

# Introduction

## Step-by-step guide (adult)

Peristeen®

Peristeen prevents faecal incontinence and/or constipation symptoms for up to 2 days. However, it can often take 4-8 weeks or more to get completely used to using Peristeen.

The Coloplast® Care programme makes sure you are not alone, though. As a member of Coloplast Care, you have access to a wide range of articles, help and inspiration, as well as dedicated telephone and online support from trained Coloplast Care advisers.

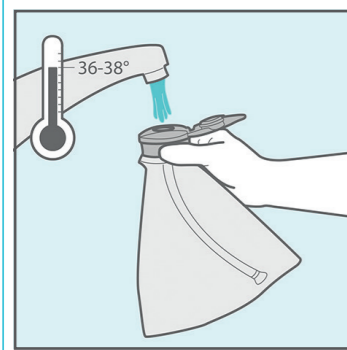
Most importantly, our trained Coloplast Care advisers are dedicated to your success with Peristeen. You can find out how to reach out to them at the bottom of this guide.

- 1. Screw top (including lid)**  
Replace after 90 uses (equals 6 months)\*  
Remember to keep the lid when you change the water bag
- 2. Water bag**  
Replace after 15 uses (equals 1 month)\*
- 3a. Control unit-knob for regulating air and water**  
Replace after 90 uses (equals 6 months)\*
- 3b. Control unit-pump for inflating balloon and pumping water**
- 4. Coated rectal catheter with inflatable balloon (5).**  
Single-use only
- 6. Peristeen toiletry bag**

\* When irrigating every other day

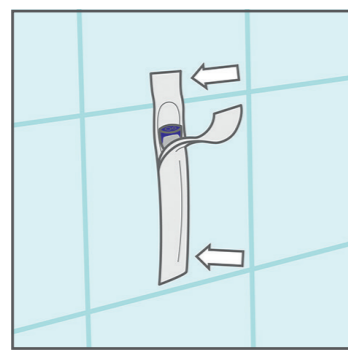


## 1. Getting ready



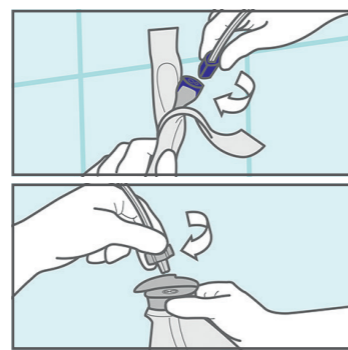
1. Flip open the lid.  
Fill the water bag up to the top with lukewarm tap water (36-38°C) even if you may not need all the water.

Empty the bladder before irrigation.



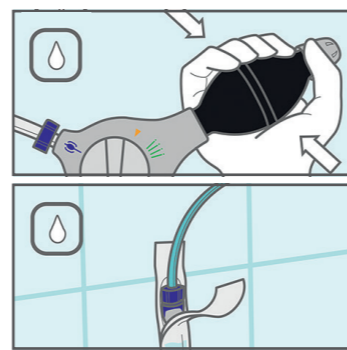
2. Peel the catheter packaging slightly open.  
You can remove the dot and attach the packaging to a convenient surface.

Some of our users take out a paper plate ready for the used catheter. You may want to try it!



3. Assemble the parts.  
Blue goes with blue.  
Grey goes with grey.

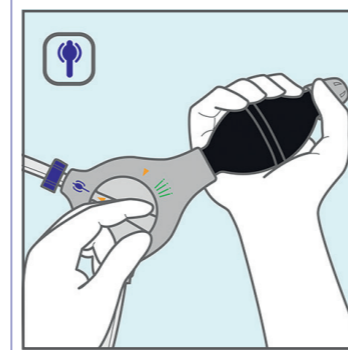
Some of our users do step 1-4 in the sink to contain any water spill.



4. Turn the knob to the white water symbol.  
Slowly pump water into the catheter packaging (2-3 pumps).

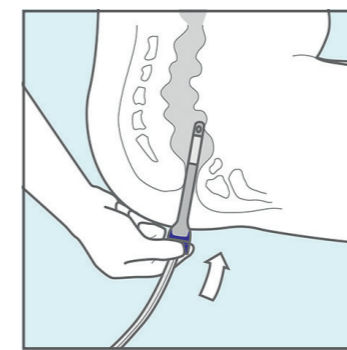
Leave the catheter in water for at least 30 seconds to lubricate it.

## 2. Inserting the catheter



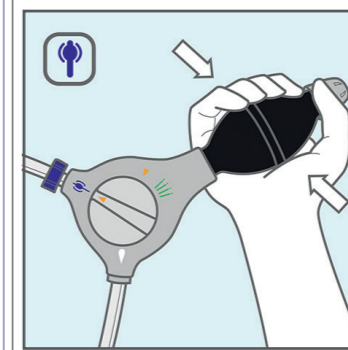
5. Turn the knob to the blue balloon symbol.

Do not use force inserting the catheter. If you feel any resistance or obstruction, stop and contact Coloplast® Care or your healthcare professional.



