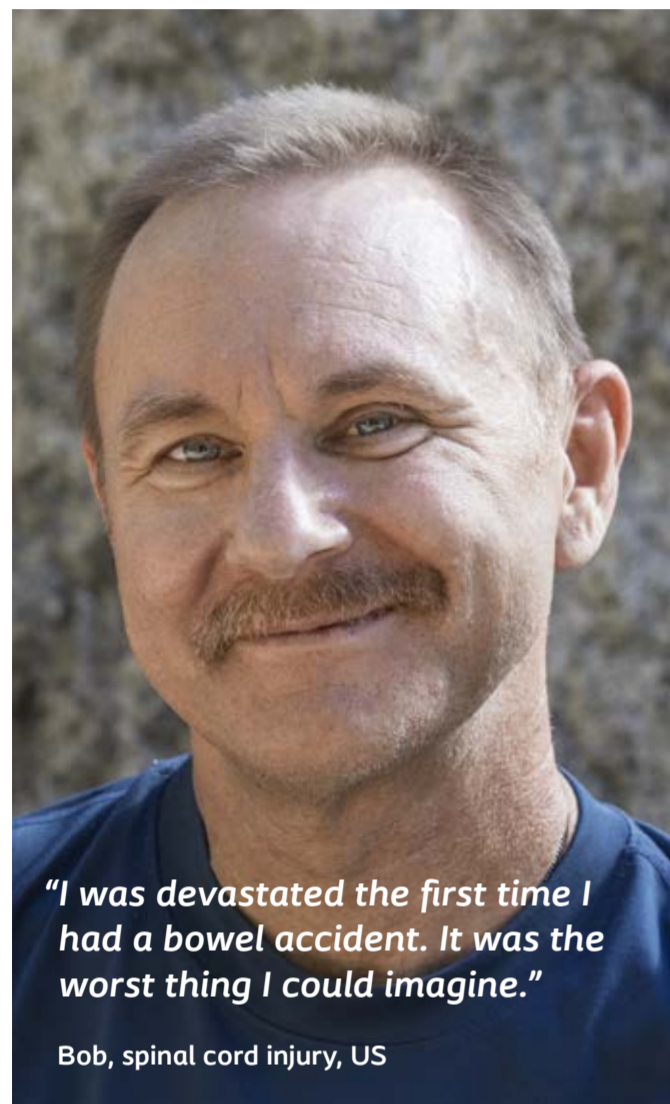




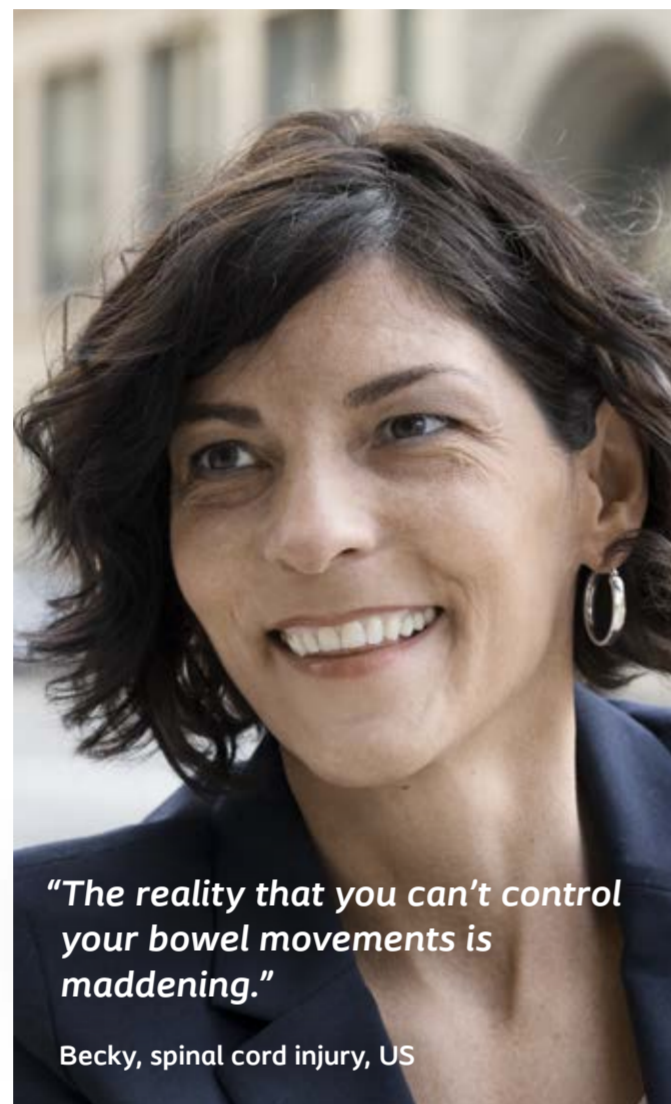
# TAI in a nutshell

Transanal irrigation (TAI) is a well-established bowel emptying technique, effective in preventing chronic bowel dysfunction.



