

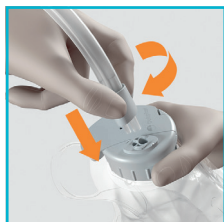
Your step-by-step guide to using Peristeen® Plus

For adults

A. Getting ready



1. Fill water bag to the top with lukewarm water (34 – 40°C). Proceed when temperature indicator is green.



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



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



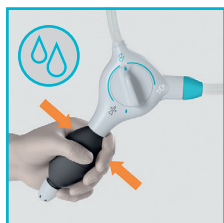
4. The catheter packaging can be fixed to the wall using the adhesive dots on the packet, or placed in a cup or a glass.



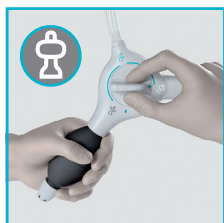
Empty your bladder before irrigating



You may want to do steps 1-5 over the sink to contain any water spill



5. Turn dial to turquoise water symbol. Pump water into the catheter packaging.



6. Turn the dial to the white balloon symbol. Leave the catheter in water for 30 seconds.

B. Inserting catheter



7. While sitting on the toilet, hold the catheter by the finger grip and carefully insert into the rectum as far as the finger grip allows and as instructed by your Healthcare Professional, leaving the finger grip outside of your body. If any resistance is met, do not continue.

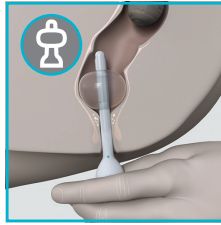
C. Inflating the balloon



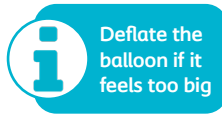
8. Pump to **inflate the balloon**.

Recommended amount of pumps by your HCP:

(Max 4 pumps for regular catheter, or 2 for small catheter)

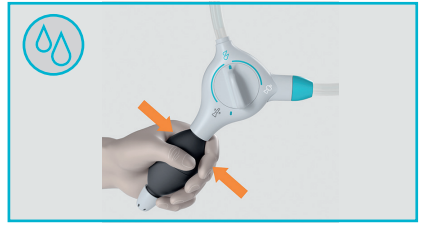


9. Once the balloon is inflated, it will stay in position without holding it in place.



Deflate the balloon if it feels too big

D. Pumping water

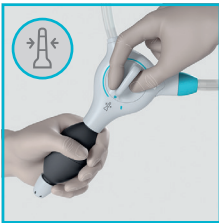


10. Turn dial anti-clockwise to the **turquoise water symbol**. **Slowly** pump in the water.

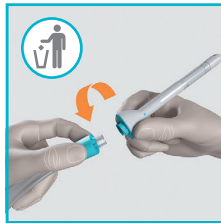
Volume of water recommended:

_____ ml

E. Emptying bowel



11. Turn the dial to the **grey deflate symbol** to deflate the balloon, then remove the catheter from your rectum.



12. **Twist the catheter off**. Dispose of it in household waste.



13. **Stay seated** on the toilet until you stop passing water and stool.



Irrigation time is very individual, but on average you can expect to wait up to 30 minutes

F. Cleaning up



14. Turn dial to the **finish and storage symbol**. **Empty water** from the bag and tubes. **Let the equipment dry first** before storing it in a dry place away from direct sunlight. Finish up by washing your hands.



Turning the dial to the **finish and storage symbol** releases the remaining water from the tubes

If you need support, contact our Best Start™ team:

0800 783 1434

beststartbowel@coloplastcharter.co.uk