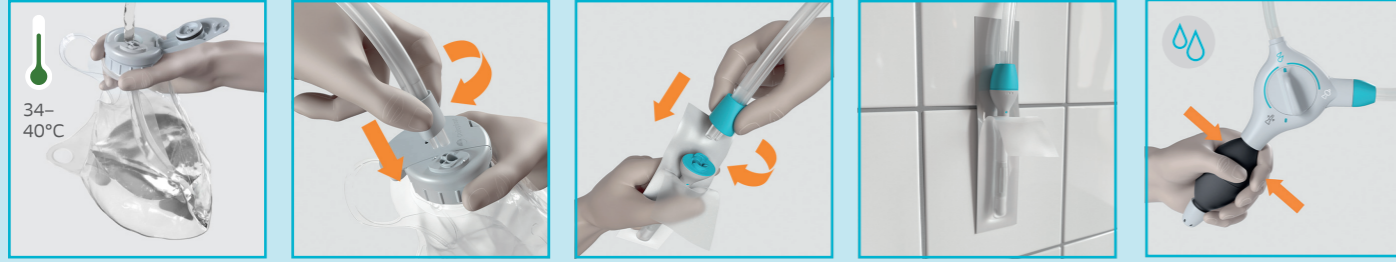


A. Getting ready



1. Flip the lid to open the water bag. Fill the water bag to the top with lukewarm water (34 – 40°C). Double check by running the water over your wrist to feel if it is lukewarm. Proceed with the irrigation.

2. Attach the tube with the grey connector to the grey screw top by aligning the big tube with the big hole and the small tube with the small hole. Push them together and turn to lock.

3. Attach one end of the tube with turquoise connector to the control unit by aligning the big tube with the big hole and the small tube with the small hole. Attach the other end of the tube with turquoise connector to the balloon catheter. Turn the connector to lock.

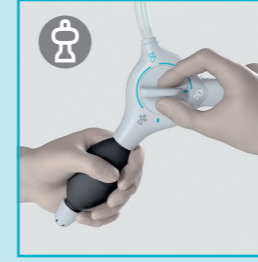
4. Fix the catheter to a wall by using the adhesive dots or place it in its bag in a cup or a glass.

5. Turn the dial to the **turquoise** water symbol. Carefully pump water through the tubes and into the catheter packaging. Leave the catheter in water for at least 30 seconds.

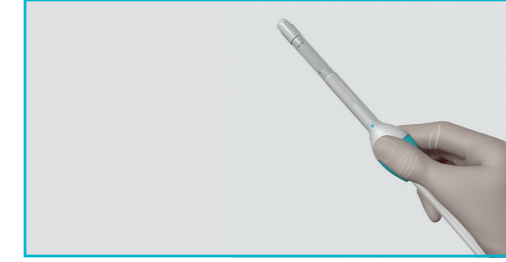
i Empty your bladder before irrigating

i You may want to do steps 1-5 over the sink to contain any water spill

B. Inserting catheter



6. Turn the dial to the **white** balloon symbol.



7. Sitting on the toilet: Hold the catheter by the finger grip, just under the turquoise dot. Carefully insert the balloon catheter into the rectum as instructed by your Healthcare Professional, leaving the finger grip outside of your body.

Need help?

Contact the Best Start™ team at Coloplast Charter for support and advice on your routine and technique.

Call 0800 783 1434 now.

i Do not use force when inserting the catheter. If you feel any resistance or obstruction, stop and contact your Healthcare Professional or Coloplast Charter

Control unit symbols

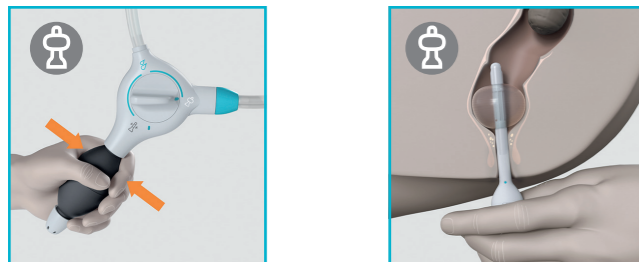
Turquoise water symbol
To pump water

White balloon symbol
To inflate the balloon on the catheter and stop the water

Grey deflate symbol
To deflate the balloon on the catheter

Finish and storage symbol
To dry the device after use and when storing

C. Inflating the balloon



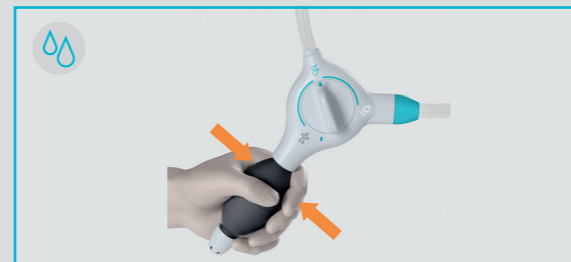
8. When the catheter is inserted, pump to inflate the balloon. Recommended amount of pumps by your HCP:

