



Need help?

This step-by-step guide will help you get started with Peristeen® Light 250mL with tube.

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

The Coloplast Care programme makes sure you are not alone. As a member of Coloplast Care, you have access to a wide range of articles, help and inspiration, as well as dedicated telephone and online support from trained Coloplast Care Advisors.



There are three simple ways to sign up for our free Coloplast Care support programme:

Speak to a Coloplast Care Advisor on the phone: +xxxxxxxxxx

Send a text message with "PL" to xxxxxxxxxxxx. A Coloplast Care Advisor will then reach out to you.

Sign up online by visiting our website at coloplastcare.com/bowel/

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Peristeen® Light 250mL Step-by-step guide

Introducing our newest low-volume transanal irrigation (TAI) solution.



Peristeen® Light

 **Coloplast**

Peristeen® Light 250mL tube

Design

Peristeen Light is a low-volume TAI solution, designed to help manage faecal incontinence and/or constipation. It consists of a reusable water container, a tube and a single use catheter.

1 Lid

Designed to be easy to use. Lid protrudes over container to minimize leakage.

2 Valve

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

3 Catheter

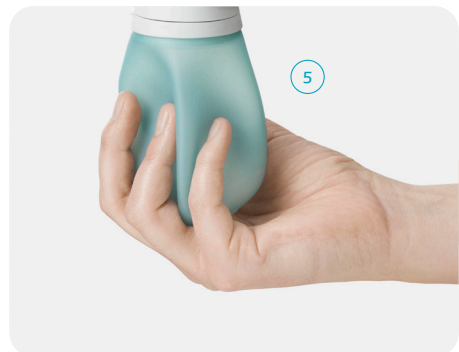
Single use catheter for smooth insertion incl. rounded tip with two water eyelets designed to minimise discomfort. Large cone base, designed to prevent output touching the outside of the water container.

4 Tube

Long extension tube with same connector in both ends of tube for intuitive use.

5 Container

Omni-directional container, designed to be easy to hold and squeeze. Holds 250mL of water. Not made with natural rubber latex. Replace after 30 uses.



How to use Peristeen® Light

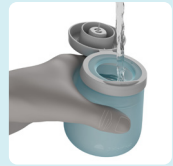
Before you start

To ease the irrigation, empty the bladder before starting.

Step 1

Fill water container

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.



Step 2

Attach catheter to tube and tube to lid

Take the catheter out of the packaging and attach it to the tube. Attach the other end of the tube to the lid.



Step 3

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. Start using the product within 2 minutes. To remove the air in the catheter and tube, slowly squeeze the water container until water comes out of the catheter tip. Note: Do not use other lubricants on the catheter.



Step 4

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 5

Disassemble product

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




Step 6

Empty, dry and storage

Remove residual water from the water container and tube. Use water and mild soap on the external surfaces of the water container and tube. Dry with a towel or similar. Store the water container with the lid open and hang the tube to dry. Keep out of reach of children. Wash and dry your hands.



 Before use, always consult the Instructions-for-Use document delivered with the products. www.coloplast.com/product