5 min.) before evacuating.
- The total amount of water used during the cleanse is subjective and it depends on your personal body structure and condition. Normally, for each cleanse, you should not insert more than 1,5 lt / 1.5 qt of water overall (1,5 lt / 1.5 qt passes through the pipe on average in about 40 seconds with the faucet and water flow fully open and at a normal water pressure of about 2.5-3 bar).
- The total duration of the cleansing is variable and subjective. It depends, not only on the time needed for the water injection, but also on the time it takes for one to retain the water inside the rectum, and the time required for the evacuation which may vary depending on the individual.
- It is recommended to do no more than one wash per week for the first month and no more than 3 washes per week afterwards, unless instructed otherwise by your doctor.

#### SUGGESTIONS FOR RECTAL CLEANSING

- To facilitate evacuation, take a deep breath, contract the stomach and massage the area above the pubic bone and the left side of the stomach for about 1-2 minutes. The evacuation will occur naturally when the intestine is ready and the stool is softened.

- The sensitivity to water pressure and temperatures are subjective and therefore the user must evaluate and adjust them, although never to exceed the parameters set in these instructions.
- During the first uses, it is recommended that **My Perfect Colon Fast** be used with a light to moderate flow of water. In the case of excessive water flow, reduce it via the flow regulator.
- After each colon cleansing, it is advisable to take milk enzymes in order to reintegrate intestinal bacterial flora.
- In several cases, it may occur that the cleansing effect may be particularly effective and that the stimulus of evacuation may occur several times over the following 2-3 hours. Therefore, it is recommended, especially during the first cleansings, that a restroom be readily available for use during these following 2-3 hours. If this effect should occur, for successive cleansings, the quantity of water used should be reduced.
- Inside the quick connector there is a valve that automatically checks the water flow - patented system - which will automatically drain excess water directly into the basin/bidet (fig. 12). You may hear a sound similar to a whistle when the water flow is open: this is normal and it means that the valve is working properly. To eliminate this sound simply decrease the water flow from the faucet.

#### MAINTENANCE AND STORAGE

- After each cleansing, blow air into the fitting (B) to expel any remaining water from the pipes in order to keep **My Perfect Colon Fast** in a clean and hygienic condition (Fig. 15).
- The rigid pipes (H1 and H2) should be detached from the handle and washed after each use before storing the product. It is also advisable to clean all the other parts (Fig. 14);
- In order to avoid damaging the rubber or plastic parts, do not clean the product with aggressive detergents.
- Before using the product, connect **My Perfect Colon Fast** to the faucet and let hot water flow through the device and out of the nozzle for at least 30 seconds.
- To prevent the growth of bacteria or molds, keep the product clean and dry inside its case between uses.

#### UNIVERSAL ADAPTER ADDY

**IMPORTANT: Carefully read the instructions for proper assembly and use.**

##### WHAT IS ADDY

Thanks to the Addy adapter, you can connect My Perfect Colon Fast to the faucet in a simple and fast manner, without the need to mount the special filter holder .

Addy is ideal for use on the road, in a hotel or in case of faucets with non-standard threads.

Addy can be connected to all faucets with circular filter holder for water outlet with an outer diameter from 16mm to 25mm and with a minimum height of 5mm (fig.16).

##### WARNINGS AND RECOMMENDATIONS FOR THE USE OF ADDY

- Gradually open the faucet , not suddenly and not the

maximum water pressure;

- While the faucet is open, do not try to reposition or move Addy to avoid leaks;
- Initially, there may be some small leakage of water from top of Addy for a few seconds, that are going to disappear quickly. If the leakage were to be prolonged or if it is excessive, you should repeat the installation procedure of Addy to the faucet;
- Make sure the filter holder is securely tighten to the faucet to prevent leakage when the adapter is mounted;
- The use of Addy in case of excessive pressure while mounting, and repeated use on the same faucet , may cause light marks on the filter holder of the faucet due to contact with the screws (for extended use of My Perfect Colon Fast on the same faucet, we recommend using the threaded special filters);
- It is not recommended to leave Addy mounted to the faucet; if this happens, before each use check that the hold is solid, making sure that the screw (P1) is tightened;
- When tightening the screw (P1) be careful not to deform the ring (Fig. 18);
- Should Addy come off the faucet, repeat the procedure of assembly Addy to the faucet, tightening the screw P1 and the adjustment wheel P2;
- Do not disassemble the components of Addy;
- Contains small parts - keep away from children.

