



Why Peristeen®?

An introduction to your new treatment



You have been recommended Peristeen® transanal irrigation to help you better manage your bowels. This leaflet outlines some information regarding your new treatment and explains what happens next.

Establishing an effective bowel care routine which fits into your daily life is an important part of coming to terms with your bowel problem and regaining control of when you empty your bowels.

What is Peristeen transanal irrigation?

Peristeen transanal irrigation is a well-documented bowel emptying technique used to prevent faecal incontinence and chronic constipation. It's an effective long-term alternative to other bowel management methods and works simply by introducing lukewarm water into the bowels via a rectal catheter to stimulate a bowel movement. With regular use, some users are able to achieve predictable bowel management and the ability to stay continent for up to two days giving them confidence to do the things they might not have been able to do before.

*“Peristeen has given me
control over something
I never had control
of before”*



Why has Peristeen been recommended to you?

Peristeen has improved the quality of life of thousands of people with bowel dysfunction since it was launched in 2006, with many finding that with time they are able to reduce the amount of bowel medication they take. Peristeen is a safe and effective alternative to invasive and/or irreversible surgeries which may severely impact quality of life.

*Peristeen is recommended by the
National Institute for Health and Care Excellence (NICE)
for adults and children with bowel dysfunction¹*

How quickly will my bowels improve when using Peristeen?

As with starting anything new, it can take time and perseverance to adapt and establish a bowel care routine with Peristeen. Some users may see an improvement with their bowels very quickly following regular (daily or every other day) use, for others it may take longer for their bodies to adjust.

A commitment to regular use is key to your success. At Coloplast Charter, we have a dedicated team of Care Quality Commission (CQC) regulated telehealth specialists to support you in establishing confidence with Peristeen. Our Best Start™ team have helped thousands of people to succeed with Peristeen and are available to answer any concerns you have about your new bowel routine.

What happens next?

Now that you've received an introduction to Peristeen from your healthcare professional, you're nearly ready to start your new treatment. Before starting, your GP will be notified that Peristeen has been recommended to you and you'll shortly be contacted by the Best Start team who will support you every step of the way with your new treatment. Following your call, the Best Start team will dispatch your Peristeen system ready for you to use within days.

In some cases, your healthcare professional may refer you to a specialist nurse for additional training and advice on how to use Peristeen and will help you to personalise a routine that works for you. It may take several weeks or more for the treatment to settle down and an initial period of trial and adjustment is perfectly normal. Remember to stick to your prescribed frequency of use for the best results.

1. National Institute for Health and Care Excellence (NICE) 2018. Medical Technologies Guidance (MTG) 36. www.nice.org.uk/guidance/mtg36

To find out more about Peristeen and to view our user stories and bowel irrigation guides, please visit:

www.peristeen.co.uk



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