

For predictable bowel management • Adults

Step by step guide

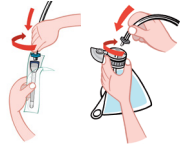
Date: _____



1. Fill up water bag with lukewarm (36-38°C) tap water, making sure all three sections have been filled.




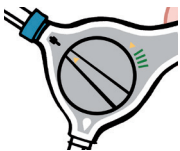
2. Peel the catheter packet slightly open.




3. Put the parts together. Blue goes with blue and grey goes with grey. Push and twist clockwise to connect.



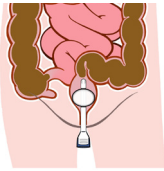
4. Turn the dial on the handset to the white water symbol  and pump water into the catheter pouch, so that the catheter is covered.



5. Turn the dial to the blue balloon symbol  on the handset to turn off the water flow. Leave the catheter upright for at least 30 seconds to lubricate the catheter.

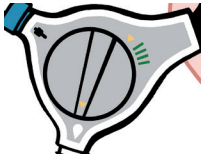



6. Hold the catheter by the finger grip (see picture) and insert it slowly and gently into your bottom as far as the finger grip allows. If any resistance is met do not continue.



7. Pump the balloon whilst holding the catheter in place.


Recommended amount of pumps: _____
(maximum 4 pumps or 2 if using small catheter). With air in the balloon, the catheter should stay in place on its own.



8. Turn the dial to the white water symbol  and slowly pump in the water.


Amount of water: _____ ml
(average 750ml)

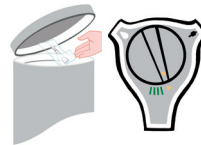



9. As soon as the water has been introduced, turn the dial to the green symbol  to deflate the balloon and remove it from your bottom.



10. Stay seated on the toilet, until you stop passing water and stool. Massaging your tummy or leaning forward may help.

Turn the dial to the blue balloon symbol  to stop water leaking from the tubes whilst you tidy up.



11. Remember to turn the dial to the finish symbol  before you pack up your equipment and throw the catheter away. Store the equipment in a dry place away from heat.



12. Finally wash hands


Notes:

1. Please continue to take your current dose of laxatives for the present time.
2. Use the irrigation daily initially. You may find that you can change to an alternate day regime once you have established a regular routine.
3. It can take up to 12 weeks or more to establish an effective routine using Peristeen Transanal Irrigation.



Before use, always consult the 'Instructions for use' document delivered with the products.

Adapted from

Buckinghamshire Healthcare 

NHS Trust

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