(Maximum 4 pumps for regular catheter, or 2 if you are using a small catheter)

9. Gently pull the catheter back to help seal the rectum.

i If you sense that the balloon is too big, turn the dial to the grey deflate symbol to deflate it

D. Pumping water



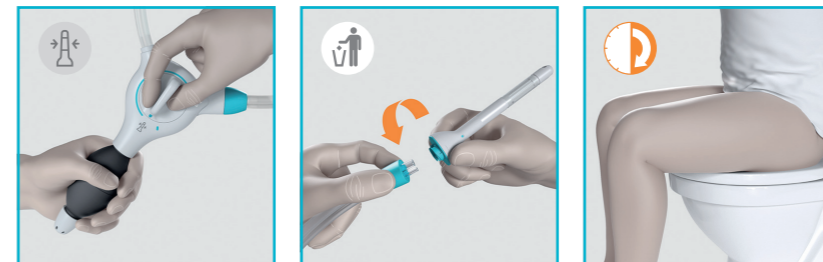
10. Turn the dial anti-clockwise to the **turquoise** water symbol following the circular line. Slowly pump in the water.

Volume of water recommended by your HCP:

_____ ml

i Be careful not to pass over the grey deflate symbol, as this will deflate the balloon

E. Emptying bowel



11. Once the recommended volume of water is instilled, turn the dial anti-clockwise to the **grey** deflate symbol to deflate the balloon, then remove the catheter from your rectum.

12. Twist the catheter off. Dispose of it in household waste.

13. Stay seated on the toilet until you stop passing water and stool.

i Sometimes water and faeces come out straight away, other times it can take longer

i Try massaging your abdomen or leaning forward to help your bowel do its job. The time this takes is very individual, but on average you can expect to wait about 30 minutes

F. Cleaning up



14. Turn the dial to the **finish** and storage symbol. Empty the water from the water bag and tubes. Let the equipment dry first before storing it in a dry place away from direct sunlight. Finish up by washing your hands.

i Turning the dial to the finish and storage symbol releases the remaining water from the tubes

Getting off to the Best Start™ with Peristeen Plus

Peristeen Plus transanal irrigation has been designed to help people suffering from faecal incontinence, chronic constipation and other bowel conditions. Your Healthcare Professional has given you this guide to help you perform your Peristeen Plus routine at home safely and effectively. If you have any questions about your routine or need help in finding a technique that works for you, our team are here to help.

When you register with Coloplast Charter, you will be enrolled onto our Best Start programme. This unique programme offers new users of Peristeen Plus support and advice with their routine from day one through a bespoke call programme and helpful content and booklets.



Specialist team

Our Best Start team is CQC regulated and have extensive product knowledge. They are there to answer your questions and can help if you're experiencing any issues. To speak to a Specialist, contact us on 0800 783 1434 or email beststartbowel@coloplastcharter.co.uk



Bespoke call programme

Our experienced Specialists will call you within a few days to help you become comfortable with the routine your HCP has asked you to follow. They will continue to support and help you when you need it, offering advice and encouragement. They can also help with your ongoing ordering and supply needs.

Getting to know your Peristeen Plus system



*Not provided with every system

1. Screw top (including lid)
Replace after 90 uses
Remember to keep the lid when you change the water bag
2. Water bag
Replace after 15 uses
3. Control unit
Replace after 90 uses
- 3a. Pump for inflating balloon and pumping water
- 3b. Dial for regulating air and water
4. Tubes
Replace after 90 uses
5. Coated rectal balloon catheters
Single-use only
6. Straps
Replace when elasticity weakens
7. Toiletry bag*
For system storage

To place an order:



England & Wales: 0800 132 787
Scotland: 0800 917 8639
Northern Ireland: 0800 581 220



help@coloplastcharter.co.uk
www.coloplastcharter.co.uk

