

# Introduction to Peristeen<sup>®</sup> Plus

## Step-by-step guide (Pediatric)

Peristeen Plus is a water-based transanal irrigation system designed to help empty the bowel. Bodies work differently and it can typically take up to 12 weeks for the body to adapt to Transanal Irrigation (TAI).<sup>1</sup>

As a member of Coloplast<sup>®</sup> Care, you are not alone. We are here to provide you with lifestyle articles and product support (phone and online) are there for you to help your child.

Most importantly, our trained Coloplast Care Advisors are dedicated to supporting your well-being as a caregiver, and to your child's success with Peristeen Plus.

Find out how to reach them at the end of this guide.

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



**Peristeen<sup>®</sup> Plus**

## Getting ready



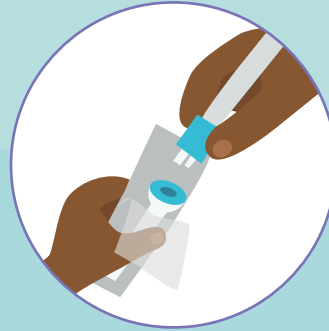
**1.**  
**Fill the water bag** to the top with clean lukewarm tap water or bottled water.

**2.**  
**Green water temperature indicator** suggests you can start irrigation.

Empty the bladder before irrigation.



**3.**  
**Put the parts together.** Gray parts connect to gray parts. Turquoise parts connect to turquoise parts.



**4.**  
**Peel the catheter packet open slightly, and leave the catheter in the package for now.** Stick the packaging to a nearby wall using the adhesive dots., or place it upright, in its packaging, in a cup or a glass.



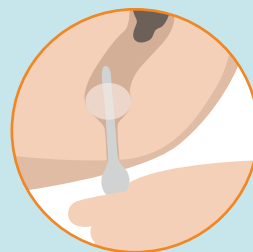
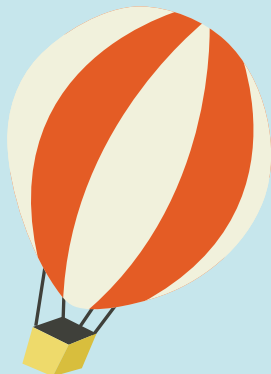
**5.**  
Turn the knob to the **turquoise water symbol** and squeeze the black pump carefully until the **water fills the catheter pack.** That will make the catheter slippery. **Count slowly to 10 three times.**



## Inserting the catheter



6. Turn the knob to the **white balloon symbol**. Don't pump yet!



7. Hold the catheter by the finger grip below the turquoise dot. Insert it **slowly** into your bottom, leaving the finger grip outside of your body.

While you hold the catheter in place, **pump air into the balloon**.

**Amount of pumps recommended by your healthcare professional:**

(Maximum 2 if using the small catheter, or 4 if using the regular catheter.)

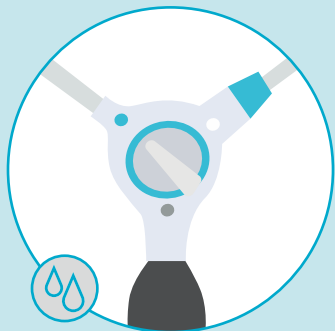
With air in the balloon, the catheter should stay in place on its own.

**Gently pull the catheter back** to seal off the bottom.



Do not use force when inserting the catheter. If you feel any resistance or obstruction, stop and contact your healthcare professional.

## Pumping water



8. Turn the knob to the **turquoise water symbol** and slowly pump water into your colon. **Volume of water recommended by your nurse or doctor:** \_\_\_\_\_ ml.

## Removing

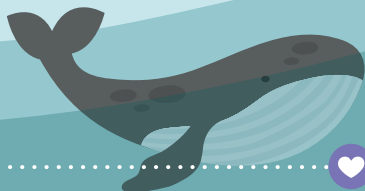


9. When all the water, that was recommended by your nurse or doctor, is in your colon, turn the knob to the **gray deflate symbol** to deflate the balloon and remove the catheter.

## Emptying



10. Wait patiently until poop comes out into the toilet.



Be careful not to pass the **gray deflate symbol** or the balloon will deflate and the catheter may fall out.

Sometimes water and poop come out very soon. Sometimes it can take longer. You can ask your parent or helper if you can read a book, play a game, or watch a video on the phone or tablet while you wait on the toilet.

If the poop doesn't come out, you can help by pushing a little on your tummy. Sometimes more poop might come out a little later. Wait until you are sure you are done.

## Cleaning up



11. **Twist the catheter off** and toss it into the garbage can.

Turn the knob to the **finish and storage** symbol.

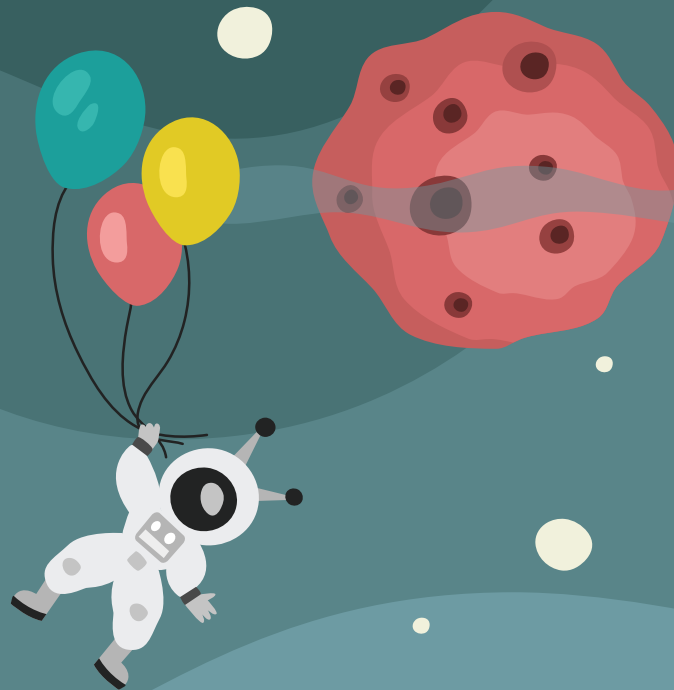
**Empty the water** from the water bag and tubes.



