

Short guide to managing your body's reactions to TAI

Are your bowels not reacting to transanal irrigation (TAI) as you hoped?

It commonly takes between 4-12 weeks to establish an optimal TAI routine. During this time, your bowels will be adjusting to your new method of bowel management.

If you have questions or would like to speak with your Coloplast Care Advisor, call 1-855-605-7594 or email peristeen@coloplast.com. 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 uses Peristeen® Plus

Handling leakage after an irrigation

After you have completed an irrigation, you may sometimes find you 'leak' afterwards. To combat this issue, check that you are irrigating with the right amount of water prescribed by your healthcare provider.

If you leak shortly after an irrigation...

- ☐ It may be that you are not waiting long enough on the toilet. While it varies from person to person, Peristeen® Plus Transanal Irrigation System takes 30 minutes on average to empty the bowels after pumping water, so be patient and take your time at this step.
- ☐ You may want to try moving your body while on the toilet to help raise the pressure inside your stomach and evacuate all the water and stool. If you are able, you can try leaning back, forward, or side-to-side while tensing your stomach muscles; you can also massage your stomach in the direction of stool passage.

Some people have very tight anal sphincters, which can prevent fully evacuating the bowels when on the toilet. Work with your healthcare provider on techniques to help you during irrigation.

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 healthcare provider, since it may be necessary to adjust your routine by changing the volume of water or frequency of irrigations.



Joel

Handling leakage during an irrigation

Occasionally, you may experience leakage during an irrigation. If this happens, consider the following:

- ☐ Ensure the catheter is properly inserted. The balloon catheter should be inserted into the rectum up to the turquoise dot by the finger grip.
- ☐ Adjust the catheter position after one pump and 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.

Some adaptation may be required to achieve a good seal and find a good position that works for your body. Ask your healthcare provider for additional training or guidance to achieve 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 successful irrigation, always make sure you remain seated on the toilet for a sufficient time (it takes 30 minutes on average to fully empty the bowel). Try tensing your abdominal muscles or leaning backwards, forwards, or side-to-side to stimulate bowel activity.

Contact your Coloplast Care Advisor for additional product and lifestyle support:

1-855-605-7594

peristeen@coloplast.com

www.coloplastcare.us/bowel

Important Safety Information: Peristeen® Plus is available by prescription only. Peristeen Plus empties the bowel by introducing water into the bowel using a rectal catheter. The anal irrigation procedure should always be carried out with care. Bowel perforation is an extremely rare, but serious and potentially lethal complication to anal irrigation and will require immediate admission to hospital, often requiring surgery. The risk information provided here is not comprehensive. To learn more, talk to your healthcare provider to understand the risks and benefits to determine if Peristeen Plus is right for you. This treatment is prescribed by your physician. Although many patients benefit from the use of this device, results may vary. For further questions, call Coloplast Corp. at 1-855-605-7594 and/or consult the company website at www.coloplast.us.

Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.