

# Industry Agreed Contra-Indications

## ABSOLUTE CONTRA-INDICATIONS

Autonomic dysreflexia (occurs in spinal injuries at or above T6)  
Carcinoma of the colon or rectum  
Children under 16 years without a GP's/medical specialist written referral and a guardian present at all times  
Colitis  
Congestive heart disease  
Diverticulitis  
Fistula  
Hernia - Irreducible Abdominal  
Hernia - Femoral  
Hirschsprung's disease  
Hypertension above 170/100  
Ileus (paralytic)  
Active Inflammatory Bowel Disorders - Ulcerative Colitis, Crohn's, Colitis and Diverticulitis  
Inflamed haemorrhoids  
Pregnancy  
Rectal bleeding  
Radiotherapy of abdominal area not discharged from medical care  
Severe Anaemia (RBC less than 2.5 million cells/mcL) - *Risk of fainting*  
Renal insufficiency  
Sever persistent diarrhoea  
\*Recent surgery of colon or rectum (less than 26 weeks)  
\*Recent bowel biopsy (Less than 12 weeks)  
\*Recent prostate biopsy made through the bowel (less than 12 weeks)  
\*Recent abdominal surgery (less than 26 weeks)  
\*Recent abdominal keyhole surgery e.g. liposuction (less than 12 weeks)  
\*Recent Laparoscopy (less than 6 weeks)  
*\*The timelines given post-surgery are deliberately conservative and could be less with the written support of GP*

## RELATIVE CONTRA-INDICATIONS

Anal tear and haemorrhoid(s) if DRE reveals potential intolerance to speculum  
Chemotherapy and cancer treatments known to cause inflammation, infections, anaemia and general weakness – *CHT's should work with the medical team*  
Controlled hypertension and a prescription for diuretics  
Debilitating heart, liver and kidney diseases manifesting pain and weakness  
Diabetes - *Risk of Hypoglycaemia; client advice should be given in preparation for treatment*  
Diverticulosis within 3 months of episode of diverticulitis  
Highly anxious, stressed or emotional  
Hypotension (less than 90/60)  
Fissure  
Hernia – Inguinal  
Hernia - Reducible Abdominal  
Inflammatory Bowel Disorders in remission for a minimum of 6 months  
Long term Oral or Rectal Steroid - *Risk of reduced bowel integrity*  
Recent colonoscopy (less than 6 weeks) especially if surgical intervention (e.g. biopsy, polypectomy) occurred  
– see biopsy timeline above  
Recent (within 6 months) hip/knee joint surgery - need to establish mobility and if client can lie on their left side  
Severe underweight or eating disorders  
Tight Anal Sphincter