12. Let the water bag dry, and **wash your hands**. You are all done!

## Note to parents

- Remember to let all parts of the equipment dry before storing it in a dry place away from direct sunlight.
- It is very important to develop and maintain a good routine with the frequency of use prescribed to your child by his/her healthcare professional. If you need some product tips and help, don't hesitate to reach out to our trained Coloplast Care Advisors.

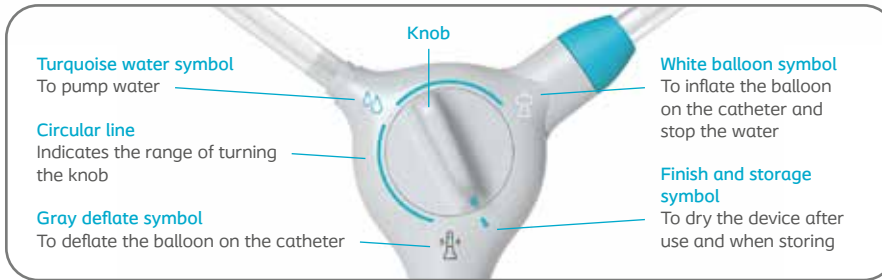


# Peristeen® Plus



1. **Screw top (including lid)**  
Replace after 90 uses  
*Remember to keep the lid when you change the water bag*
2. **Water bag with temperature indicator**  
Replace after 15 uses
3. **Control unit**  
Replace after 90 uses
  - 3a. **Pump for inflating balloon and pumping water**
  - 3b. **Knob for regulating air and water**
4. **Tubes**  
Replace after 90 uses
5. **Coated rectal balloon catheters**  
Single-use only
6. **Straps**  
Replace when elasticity weakens
7. **Toiletry bag\***  
For system storage

## Control unit symbols



\*Provided with new Coloplast Care enrollments or upon request

## Need help?

If your child encounters any issues, big or small, start with reading again the Instructions-for-use leaflet that came with your Peristeen® Plus system. If you can't find the answer, make sure to call your Coloplast® Care Advisor or your healthcare professional.

If you don't have a Coloplast Care Advisor, see the back side of this guide for more information on how to get in touch with one.



## My Coloplast Care Advisor:

Name

Phone number

*1-855-605-7594*



Before use, always consult the Instructions-for-Use (IFU) document delivered with the products.

Talk to your Peristeen® Plus prescribing provider to learn how to enroll in the complimentary Coloplast® Care program or contact Coloplast Care directly

 Call 1-855-605-7594

 E-mail [peristeen@coloplast.com](mailto:peristeen@coloplast.com)

 Visit [www.coloplastcare.us/bowel](http://www.coloplastcare.us/bowel)



Scan here for a How-to-Use Peristeen® Plus (Pediatric) video

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

1. Emmanuel A V., Krogh K, Bazzocchi G, Leroi AM, Bremers A, Leder D, et al. Consensus review of best practice of transanal irrigation in adults. *Spinal Cord*. 2013;51:732–8.

Indication: The Peristeen® Plus Transanal Irrigation is intended to instill water into the colon through a rectal catheter, which incorporates an inflatable balloon, inserted into the rectum to promote evacuation of the contents of the lower colon. The Peristeen Plus Transanal Irrigation System is indicated for use by children (2 years - <12 years old), adolescent (12 years - < 18 years old), transitional adolescent (18 - <21 years old) and adult patients with neurogenic bowel dysfunction who suffer from fecal incontinence, chronic constipation, and/or time-consuming bowel management procedures.

Contraindications: Peristeen Plus Transanal Irrigation must not be used in the following situations: known anal or colorectal stenosis, colorectal cancer (active/recurrent), radiotherapy to the pelvis, and recent abdomino-perineal surgery, active inflammatory bowel disease, acute diverticulitis, severe diverticulitis, previous diverticulitis and diverticular abscess, chronic symptomatic diverticular disease, within 3 months of abdominal, anal or colorectal surgery, within 4 weeks of endoscopic polypectomy, recent colonic biopsy, recent endoscopic mucosal resection (EMR) and recent endoscopic sub-mucosal dissection (ESD), severe autonomic dysreflexia, ischemic colitis, during Spinal Cord Shock Phase, complex diverticular disease, in patients who are pregnant and have not used the system before\*\*. Since the list is not exhaustive, the healthcare professional should always consider individual patient factors as well.

\*\*If the patient is pregnant and has never used transanal irrigation before, they should not start the irrigation procedure during pregnancy.

Warning: Peristeen Plus Transanal Irrigation procedure should always be carried out with caution. Bowel perforation is an extremely rare, but serious and potentially lethal complication to transanal irrigation and will require immediate admission to a hospital, often requiring surgery. Seek immediate medical assistance if during or after Peristeen Plus Transanal Irrigation procedure you experience any of the following: severe or sustained abdominal pain or back pain, especially if combined with fever; severe or sustained anal bleeding; blood in the feces; rectal pain, and abdominal pain. See the device manual for complete user instructions, contraindications, warnings, cautions. For further information, call Coloplast Corp at 1-855-605-7594 or consult the company website at [www.coloplast.us](http://www.coloplast.us). Caution: Federal law restricts this device to sale by or on the order of a physician.

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.

[Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology](#)

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PM-18735 10.21