

My
Perfect
Colon®
Natural Hydro-Therapy at Home



EN

User Guide

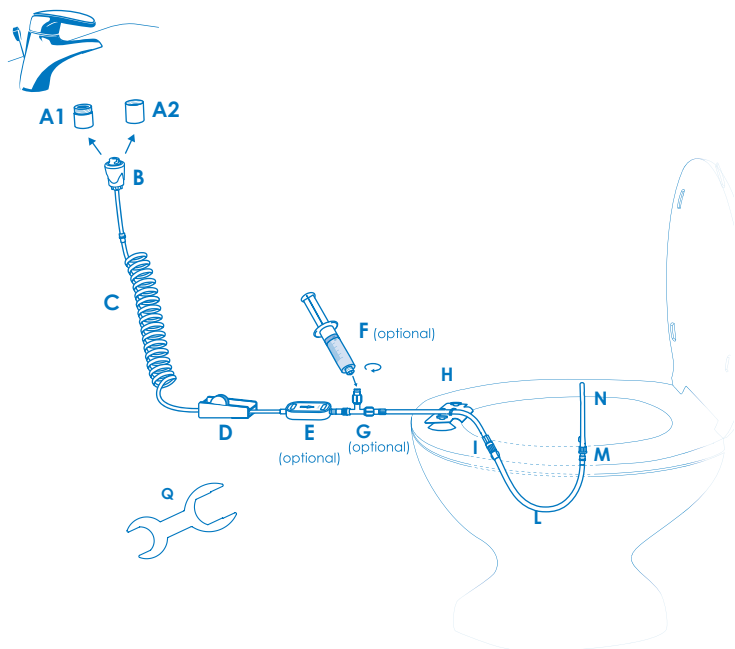
www.waterpowered.eu

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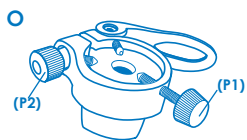
General Diagram



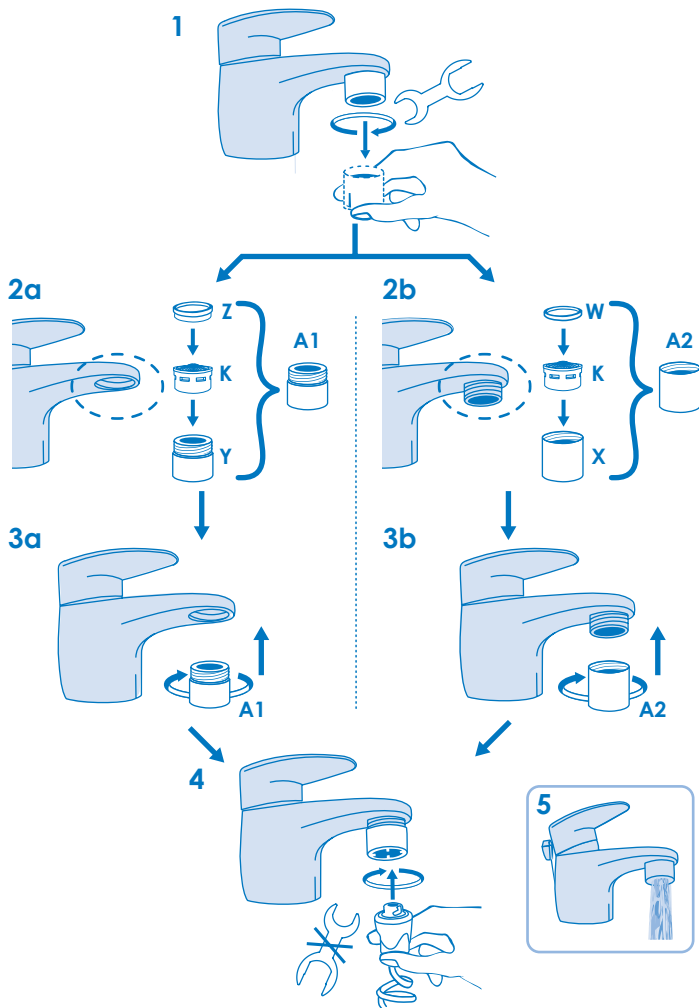
Special Aerator Filter (A1, A2)



