

| Date / time mm/dd hh:mm | Method(s): Peristeen® Plus / Laxatives / Other | Water (ml) / pumps (air) | Bristol type (1-7) | Accidents since last irrigation | Outcome 😊😐😞 | Comments | Notes on diet | Irrigation duration (minutes) |
|---|--|-----------------------------|-----------------------|---------------------------------------|----------------|--|---------------------------------------|-------------------------------------|
| <u>3</u> / <u>27</u> <u>10</u> : <u>35</u> <small>This data is for example only</small> | Per / Lax / Other | 700 / 3 | 4 | None | 😊 | Good irrigation with no water leakage | Had a lot of fiber, nuts and seeds | 25 |
| <u> </u> / <u> </u> <u> </u> : <u> </u> | Per / Lax / Other | / | | | 😊 | | | |
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