

## Need help?

This step-by step guide will help you get started with Peristeen® Light.

Read the instructions for use that come with the Peristeen Light system for full details on indications, contra-indications, warnings and cautions.

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Speak to a Coloplast Care Advisor on the phone:

+xxxxxxxxxx

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Sign up online by visiting our website at [coloplastcare.com/bowel/](https://coloplastcare.com/bowel/)



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

[www.coloplast.com/product](https://www.coloplast.com/product)

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## New Peristeen® Light Step by step

A transanal irrigation (TAI) solution designed to bring relief



## Peristeen® Light details

Peristeen Light is a low-volume (175ml) TAI device designed to bring relief from chronic bowel disorders such as constipation or faecal incontinence. The product is designed to be easy to use and with only a few simple steps, it is a solution that is intended to fit into everyday life.

1:  
Single use catheter for smooth insertion incl. rounded tip with two water eyelets designed to minimise discomfort.

2:  
Large cone base designed to prevent output touching the outside of the water container.

3:  
One-way valve designed to prevent backflow of output into the container.

4:  
Lid designed to be easy to open. Lid lip protrudes over container to make emptying easier.

5:  
Omni-directional container, designed to be easy to hold and squeeze. Holds 175ml of water. Not made with natural rubber latex. Replace after 30 uses.



## How to use Peristeen® Light

### Before you start

To ease the irrigation, empty the bladder before starting.

### Step 1

#### Fill water container and attach catheter

Open lid and fill up the water container with lukewarm tap or bottled water (between 34°C and 40°C). If the water is too hot, it may harm the delicate lining of the bowel. If too cold, it may cause stomach cramps.

Close lid. Take the catheter out of the packaging and attach it to the lid.



### Step 2

#### Lubricate catheter and remove air

Hold the catheter under running water (tap or bottled water) for a minimum of 2 seconds to activate the coating. To remove the air in the catheter, slowly squeeze the water container until water comes out of the catheter tip. Start using the product within 2 minutes.

Note: Do not use other lubricants on the catheter.



### Step 3

#### Insert, irrigate and empty the bowel

Hold the water container and carefully insert the catheter into the rectum until the base of the catheter is touching your body. To begin irrigation, gently squeeze the water container to instill water into the rectum. Remove the catheter. Faeces and water will be expelled into the toilet.



### Step 4

#### Disassemble product

To detach the catheter from the water container, hold it with toilet paper (or similar) and pull it off the lid.

Dispose of the catheter.



### Step 5

#### Empty and dry water container

Remove residual water from the water container.

Use water and mild soap on the external surfaces of the water container. Dry with a towel or similar.

