

Handy hints for using Peristeen trans-anal irrigation (1 of 4)

Getting started

- You should consult a doctor or healthcare professional specialised in Peristeen Anal Irrigation before carrying out the irrigation procedure.
- This will include them taking a detailed medical history to explore any potential contraindications or precautions.
- If you have had previous anal, colorectal or pelvic surgery, you may need an endoscopy or similar examination to exclude any additional disorders (or diseases) that might be a contraindication to this procedure
- Before your first Peristeen Anal Irrigation, a digital rectal examination by a healthcare professional must be carried out.
- If you are heavily constipated, you will require an initial clean-out of your bowels before starting up the Peristeen Anal Irrigation procedure.

The equipment

Hand control positions

- | | |
|---------|--|
| White: | Water (to pump water into the catheter and tubing) |
| Blue: | Balloon inflation (to inflate the balloon) |
| Green: | Go (deflates the catheter balloon and allows removal of balloon and irrigated water to flow out) |
| Orange: | Off (turn to this position when irrigation has been completed). |



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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How many 'pumps' should I use to inflate the balloon?

2 - 3 pumps for a reflex bowel

4 - 5 pumps for a flaccid bowel.

If water trickles out of your rectum when you begin irrigation, try leaning forward slightly (about 2 inches).

Getting into a routine

You should expect to spend up to 6 - 8 weeks getting into a good routine so it is important to persevere.

During this time you may need to make slight adjustments to the way in which you irrigate, such as:

- the inflation of the balloon (the number of 'pumps' that is best for you)
- the frequency of irrigation - it is best to start with daily irrigations during the first 1-2 weeks. After this time you may find that irrigating on alternate day suits you better
- water volume – you may need more or less irrigation water.

Some patients find that they get better results if they do a second irrigation immediately after the first irrigation.

What to do if ...

Bowel perforation is an extremely rare but serious and potential lethal complication and will require immediate admission to hospital. Contact your doctor immediately if during or after Peristeen Anal Irrigation, you experience any of the following:

- Severe or sustained abdominal pain or back pain, especially combined with a fever
- Severe or sustained anal bleeding.

The catheter is expelled with an inflated balloon

- was the balloon over-inflated?
- try adjusting the water volumes used for irrigation
- make sure that the catheter is put in far enough into the rectum, that is, up to the 'finger hold' of the catheter
- make sure that you lubricated the catheter for at least 1 minute in water
- did you rush the procedure? Was the catheter not lubricated enough or did you pump the water in too fast?

The catheter balloon bursts:

- try lubricating a new catheter in water for at least 30 seconds before putting it into your rectum
- try inflating the balloon outside of your body to make sure that it inflates correctly. It is all right to then deflate this (by turning to the 'green' icon on the hand control, and

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then to use this catheter for your irrigation)

- is this due to rectal spasm?
- was the balloon over-inflated
- try using KY jelly to lubricate your anus.

I have rectal bleeding:

- try also using another lubricant on the catheter, such as KY Jelly
- do you have haemorrhoids?
- if bleeding still occurs after 3 days consult your GP.

NB bowel perforation is an extremely rare but serious and potential lethal complication and will require immediate admission to hospital. Contact your doctor immediately if during or after Peristeen Anal Irrigation, you experience any of the following:

- severe or sustained abdominal pain or back pain, especially combined with a fever
- severe or sustained anal bleeding.

Leaking after irrigation

- are you using too much water?
- after irrigating – stand (if you are able), wriggle your position, pressure lift (if you can)
- try digital stimulation/manual evacuation after irrigating.

I don't feel empty

- make sure your rectum is empty before starting irrigation
- try a second irrigation
- try a digital stimulation or manual evacuation.

Irrigation water doesn't come back out:

- cough, carry out abdominal massage, stand (if you are able), wriggle your position, pressure lift (if you can).

Irrigation water comes out clear for a few days:

- you may be in a good routine and your bowel is empty
- do not rush into introducing or increasing laxatives
- is your abdomen bloated?

I get abdominal cramps:

- try adjusting the amount of water used to irrigate.

I am pregnant:

- Peristeen Anal irrigation should not be used for women who are pregnant, are planning a pregnancy or are breast feeding.

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Replacing equipment

Catheters:	Single use. Use a new catheter each time you irrigate
Water chamber:	Change after every 15 uses
Hand control:	Use 90 times. Change every 6 months if irrigating every other day
Chamber lid:	Use 90 times. Change every 6 months if irrigating every other day.

Store the equipment in a dry place away from direct heat sources.

If you need further information and/or advice please contact Mel Williams (Outpatient Nurse Practitioner), Wendy Slater (Clinical Nurse Specialist), Coloplast Care or your Peristeen Nurse Advisor.