



Short guide to managing your Peristeen[®] Plus

Are technical issues disrupting your transanal irrigation routine?
It is not uncommon to face some difficulties as you get used to TAI.
The advice below may help to solve some of the technical issues
you come across.

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

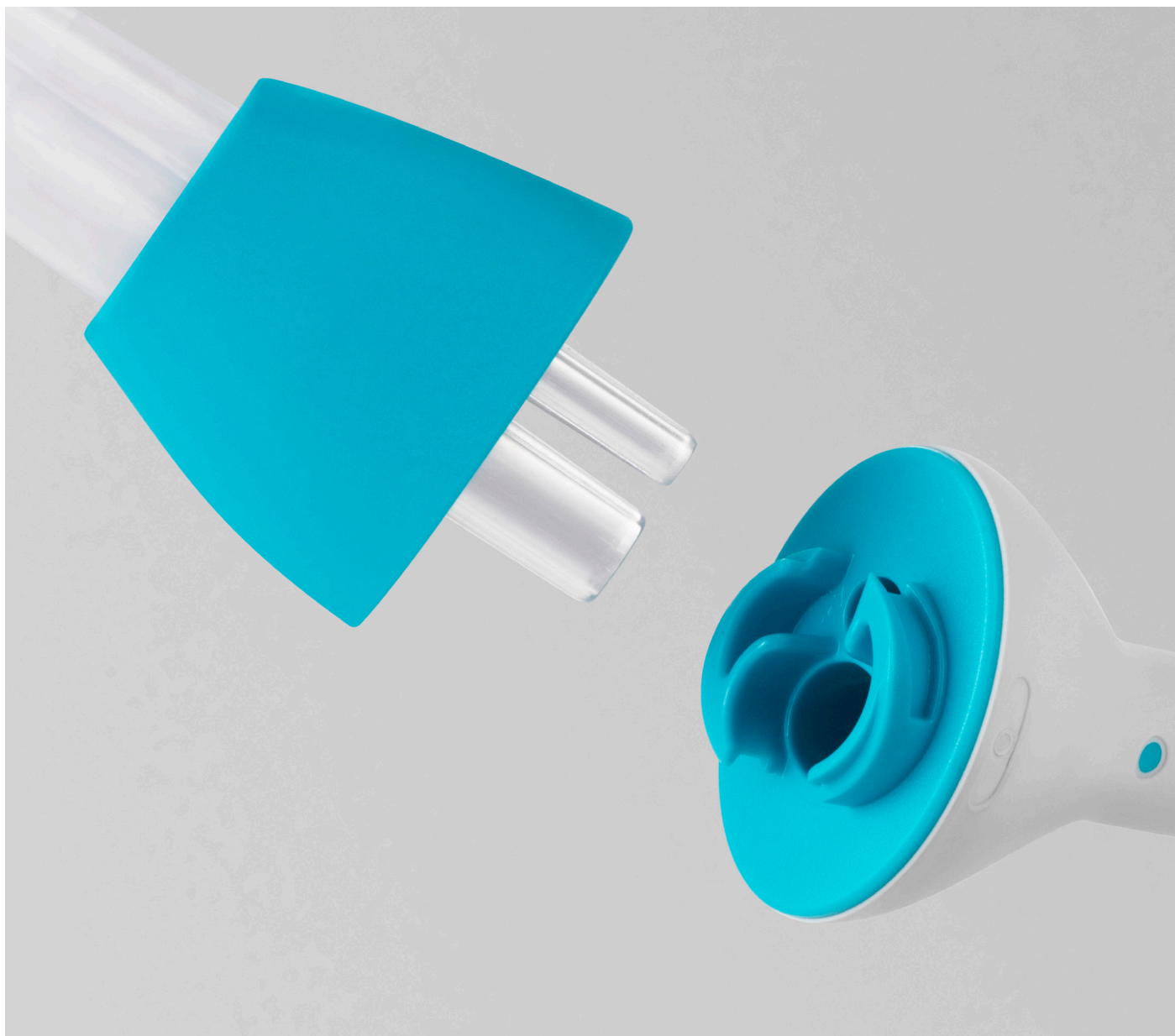


How to deal with water flow difficulties

It's important that the water is delivered properly into your bowels to provide a high-volume irrigation. If the water is not flowing or the flow is disrupted, make sure:

- ☐ The positioning of the dial is pointing to the turquoise water symbol icon
- ☐ You have all the tubes you need and that the tubing is not squeezed or kinked
- ☐ All connections of the system are correctly connected according to the Instructions for Use – you can test the system by pumping water through the catheter before inserting it into your rectum
- ☐ The end of the catheter is not blocked by faeces - flush water through the catheter if this is the case
- ☐ The screw top of the water bag is on and closed

If this issue persists, reach out to your Coloplast Care Advisor on (date, time).



How to manage 'whistling'

Sometimes, the system can whistle when you try to deliver water to the bowel. This is not cause for alarm – and can be caused by the safety valve in the screw top of the water bag that is designed to handle excessive pressure build up in the water bag. Please consider:

- ☐ Checking all the connections are secure
- ☐ Checking your tubes are not squeezed or kinked which would prevent water from flowing freely

The whistling sound may also signal that no more water can enter the bowel. If you have not yet pumped your recommended volume of water, this can sometimes be caused by faeces in the bowel, the bowel walls, or the inflation of the balloon (if using the balloon catheter) blocking the catheter's eyelets. Do not worry. Stop pumping, deflate the balloon, remove the catheter checking for any blockage of the eyelets, and relax. When you are ready, restart the procedure.

If the whistling noise persists in the second attempt, you should contact your nurse or doctor for guidance.

How to handle difficulties with the catheter being expelled during the irrigation

This section is relevant if you are using the balloon catheter.

The catheter is designed to stay in place during your irrigation thanks to the inflated balloon. If you find the catheter is expelled during your irrigation, please consider:

☐ Are you inserting the catheter correctly?

The catheter should be inserted carefully up until the turquoise dot just above the finger grip. If you only insert the tip of the catheter, it is likely to slide out and you may also have difficulties inflating the balloon in the appropriate position.

☐ Is the catheter expelled when you pump the water?

You may need to slow down the speed you pump the water. Allow 5-10 seconds between each pump, and check the water is between 34-40 °C to avoid rectal spasms that could push the catheter out.

☐ Is the balloon inflated enough?

Make sure you inflate the balloon sufficiently to secure the catheter and always follow the recommendation of your doctor or nurse. For the regular catheter size, one to three full pumps are usually sufficient to hold the catheter in place and prevent leakage whilst you pump the water. Do not exceed a maximum of four full pumps to avoid balloon burst.

For the small catheter size, one full pump is usually sufficient. Do not exceed a maximum of two full pumps to avoid balloon burst.

What is a full pump? A full pump consists of squeezing the pump completely until its inner walls touch each other.

If the balloon is not inflating for any reason, it cannot secure the catheter in the rectum and it is likely to slide out. Check the balloon is functioning by inflating the balloon outside the body. If you notice the balloon is not inflating, or inflating asymmetrically, start again with a new catheter in place.

If you have loose sphincter function, you may naturally have more trouble keeping the catheter in place. Don't forget, if you are able to, you can hold the catheter in place with your hand to give extra stability as you pump the water.



