



Peristeen® Plus Record Booklet

A handy diary to keep track of your bowel movements



Why keep track of your bowel?

By keeping a note of your routine, you will over time gain a thorough understanding of how your bowel is impacted by variations to your use of Peristeen Plus. For example, you may find that a particular time of day is more effective for you. Be sure to include any comments or concerns in your diary so that you can discuss these with a member of the Coloplast Charter Best Start™ team.

Type 1		Separate hard lumps, like nuts (hard to pass).
Type 2		Sausage shaped but lumpy.
Type 3		Like a sausage but with cracks on its surface.
Type 4		Like a sausage or snake, smooth and soft.
Type 5		Soft blobs with clear-cut edges (passed easily).
Type 6		Fluffy pieces with ragged edges, a mushy stool.
Type 7		Watery, no solid pieces. Entirely liquid.

Some things to remember

Practice makes perfect. Here are a few handy tips to help you get the most from your routine.



Always wash your hands before and after using Peristeen Plus and ensure the area around your bottom is kept clean and dry.



You might find it easier to use Peristeen Plus 20 to 30 minutes after eating or drinking - digestion can help stimulate the natural activity of your bowel.



Try to drink 1.5 to 2 litres of fluid every day. Passing stools can be more difficult if you're dehydrated.



Always use clean water. If the water is safe to brush your teeth with, it's safe to irrigate with. If not, use bottled water or cooled down boiled water.



Make sure you get the water to the right temperature. Lukewarm water at 34 to 40°C is ideal.



Make sure you have plenty of supplies, especially if you're thinking about going away. You can reorder your supplies directly from Coloplast Charter.

Week 1

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 2

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 3

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 4

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 5

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 6

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 7

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 8

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 9

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 10

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 11

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 12

Day	Time of day	Volume of water (ml)	No. of air pumps	Result (stool type)	Comments (accidents, leakage since last irrigation)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



If you need any help or have any questions:



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