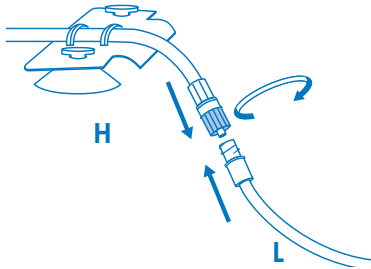
Adpy (O) - Universal adapter (Included only with "Travel" version)



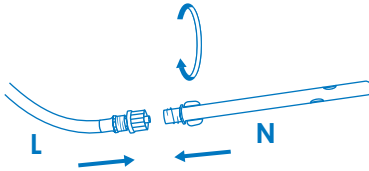
Filter of special filter to the faucet



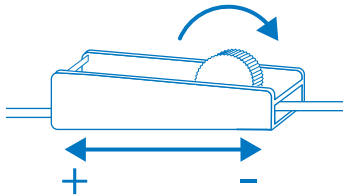
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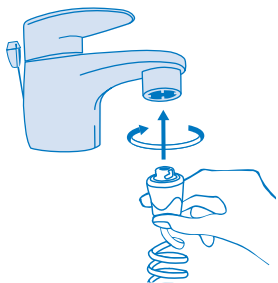
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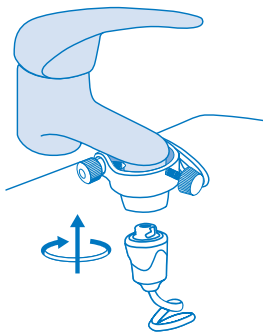
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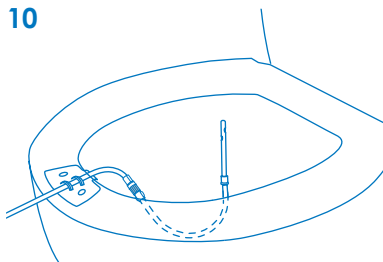
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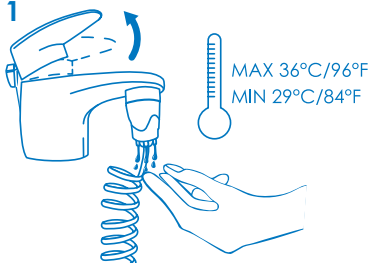
9b Only for "Travel" version



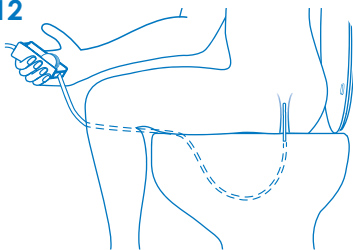
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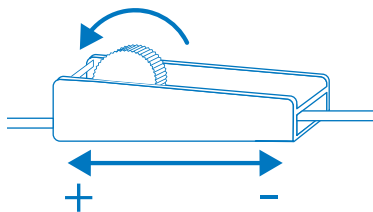
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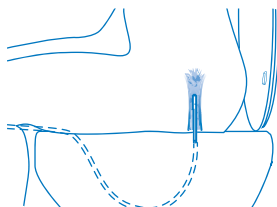
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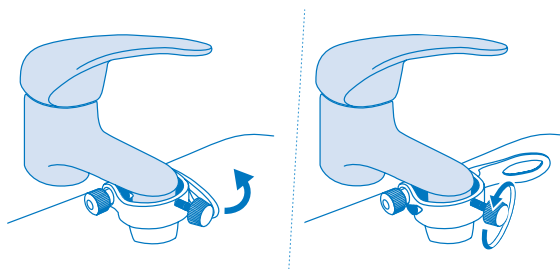
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16 Only for "Travel" version

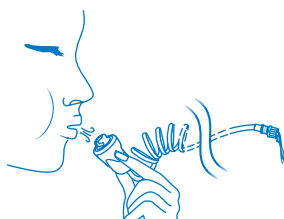


Maintenance

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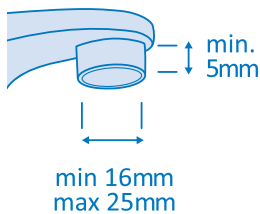


Addy Installation

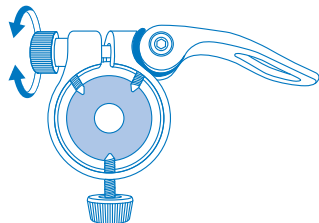
(For use of My Perfect Colon with Addy, travel adapter.

