

# Short guide to managing your body's reactions to TAI

Are your bowels not reacting to transanal irrigation (TAI) as you would hope? It commonly takes between 4-12 weeks to establish an optimal TAI routine. During this time, your bowels will be getting used to your new method of bowel management. If you have questions or would like to speak with your Coloplast Care Advisor, you can reach out on (phone, date, time). You might also find some useful advice below.

**If you have any clinical concerns, please reach out to your healthcare provider.**

Joel, uses Peristeen Plus





Becky

## Handling leakage after an irrigation

After you have completed your irrigation, you may sometimes find you 'leak' afterwards. To combat this issue, firstly check that you are irrigating with the right amount of water in line with your doctor's recommendation.

If you find you leak shortly after an irrigation...

- ☐ It may be that you are not waiting long enough on the toilet. While individual, with Peristeen® Plus it takes on average 30 minutes to empty the bowels after pumping the water, so be patient and take your time at this stage.
- ☐ You may want to try moving your body whilst on the toilet to help raise the pressure inside your stomach and evacuate all the water & stool. If you are able to, you can try moving around, for example leaning back, forward or side to side or tensing your stomach muscles.

Some people have very tight anal sphincters. This can also prevent you from fully evacuating your bowels when on the toilet. You can try rectal digital stimulation or inserting a lubricated catheter once more to stimulate the opening of the sphincter and stimulate a bowel movement.

If you leak more than 30 minutes after irrigating...

- ☐ You may need to return to the toilet after 30 minutes to further evacuate your bowels
- ☐ Discuss your TAI routine with your doctor, it may be necessary to adjust your routine by changing the volume of water or frequency of irrigations.
- ☐ Your doctor or nurse may also recommend you use an absorbent pad if appropriate or an anal plug between irrigations.





Joel

## Handling leakage during an irrigation

Occasionally, you may experience leakage during an irrigation. In this case, you might wish to try these options:

- ☐ Ensure the catheter is properly inserted. If you are using the balloon catheter it should be inserted up to the turquoise dot by the finger grip. If you are using the cone catheter, be sure to hold the cone in place during the irrigation. You can hold it by the finger grip or below the cone base.
- ☐ If using a balloon catheter, adjust the catheter position after one air pump – gently pull the catheter back to seal off the rectum. You can also add another pump of air, but do not exceed 4 full pumps if using a regular catheter or 2 full pumps if using a small catheter. Do not exceed the number of pumps recommended by your healthcare provider.

It can require some adaptation to achieve a good seal and find a good position that works for your own unique morphology. You might wish to ask your doctor or nurse if they can offer an additional training to guide you on this.

## No stool is evacuated during irrigation

Sometimes you may find no stool is evacuated during the irrigation and the water comes out clear.

To help promote a healthy irrigation, always make sure you remain seated on the toilet for a sufficient time (it can take on average 30 minutes to fully empty the bowel). Try manoeuvres like bracing your abdominal muscles or leaning backwards, forwards or side-to-side to stimulate bowel activity.