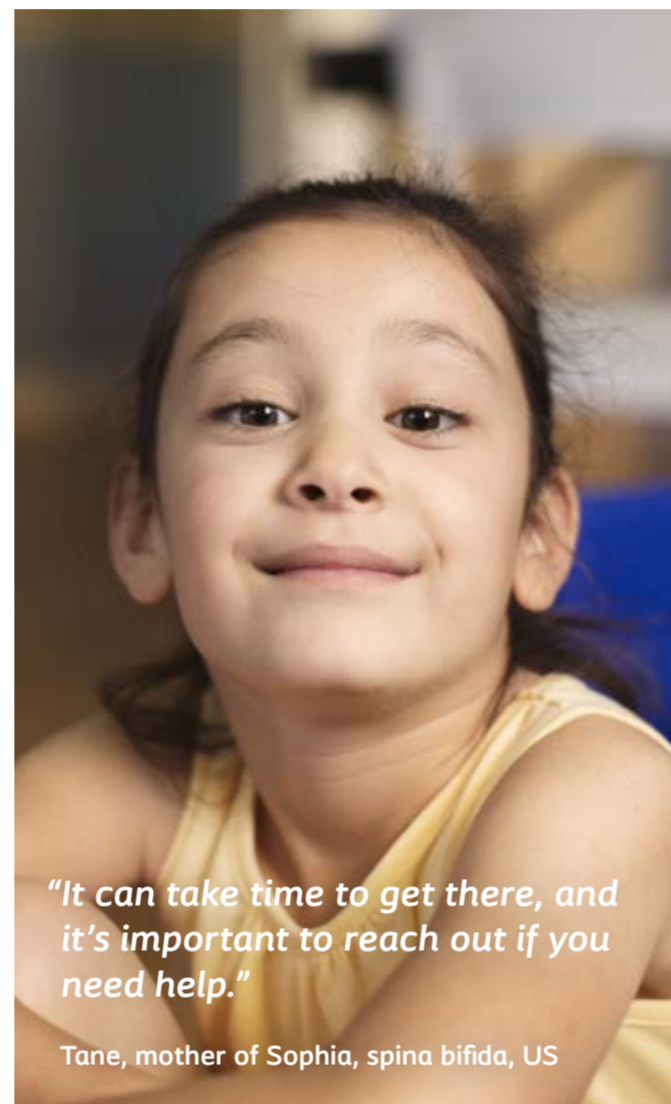
"I was devastated the first time I had a bowel accident. It was the worst thing I could imagine."

Bob, spinal cord injury, US



"The reality that you can't control your bowel movements is maddening."