To use My Perfect Colon at home, see step 1-4).

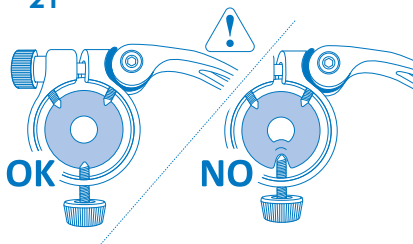
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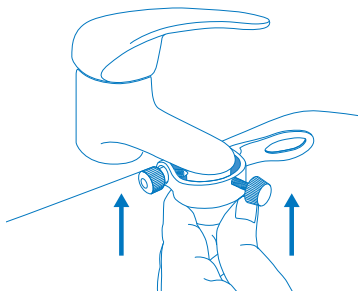
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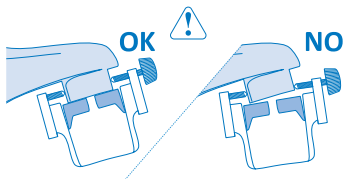
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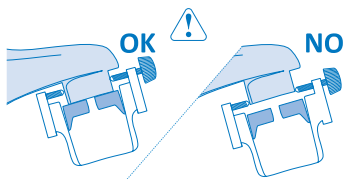
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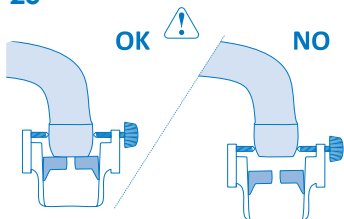
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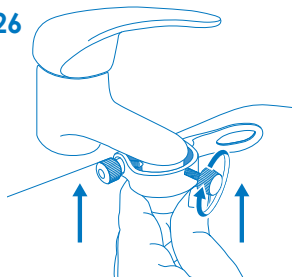
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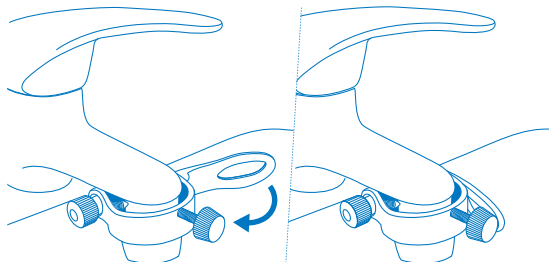
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WARNING: Read these instructions carefully before using the product. The device should be used only with warm water (29°C/84°F – 36°C/96°F approx).

THE PACKAGE CONTAINS:

- **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
- **Packet n.1 containing:**
 - Connector (B) with 3mt/10ft spiral tube (C) and Manual flow regulator (D)
 - Tube with support and suction cups (H) and blue mobile fitting (I)
- **Packet n.2 containing:**
 - Semi-rigid modeling tube (L) with one-way check valve (M)
- **Packet with Rectal Cannulas containing n. 12 disposable rectal cannulas (N)**
- **Quick Universal Adapter "Addy" (O)****
- **Key for unscrewing filter holder (Q)**
- **My Perfect Colon case**
- **User Guide**

Letters in parenthesis refer to general diagram components.

*Letters E and F shown in the general pattern are optional accessories, and are not contained in the **My Perfect Colon Care Basic** and **My Perfect Colon Care Travel** package, and they can be purchased separately (F is included with **Phyto Regula solutions**).*

***Only included with **My Perfect Colon Care Travel**.*

WHAT IS MY PERFECT COLON CARE

My Perfect Colon Care is a medical device for home cleansing of the lower colon (sigmoid colon and rectum), also known as enema. **My Perfect Colon Care** connects directly to your faucet thanks to its special filter and valve for the automatic control of water pressure (patented system).

WHY USE MY PERFECT COLON CARE

My Perfect Colon Care cleanses, softens, and helps with the removal of fecal residue from the colon walls. **My Perfect Colon Care** is especially recommended for constipation, bloating, flatulence, general intestinal discomfort, and to maintain personal rectal hygiene. It is also recommended for people that are bedridden, for those who are immobilized, and/or have fecalomas.

