

Your step-by-step guide to using Peristeen® Plus

For paediatrics

Getting ready



1. Fill the water bag with lukewarm water.

2. Green temperature indicator suggests you can start irrigation.



2. Attach the grey connector to the grey lid on the water bag. Turn clockwise to lock.



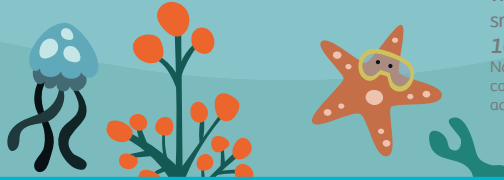
3. Attach the turquoise connector to the control unit and catheter. Turn clockwise to lock.



4. Turn the dial to the **Turquoise water symbol** and pump carefully until the **water fills the catheter pack**. This will make the catheter smooth. **Count slowly to 10 three times.**

Note: The catheter packaging can be **fixed to a wall** using the adhesive dots.

Empty the bladder before irrigation



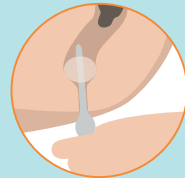
Inserting the catheter



5. Turn the dial to the **White balloon symbol**. Don't pump yet!



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



Amount of pumps recommended by your Healthcare Professional:

(Max 2 using small catheter, or 4 using regular catheter.)

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

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



Do not use force when inserting the catheter. If you feel any resistance, stop and contact your Healthcare Professional or Coloplast Charter.

Gently pull the catheter back to seal off the bottom.

Pumping water Removing

Emptying



7. Turn the dial to the **Turquoise water symbol** and slowly pump in the water. **Volume of water recommended by your Healthcare Professional:** _____ ml.

8. When the recommended amount of water is pumped, turn the dial to the **Grey deflate symbol** to deflate the balloon and remove the catheter.

9. Wait patiently until poo passes into the toilet.



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



Sometimes water and poo come out quickly, and sometimes it can take a while. An activity, like playing a game or watching a video, can help pass the time.



If it's taking a while, gently massaging the tummy may help.



Cleaning up



10. **Twist the catheter off** and put it in the bin.

11. Leave the water bag to dry and **wash your hands**. Well done - you did it!

Turn the dial to the **Finish and storage symbol**.

Empty the water from the water bag and tubes.

If you need support, contact our **Best Start™ team**:
0800 783 1434
beststartbowel@coloplastcharter.co.uk

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 their Healthcare Professional. If you need help or support, don't hesitate to reach out to our Product Specialists.