

Your bowel diary

Date / time mm/dd hh:mm	Method: Peristeen® Plus / Other	Water (ml) / Air pumps (no)	Irrigation duration (minutes)	Bristol type (1-7)	Accidents since last irrigation	Outcome 😊😐😞	Comments	Diet notes
3 / 12 10:35	Per / Other	700 / 3	25	4	None	😊	Good irrigation with no water leakage	Had a lot of fiber, nuts and seeds
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		
___/___ __:__	Per / Other	/				😐		

The Bristol Stool Scale

Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
						
Separate hard lumps, like nuts (hard to pass)	Sausage shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid

Important Safety Information: Peristeen Plus is available by prescription only. Peristeen Plus empties the bowel by introducing water into the bowel using a rectal catheter. The anal irrigation procedure should always be carried out with care. Bowel perforation is an extremely rare, but serious and potentially lethal complication to anal irrigation and will require immediate admission to hospital, often requiring surgery. The risk information provided here is not comprehensive. To learn more, talk to your healthcare provider to understand the risks and benefits to determine if Peristeen Plus is right for you. This treatment is prescribed by your physician. Although many patients benefit from the use of this device, results may vary. For further questions, call Coloplast Corp. at 1-855-605-7594 and/or consult the company website at www.coloplast.us.

Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.