CONTRAINDICATIONS

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

In addition to the pathologies listed above, always seek medical advice from your healthcare professional before using this medical device.

WARNINGS

- Before using **My Perfect Colon Care**, check the integrity of the device and its components, as well as the correct assembly of all parts;
- If you experience any discomfort after enema is performed, stop using **My Perfect Colon Care** immediately and seek medical advice from your doctor;
- **My Perfect Colon Care** should be used with warm water, never to exceed 98.6°F. Ideal water temperature should be maintained between 29°C and 36°C (84°F – 96°F). After connecting **My Perfect Colon Care** to the tap and closing the flow regulator (D), check the temperature of the water coming out of the regulatory pressure valve (B) with your hands (fig.11). Keep in mind that the rectal duct's sensitivity to hot and cold is higher than the one of your hands.
- If, at any point while using **My Perfect Colon Care**, you feel that the temperature is too hot or too cold, shut off the water flow immediately and regulate the water temperature again using the tap.
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 tap is not of good quality or is not drinkable, we recommend using a **My Perfect Colon Care** medical filter with double membrane of 1.2/5/10 microns (E), which can be purchased separately.
- Colon cleansing must be always done with light

to moderate water flows, especially for the first washes, regulating the flow with the handle of the tap and the manual flow regulator (D). In case of diverticulosis, the water flow must be set to minimum.

- Never fold or crush the semi-rigid modeling tube (L) to ensure water can flow freely.
- **My Perfect Colon Care** medical device is not intended for children and may be used by children only with the pediatrician's approval, and always under the supervision of an adult.
- 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

(for use with the Universal Adapter **Addy**, please see **Addy's user manual**)

NOTE: The installation of the special filter holder on the faucet must be done only the first time you use My Perfect Colon: the exclusive **Water Powered** aerator filter does not need to be removed and replaced after each use because it allows normal use of the tap (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 (Q).
- 2a - If your faucet has internal thread (fig.2a), insert the aerator filter (K) 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) inside the filter holder with internal thread (X) and insert the gasket with rectangular section (W) (fig.2b).
- 3 - Screw the new filter holder to the tap (fig.3a/3b) until it stops using the connector (B - fig.4) with dry hands, turning counterclockwise.

** To connect **My Perfect Colon Care** 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 Care can be connected to the tap also via the universal adapter **Addy** (O) without replacing the aerator filter, ideal while travelling (**Addy** is included only with **My Perfect Colon Care Travel**; you can purchase it separately for **My Perfect**

Colon Care (basic version) - see "Spare Parts and Accessories").

HOW TO USE MY PERFECT COLON CARE

1. Thread the connection of the semi-rigid modeling tube (L - packet 2) to the blue mobile joint (I), placed at the end of the tube with support and suction cups (H) (fig.6).
2. Thread a rectal cannula (N) onto the check valve (M) placed at the end of the semi-rigid modeling tube (L - fig.7).
3. Completely close the flow regulator (D) placed at the end of the spiral tube moving the milled wheel towards the tube with support and suction cups (fig. 8 - position "-").
4. With dry hands, insert the quick connector (B) in 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 Care** to the faucet.
5. Attach the tube with support and suction cups (H) on the front of the toilet seat or the toilet itself, pressing on the two suction cups. The rectal cannula (N) must be oriented upwards, in the center of the toilet and the semi-rigid tube (L) modeled to a "U" shape (as shown in the "General Diagram" and in fig.10).
6. Turn on the water and 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, and always check the temperature of the water coming out of the regulatory pressure valve with your hands (B - fig.11).
7. Slightly open the flow regulator (D) to check that water is coming out of the rectal cannula, the temperature is stable, and there are no leakages. Close the flow regulator (D) again.
8. Sit on the toilet, placing the tube with support and suction cups (H) between the legs and, after adjusting the position of the semi-rigid modeling tube (L), gently insert the rectal cannula (N) into the anal duct up to no more than 4-5 cm (1.5-1.9 inches), making sure that the two holes from which water comes out are inside the anus (fig.12). Do not force the rectal cannula into the rectum as this may cause injury. In case of bleeding or pain, seek immediate medical help.
9. To start the cleanse, gradually open the flow regulator (D - fig.13) up to the desired level to let the water flow in the lower colon (fig.14 - see "Frequency and Duration" and "Colon Cleansing Advice" for additional instructions).