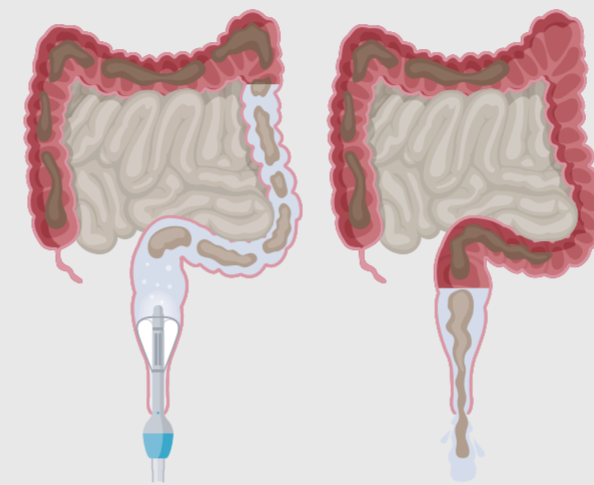
Becky, spinal cord injury, US



"It can take time to get there, and it's important to reach out if you need help."

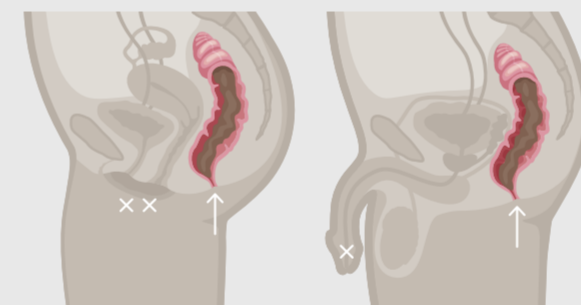
Tane, mother of Sophia, spina bifida, US

## How does TAI work?



Water is introduced through the rectum into the bowel using a rectal catheter.

After a while, water and stool are evacuated into the toilet.



Only insert the catheter into the rear opening.

Scan code and find out more.



# Peristeen® Plus



You must receive training from your nurse or doctor before using Peristeen Plus

1. Coated rectal catheter with inflatable balloon which comes in two sizes (regular and small)
2. Coated rectal cone catheter
3. Control-unit pump
4. Control-unit knob
5. Water bag with water temperature indicator
6. Screw top
7. Tubes
8. Peristeen Anal Plug



## What is bowel dysfunction?

### Constipation

Hard stools stay longer in the large bowel than usual and difficulties in passing stools, causing painful defecation and more time spent on the toilet.<sup>1</sup>

### Fecal incontinence

Reduced control over the rectal opening, causing stool leakage.<sup>2</sup>

## What can it mean for you?

### Physical health

1 in 3 with bowel dysfunction have experienced UTI\* in the last year.<sup>3</sup>

### Mental health

2 in 5 have experienced an anxiety disorder in the last year.<sup>3</sup>

\* UTI – urinary tract infection

## What can you expect?

### Tough at first

Getting used to a new treatment will be tough at first, and you can expect some ups and downs.

### Patience

It can take up to 12 weeks to establish a TAI routine.<sup>4</sup> But the effort can pay off and make a difference.

## What is Peristeen Plus?

An effective TAI system that helps you stay continent for up to two days at a time.

### Your journey

Once you master Peristeen Plus and establish your own routine, the difference is life-changing.

### What is Peristeen Anal Plug?

A discreet aid for faecal incontinence that can be used as a complement to Peristeen Plus.

## Coloplast® Care

A free programme that offers you support and advice to help you master TAI and Peristeen Plus.

- Learn the basics
- Establish your routine
- Know when it's time to talk to your nurse or doctor

"Be open to the help you get from your Coloplast Care advisor – it helps a lot."

Eva, multiple sclerosis, Sweden

Which one is closest to what you've experienced?

How does bowel dysfunction impact your everyday life?

What would it mean to you to be back in control?

What do you think of this?

What would you like to be able to do in the future?

1. Brandt LJ, Prather CM, Quigley EM, et al. Systematic review on the management of chronic constipation in North America. Am J Gastroenterol. 2005;100(s1):S5-S21. 2. Kamm MA, Faecal incontinence. BMJ. 2003;327(7427):1299-1300. 3. Coloplast, Market Study, The impact of bowel dysfunction of patients and HCPs, 2017, Data-on-file (PM-08410). 4. Emmanuel AV, Krogh K, Bazzocchi G et al. Consensus review of best practice of transanal irrigation in adults. Spinal Cord. 2013; 51:732-738.