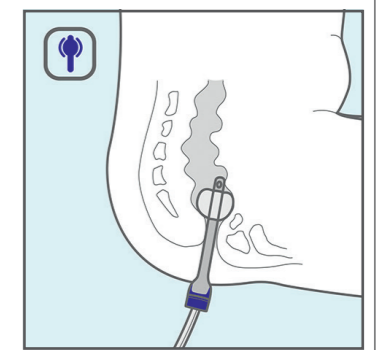
6. Sitting on the toilet: Hold the catheter on the finger grip, just under the blue line.  
Insert it slowly and carefully into your rectum just to the blue insertion line.

## 3. Inflating the balloon



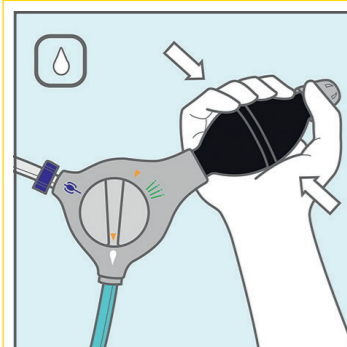
7. When the catheter is inserted, pump to inflate the balloon.  
Recommended amount of pumps by your HCP:

(maximum 4 pumps or 2 if you are using a small catheter).



8. The air in the balloon should make the catheter stay in place on its own.  
Gently pull the catheter back to seal off the rectum.

## 4. Pumping water

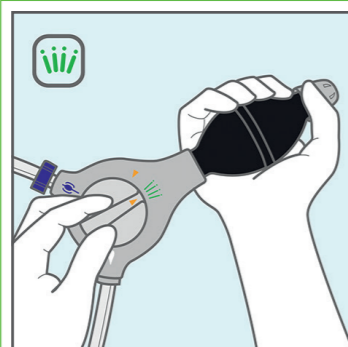


9. Turn the knob to the white water symbol.  
Slowly pump in the water.

Amount of water recommended by your HCP: \_\_\_\_\_ ml.

Careful not to pass the green symbol or the balloon will deflate and the catheter may fall out.

## 5. Emptying



10. Once the recommended amount of water is instilled, turn the knob to the green deflate symbol to deflate the balloon, then remove the catheter from your bowel and the toilet.

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



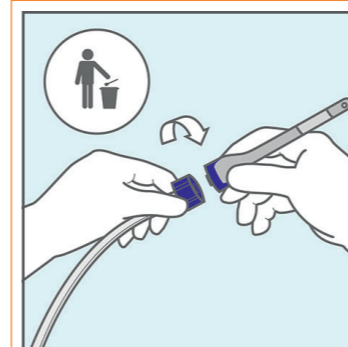
11. Stay seated on the toilet until you stop passing water and stool.

Try massaging your tummy or leaning forward to help your bowel do its job. The length of time this takes can vary from person to person, but on average you can expect to wait about 30 min.

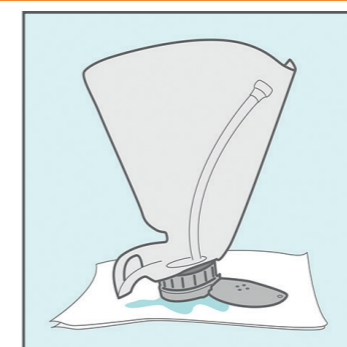


Some of our users treat themselves to an episode of their favourite TV show while they wait. What's your current favourite?

## 6. Cleaning up



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



13. Turn the knob to the orange finish 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 heat.

Finish up by washing your hands.

### Control unit symbols

- Pump water
- Inflate balloon
- Deflate balloon
- Finish

Turning the knob to the orange finish symbol releases the pressure, so the water can come out of the tubes.

It's very important to develop and maintain a good routine with the frequency of use prescribed to you by your healthcare professional. If you need some tips and help, don't hesitate to reach out to our trained Coloplast Care advisers.

## Need Help?

If you encounter any issues, big or small, re-read the Instructions-for-Use that came with your Peristeen® system. If you can't find the answer you seek, please call your Coloplast® Care adviser or your doctor.

If you don't have a Coloplast Care adviser, see the bottom of this guide for further information on how to get in touch with one.

## My Coloplast Care adviser:

Name

Contact number

 Before use, always consult the Information-for-Use document delivered with the products.

## There are three simple ways to sign up for our free Coloplast® Care support programme



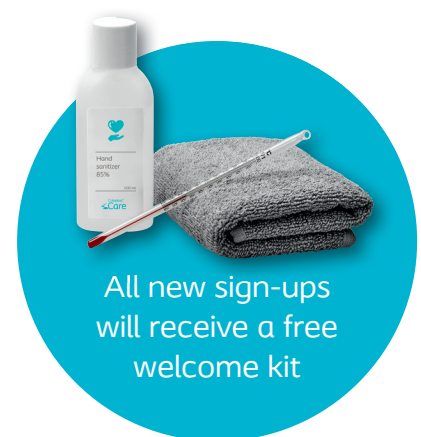
Speak to a Coloplast Care adviser on the phone:  
+ XXXXXXXXXX



Send a text message with the word 'Peristeen' to XXXXXXXXXXXX. A Coloplast Care adviser will then reach out to you.



Visit our website at [www.coloplast.com](http://www.coloplast.com)



Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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