10. 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 (N) 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.
11. Once you have completed the cleanse, remain seated on the toilet and shut the water flow by closing the flow regulator (D – fig.8); gently ease the rectal cannula out of the anus (N).
12. Make sure you expel all water from the colon. If all water is not expelled, subsequent light leakage or slight discomfort may occur.
13. Turn off the water from the tap and unscrew the rectal cannula (N) from the semi-rigid modeling tube (L - reverse operation to fig.7) and discard it. Each disposable rectal cannula is meant for one time use only.
14. Wash the semi-rigid modeling tube (L – fig.17): unscrew the blue mobile fitting (I – reverse operation to fig.6), remove the final part of the semi-rigid tube and clean it carefully, rinsing it thoroughly. Dry the semi-rigid modeling tube. We suggest cleaning all the other parts regularly as well.
15. Remove the quick connector (B) from the tap and the support (H) from the toilet seat. Put the dry **My Perfect Colon Care** back into its case.

FREQUENCY AND DURATION

The **My Perfect Colon Care** cleansing is done for personal well being: we suggest you cleanse yourself in a relaxed, private environment, taking the necessary time and with no rush.

- 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 few washes, repeat the filling and holding twice. For further washes, repeat the steps up to five times. At any point, stop filling with water immediately if you feel full, even if this is the first filling and performed only for a couple of seconds;
- With the last phase of water filling, try to hold water inside (without excessive effort and for no longer than 4-5 minutes) before evacuating. After a few

uses, the resistance to the stimulus of evacuation will be higher;

- 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 cannula on average in about 40 seconds with the tap and water flow fully open);
- The total duration of the washing may vary and is subject to the time necessary for the filling, as well as how long you can hold the water inside the colon, and the time necessary to evacuate, duration of these cycles can vary from one person to another;
- 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.

COLON CLEANSING ADVICE

- In case of high sensitivity, we suggest lubricating the rectal cannula (N) with a safe personal lubricant, such as vaseline, oil or similar product, to facilitate the insertion of the cannula in the anus;
- To facilitate evacuation, take a deep breath, contract the stomach and massage the area above the pubic bone and the left side of the abdomen for about 1-2 minutes. Evacuation will come naturally when the colon is ready and the feces are softened;
- Sensitivity to pressure and water temperature are subjective. Users should evaluate and regulate temperature and water flow in accordance with their needs, always keeping in mind all contraindications and never going above the limits set in these instructions;
- We recommend, especially during the initial cleanses, using **My Perfect Colon Care** with a light to moderate water flow (regulated with the manual flow regulator);
- After each colon cleansing, it is useful to take milk enzymes in order to reintegrate the intestinal bacterial flora;
- Sometimes, due to the effect of washing, the stimulus of evacuation may return several times over the 2-3 hours following the use of **My Perfect Colon Care**. It is recommended, especially for the first washing, to perform the colon cleansing only when you have the possibility to use a restroom over the following 2-3 hours. For future cleanses, we suggest reducing the quantity of water used;
- **My Perfect Colon Care** features a built in valve for the automatic control of water flow (B - patented system). The water flow in excess is automatically

drained into the sink (fig. 15). You may hear a sound similar to a whistle when the flow regulator (D) is completely closed off and the tap is running: this is normal and it's due to the high pressure created inside the valve of the connector. To eliminate this sound simply reduce the water flow from the tap handle;

- During evacuation, the rectal pipe (N) may be left in or taken out of the anal duct.

MAINTENANCE AND CONSERVATION

- At the end of each cleanse, blow into the quick connector (B) to remove all residual water inside the tubes, in order to keep **My Perfect Colon Care** in hygienic condition (fig.18);
- Between uses, keep the product with the flow regulator (D) open (fig.13, position "+");
- The final part of the semi-rigid modeling tube (L) must be washed after each use (fig.17), prior to being put back in its case, and the connection should be removed (point 16 of "How to use **My Perfect Colon Care**"). We also recommend cleaning all other parts of **My Perfect Colon Care** every time it is used;
- Do not use aggressive detergents which can damage plastic or rubber parts;
- Before using the product, connect **My Perfect Colon Care** to the tap and let hot water flow through the device and out of the cannula for about 30 seconds.
- To prevent the growth of bacteria or molds, keep the product clean and dry inside its case between uses.

