

# My Peristeen® Plus irrigation checklist

Good preparation is key when performing transanal irrigation. Make sure you have everything you are going to need before you begin. Use this checklist to set yourself up for success.

*Print me out or stick me to your bathroom door for an easy reminder before every irrigation!*

## You need:

- Your Peristeen Plus system + Instructions for Use
- Wipes
- Disposal bag

## You may want:

- Leg straps
- A cup to lubricate the catheter in, if you prefer not to use the pouch
- Disposable gloves
- Paper towels
- Something to entertain yourself with during your waiting time
- A phone, in case you wish to contact someone for assistance

**Now you have everything you need, have a quick check** – is there anything that may prevent you from completing your irrigation as you would like?

Always make sure you have enough time to complete your irrigation. Everyone is different, but it takes on average 30 minutes to empty the bowels after pumping the water.

**I have sufficient time to complete my irrigation**

Peristeen Plus users often wish to complete their irrigations in a private and quiet setting, without being disturbed. If you live with others, you may wish to let them know you need some privacy.

**I am in a comfortable environment where I won't be disturbed**

## You are ready to get started.

Don't forget you can fill out your irrigation diary after you complete your routine to track your progress.



Scan to get your  
irrigation diary or visit  
[coloplastcare.com/xxx](https://coloplastcare.com/xxx)

And remember, your Coloplast Care Advisor is always on hand (**phone, time**) if you require further support.