

| Date / time<br>dd/mm<br>hh:mm | Method:<br>Peristeen Plus /<br>Laxatives / Other | Water (ml) /<br>pumps (air) | Bristol<br>type (1-7) | Accidents<br>since last<br>irrigation | Outcome<br>😊😐😞 | Comments                              | Notes on diet                      | Irrigation<br>duration<br>(minutes) |
|-------------------------------|--|-----------------------------|-----------------------|---------------------------------------|----------------|---------------------------------------|------------------------------------|-------------------------------------|
| 3 / 12<br>10 : 35             | <del>Per</del> Lax / Other                       | 700 / 3                     | 4                     | None                                  | 😊              | Good irrigation with no water leakage | Had a lot of fibre, nuts and seeds | 25                                  |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |
| ___ / ___<br>: ___            | Per / Lax / Other                                | /                           |                       |                                       | 😊              |                                       |                                    |                                     |

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|-------------------------------|--|-----------------------------|-----------------------|---------------------------------------|----------------|----------|---------------|-------------------------------------|
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |

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|-------------------------------|--|-----------------------------|-----------------------|---------------------------------------|----------------|----------|---------------|-------------------------------------|
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |

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| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |
| ___/___<br>__:__              | Per / Lax / Other                                | /                           |                       |                                       | 😊              |          |               |                                     |