UNIVERSAL ADAPTOR 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** 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 with an outer diameter from 16mm to 25mm and with a minimum height of 5mm (fig.19).

WARNINGS AND RECOMMENDATIONS FOR THE USE OF ADDY

- Gradually open the tap, not suddenly and not to the maximum water pressure;
- While the tap is open, do not try to reposition or move **Addy** to avoid leaks.
- Initially, there may be a small leakage of water from top of **Addy** for a few seconds, but this will disappear

quickly. If the leakage was to be prolonged or if it is excessive, you should repeat the installation procedure of connecting **Addy** to the faucet;

- Make sure that your filter holder is securely tightened 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 tap, may cause light marks on the filter holder of the faucet due to contact with the screws (for extended use of **My Perfect Colon** 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 (C) is tightened;
- When tightening the screw (C) be careful not to deform the ring (Fig. 21);
- Should **Addy** come off the faucet, repeat the procedure of assembling **Addy** to the faucet, tightening the screw (C) and the adjustment wheel (E);
- Do not disassemble the components of **Addy**;
- Contains small parts - keep away from children.

ASSEMBLY to the FAUCET

1. Place the lever (D) in the open position (Fig. 20) and tighten the adjustment wheel (E) until the lever (D) 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.21);
3. Hold **Addy** pushing up (Fig.22) against the faucet until the gasket fully adheres to the filter holder on the faucet, making sure that:
 - The clamping screw (C) 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. 23);
 - **Addy** is placed as high as possible with respect to the filter holder of the faucet (Fig. 24).

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 taps that are slightly flared or rounded (e.g. some types of kitchen taps), mount the screws on the straight part of the filter holder, never on the flared part to avoid **Addy** from coming off the tap (Fig. 25).

4. While holding **Addy** against the tap, tighten the clamping screw (C) until it is attached to the tap (Fig. 26), without pressing it too much;

5. Turn the lever (D) bringing it to the closed position (Fig. 27).

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

6. When you are done, and after disconnecting the device, put the lever in the open position (fig. 16) and, if necessary, loosen the clamping screw

7. After using **Addy**, allow it to dry and leave the clamping screw (C) slightly tightened checking, however, that the tip of the screws are above and don't deform the gasket (fig. 21).

SPARE PARTS AND ACCESSORIES

It is possible to purchase the complete **My Perfect Colon** product line on our website:

www.mypowercolon.com

Rectal cannulas available in several sizes.

Double Membrane Water Filter of 1.2/5/10 microns to filter bacteria and impurities of more than 1.2/5/10 microns from the water.

Comfort Wash air mattress: allows the cleansing of the colon (recto sigmoid) with **My Perfect Colon Care** while comfortably lying down, in order to increase the effectiveness of the cleansing.

Board: it facilitates the **My Perfect Colon Care** cleanse lying down, which increases the effectiveness of the cleanse, as the water can enter more deeply into the intestine. The board is placed on the toilet, and thanks to its hole and drainage area, all fecal residues go directly into the toilet, allowing evacuation without interruption of the cleanse. Made from high-strength polyethylene, the board is water-proof and easy to wash.

Concentrated solutions Phyto Regula: to add through connector for Phyto Regula into the **My Perfect Colon Care** device, in order to increase the effectiveness of the cleanse. Available in several formulations and suitable for various intestinal problems. The package of Phyto Regula solutions contains the dispenser syringe (F).

Universal adapter Addy: allows **My Perfect Colon** use without unscrewing the tap filter holder. It is ideal while traveling or in case of non-standard tap threads.

Extension: tube to connect **My Perfect Colon Care** in case the distance from the tap exceeds the 3 meter of the hose already provided.

All other components of the **My Perfect Colon Care** device are also available separately: tube with quick connector; Connector and tube with support and

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.mypowercolon.com or contact customer care via email at customer@waterpowered.eu (or support@waterpowered.us - USA and Canada only).