#### ADDY - ASSEMBLY TO THE FAUCET

1. Place the lever in the open position (Fig. 17) and tighten the adjustment wheel (P2) until the lever is pulled, but without using excessive force;
2. Check that the tightening screw is sufficiently loosened to allow the insertion of Addy on the faucet's filter holder and that the gasket is properly inserted in its housing with no visible deformation (Fig. 18);
3. Hold Addy (Fig. 19) pushing up against the faucet until the gasket fully adheres to the filter holder on the faucet, making sure that:
  - The tightening screw (P1) is on the front or side of the faucet (never in the back);
  - Addy follows the inclination of the filter holder, to allow the gasket to adhere completely and ensure a tight hold (Fig. 20);
  - Addy is placed as high as possible with respect to the filter holder of the faucet (fig. 21).

##### Particular cases:

- Some filter holders have a slight indentation: make sure that the tip of the screws do not lean in the vicinity of the recess to prevent Addy from coming off.
  - In the case of faucets that are slightly flared or rounded (e.g. some types of kitchen faucets), mount the screws on the straight part of the filter holder, never on the flared part to avoid Addy from coming off the faucet (fig. 22).
4. While holding Addy against the faucet, tighten the screw (P1) until it is attached to the faucet (fig. 23), without pressing it too much;
  5. Turn the lever bringing it to the closed position (Fig. 24);

**Now you can connect your My Perfect Colon Fast (fig. 9b);**

6. When you are done, and after disconnecting the device, put the lever in the open position (fig. 13) and, if necessary, loosen the screw;

7. After using Addy, allow it to dry and leave the screw (P1) slightly tightened checking, however, that the tip of the screws are above and don't deform the gasket (fig. 18).

#### SPARE PARTS AND ACCESSORIES

You can purchase the complete **My Perfect Colon** product line and accessories on our website:

[www.myperfectcolon.com](http://www.myperfectcolon.com)

**Mini rectal cannulas:** to install on the nozzle for a deeper cleansing. Available in packs of 30 units.

**Double filter membranes of 5 microns:** for filtering water from bacteria and suspended impurities larger than 5 microns.

**Universal adapter Addy:** allows the use of **My Perfect Colon Fast** without removing your filter holder from the faucet. Its use is ideal for traveling, in hotels or in the case of faucets with non-standard threading.

**Multifunction shower joint:** to connect **My Perfect Colon Fast** to the shower hose.

**Metal filter holder for faucet:** available with standard internal and external threads.

**Adapters:** for faucets with non-standard threads.

**Extension:** 3 meter / 10 feet spiral tube with flow regulator to connect **My Perfect Colon Fast** to the faucet when the distance from the faucet to the toilet is longer than 3 meters / 10 feet covered by the provided tube.

**Phyto Regula:** concentrated solution with Mallow and Chamomile, available only for the **My Perfect Colon Care** version. It is added through the appropriate connector during cleansing in order to increase its effectiveness.

Spare parts and components for **My Perfect Colon Care** also available: Spiral tube (3m/10') with quick connector; Tube with support and suction cups with dispenser; semi-rigid modeling tube.

Accessories for converting My Perfect Colon Fast into My Perfect Colon Care: Extension with flow regulator; Dispenser for Phyto Regula with tube and support with suction cups; Semi-rigid modeling tube.

The manufacturer, distributors and retailers refuse any liability for any damages that may, directly or indirectly, occur to people or property from non-compliance to all the requirements specified in this user manual, its installation, use, counter indications and maintenance.

My Perfect Colon products are not and do not substitute any equipment that is used in hydro-colon therapy centers. The company reserves the right to make partial or complete modifications to the product, which may slightly differ from the descriptions in the present manual.

For any clarification or information please visit [www.myperfectcolon.com](http://www.myperfectcolon.com) or contact customer care via email at [customer@waterpowered.eu](mailto:customer@waterpowered.eu)



Water Powered S.r.l.  
Via R. Marinare 124/8  
80147 Napoli (Italy)



Water Powered S.r.l.  
uses only solar power

REV. EU/US 02 – 01/18

My Perfect Colon<sup>®</sup> *fast*  
Natural Hydro-Therapy at Home

by



[www.myperfectcolon.com](http://www.myperfectcolon.com)

[www.waterpowered.eu](http://www.waterpowered.eu)

[www.waterpowered.us](http://www.waterpowered.us)

[customer@waterpowered.eu](mailto:customer@waterpowered.eu)

[support@waterpowered.us](mailto:support@waterpowered.us) (only for USA and CAN)

