

Travel tips for Peristeen® Plus users

Traveling may be intimidating at first, especially if you're still getting used to Peristeen Plus Transanal Irrigation as your new bowel management method. Here are some practical tips that can help you enjoy your time away from home without worrying too much about bowel issues.

BEFORE TRAVELING

Make sure your bowels are empty to reduce the risk of an accident while traveling.

Prepare a packing list so you remember your Peristeen Plus system, enough catheters, and any other items you might need (see the back page for inspiration).

If flying, keep essentials in your carry-on luggage. To avoid problems while going through airport security checkpoints, make sure your water bag is empty.

Be sure you have contact information for your Peristeen Plus system supplier or call Coloplast Care at 1-855-605-7594 if you need any assistance.

WHILE AWAY

When possible, try to stick to your normal routine.

Make sure to wash your hands before and after using Peristeen Plus.

As a general rule, tap water that is safe to drink is also safe for irrigation. If in doubt, use bottled water at room temperature or cooled boiled water. Before starting irrigation, ensure the water temperature indicator is green, indicating the temperature is within a suitable range for irrigation.

It's common to suffer from an upset stomach while traveling, so don't worry if this happens to you.

Carry a copy of your prescription details and take your doctor's contact information with you in case you have questions while away. Being aware of local medical services could also be useful.

Should any issues with your Peristeen Plus system arise while you are away, call Coloplast Care at 1-855-605-7594.



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PACKING LIST

Remember to pack your Peristeen Plus system and any accessories. Use this list as a starting point.

- ☐ Peristeen Plus system
- ☐ Peristeen catheters – always pack extra
- ☐ Antibacterial gel or hand wash
- ☐ Absorbent pads – in case of accidents
- ☐ Disposable bags for used catheters and any accessories
- ☐ Disposable gloves
- ☐ Extra underwear and extra change of clothes
- ☐ Paper towels, tissues or wet wipes
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MORE SUPPORT

If you have any additional questions, please do not hesitate to contact Coloplast Care at 1-855-605-7594 for product related advice and support. If you have any medical questions or concerns, please connect with your healthcare provider.



"If I'm going to go on an airplane, I will do an irrigation the night before my flight – just to make absolutely sure my bowel is empty."

Bob*, spinal cord injury



"I always pack extra catheters when I'm traveling, as well as an extra tube – just in case."

David*, US Army Veteran, cauda equina

*Coloplast has compensated these users to share their product experience. Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you.

Prior to use, refer to product labeling for complete product instructions for use, contraindications, warnings and precautions.

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.
