

# Peristeen® Light 250ml with extension tube



## Step by step guide

*This step by step guide is for users of  
Peristeen Light 250ml with extension tube only*

Designed to be easy to use and  
with only a few simple steps,  
**Peristeen® Light is a solution  
that fits into everyday life.**

Whether you're irrigating at home or on the go, follow our step by step guide overleaf to experience the relief Peristeen Light can bring.

### Using Peristeen Light for the first time?

Scan here to watch our video guide  
to using Peristeen Light, or visit:  
[coloplast.co.uk/peristeen-light](https://coloplast.co.uk/peristeen-light)



### Help and advice when you need it

We understand that living with a bowel disorder is challenging but remember you're not alone. Our team of fully trained and CQC regulated Clinical Assistants are here to support you with Peristeen Light.

Contact our dedicated team on:

 0800 783 1434

 [patientsupportbm@coloplastcharter.co.uk](mailto:patientsupportbm@coloplastcharter.co.uk)



# How to use Peristeen Light 250ml with extension tube



**Before you start:** To ease the irrigation, empty your bladder before starting.



## Step 1 Fill water container and attach catheter

Open lid and fill the water container with lukewarm (34°C - 40°C) tap or bottled water. If the water is too hot, it may harm the delicate lining of the bowel. If too cold, it may cause stomach cramps.



## Step 2 Attach catheter to tube and tube to lid

Take the catheter out of the packaging and attach it to the tube. Attach the other end of the tube to the lid.



## Step 3 Lubricate catheter and remove air

Hold the catheter under running water for a minimum of 2 seconds to activate the coating. To remove air in the catheter and tube, slowly squeeze the water container until water comes out of the catheter tip. Start the irrigation within 2 minutes. **Note:** Do not use other lubricants on the catheter.



## Step 4 Insert the catheter, irrigate and empty the bowel

Hold the water container and carefully insert the catheter into the rectum until the base of the catheter is touching your body. To begin the irrigation, gently squeeze the water container to instill water into the rectum. Remove the catheter. Stool and water will be expelled into the toilet. If nothing happens, try to press, cough, or massage your abdomen to activate the emptying process.



## Step 5 Clean up

To detach the catheter from the water container, hold it with toilet paper and pull it off the lid. Dispose of the catheter with your household waste.



## Step 6 Taking care of Peristeen Light

After irrigating, remove any residual water from the water container and tube. Use mild soap and water on the external surfaces and dry with a towel. Store the water container with the lid open and hang the tube to dry. Keep out of reach of children. Wash and dry your hands.



Before use, always consult the [Instructions for Use](#) document supplied with your product.

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