

My Peristeen® Plus irrigation checklist

Good preparation is key when performing transanal irrigation. Use this checklist to make sure you have everything you need before you begin and set yourself up for success.

Print me out or stick me to your bathroom door for an easy reminder before every irrigation!

You need:

- ☐ Your Peristeen Plus Transanal Irrigation System, one rectal catheter, and Instructions for Use
- ☐ Toilet paper or wipes
- ☐ Disposal bag

You may want:

- ☐ Leg straps
- ☐ A cup to activate the catheter lubricant in, if you prefer not to use the pouch
- ☐ Disposable gloves
- ☐ Paper towels
- ☐ Something to entertain yourself with while waiting
- ☐ A phone, in case you need to contact someone for assistance

Once you have everything you need, ask yourself – is there anything that may prevent you from completing your irrigation successfully?

Always make sure you have enough time to complete your irrigation. Everyone is different, but it takes 30 minutes on average to empty the bowels after pumping the water.

☐ **I have sufficient time to complete my irrigation**

If you live with others and want to complete your irrigation in a private setting without being disturbed, consider letting them know you need some privacy.

☐ **I am in a comfortable environment where I won't be disturbed**

You are ready to get started.

Don't forget to fill out your irrigation diary after to track your progress.



Scan the QR code with your smartphone camera to get your bowel diary or visit coloplast.to/boweldiary

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

- 1-855-605-7594
- peristeen@coloplast.com
- 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.