

Peristeen® Light 250mL Step-by-step guide

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



Peristeen® Light



Peristeen[®] Light 250mL

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 include rounded tip with two water eyelets designed to minimize discomfort. Large cone base, designed to prevent output touching the outside of the water container.

4. Container

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

5. Tube (Accessory extension tube can be purchased separately)

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



Scan this QR code to watch a video on how to use Peristeen[®] Light



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 lid.

If using extension tube (purchased separately).

Take the catheter out of the packaging & attach it to the lid. If using extension tube, attach it to the catheter & attach other end to the lid.



Step 3

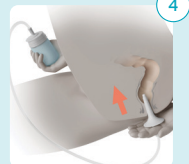
Lubricate catheter

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. Note: Do not use other lubricants on the catheter.



Remove air

To remove the air in the catheter, slowly squeeze the water container until water comes out of the catheter tip.



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 remaining 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.

Need help?

This step-by-step guide will help you get started with Peristeen® Light 250mL. Read the instructions for use that come with the Peristeen® Light system for full details on indications, contra-indications, warnings and cautions.

Product name	Item number	Product description
Peristeen Light 250ml	29176	1 water container, 30 catheters
Peristeen Light Extension Tube	29185	70 cm extension tube
Peristeen Light Cone Catheters	29172	15 cone catheters



Use irrigation only under the guidance of a qualified healthcare professional and after completing proper training. Carefully read the instructions provided in the box before beginning. If you have any questions or uncertainties, consult your healthcare professional for advice and support throughout the irrigation process.

