

# Tips for traveling with your child

The idea of being away from home – even for short trips – can be quite intimidating when your child is using Peristeen® Plus Transanal Irrigation (TAI) system. Here are some practical tips to help you and your family enjoy time away from home without worrying too much about bowel issues.



## Before traveling

Download our free WheelMate™ app from Google Play or the App Store. It makes it easier to find restrooms when you're away.

If it helps you feel more secure, consider using Peristeen Plus before you travel. Making sure your child's bowels are empty is a good way to reduce the risk of an accident while traveling.

Most children like routines. Make a packing list so you remember your child's Peristeen Plus system, enough catheters, Peristeen Plus sticker chart with stickers, motivational treats and any other items you may need while away (see the back page for inspiration).

If you're flying, keep essentials in your carry-on luggage. To avoid problems at the airport security checkpoint, make sure the water bag is empty.

If you're going away for a long time, make sure you have contact information for your Peristeen Plus supplier. Contact **Coloplast Care** at **1-855-605-7594** or [peristeen@coloplast.com](mailto:peristeen@coloplast.com) if you need any assistance.



## While away

Stick to your child's normal routine if possible.

Tap water that is safe to drink is also safe for irrigation. If in doubt, use bottled water at room temperature or cooled boiled water. Before starting irrigation, ensure the water temperature indicator is green, indicating the temperature is within a suitable range for irrigation.

It's not uncommon for people to experience more irregular bowel movements when traveling. This may also be the case for your child, and it's probably not a cause for concern. To prevent accidents during longer trips, consider bringing diapers or pads.

Carry a copy of your child's prescription details and take your doctor's contact information with you in case you have questions while away. Being aware of local medical services could also be useful.

If your child is traveling without you, remember to inform relevant parties about their condition so they are prepared.

Should any product issues arise while you are away, call **Coloplast Care** at **1-855-605-7594**. We can support you over the phone or put you in touch with someone locally who can provide assistance.





*"Using a new bathroom when traveling can be a challenge so on the first day we might allow for more time to help Matthijs feel relaxed."*

Simone, Holland, Matthijs' mother\*

Matthijs, 11, uses Peristeen® Plus Transanal Irrigation system to help manage his bowel



*"Think ahead and consider what kind of facilities are available where you are going. Quint needs more time in the bathroom so we prefer to have a private bathroom available."*

Esther, Holland, Quint's mother\*

Quint, 12, was born with spina bifida and uses Peristeen Plus Transanal Irrigation system

\* Coloplast has compensated these caregivers to share their product experience. Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you.



## Packing list

Remember to pack all the accessories you use in everyday life. Use this list as a starting point:

- |  |  |
|--|--|
| <input type="checkbox"/> Peristeen® Plus system                            | <input type="checkbox"/> Peristeen Plus travel tips          |
| <input type="checkbox"/> Catheters – always pack extra                     | <input type="checkbox"/> Wet wipes or towelettes             |
| <input type="checkbox"/> Antibacterial gel or hand sanitizer               | <input type="checkbox"/> A motivational treat for your child |
| <input type="checkbox"/> Absorbent pads or diapers – in case of accidents  | <input type="checkbox"/> _____                               |
| <input type="checkbox"/> Plastic bags – for used catheters and accessories | <input type="checkbox"/> _____                               |
| <input type="checkbox"/> Disposable gloves                                 | <input type="checkbox"/> _____                               |
| <input type="checkbox"/> Extra underwear and extra change of clothes       | <input type="checkbox"/> _____                               |
| <input type="checkbox"/> Paper towels or tissues                           |  |

## More support

For additional information, you can contact **Coloplast Care** at **1-855-605-7594**, e-mail [peristeen@coloplast.com](mailto:peristeen@coloplast.com) or visit [www.coloplastcare.us/bowel](http://www.coloplastcare.us/bowel). If you are experiencing any medical issues or concerns, contact your healthcare professional.

 **Prior to use, refer to product labeling for complete product instructions for use, contraindications, warnings and precautions**

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.