

Could low-volume irrigation be an option?



Symptoms

Constipation

Two or more of the following in more than 25% of bowel movements to be diagnosed with chronic constipation:

- 1 Straining
- 2 Hard or lumpy stools (*Bristol Stool Form Types 1_2*)
- 3 Sensation of incomplete evacuation
- 4 Sensation of anorectal blockage
- 5 Need for manual maneuvers to facilitate defecation
- 6 Fewer than three spontaneous bowel movements per week

Faecal incontinence

- 1 To meet the criteria for faecal incontinence, the patient must have experienced involuntary bowel leakage for at least three months.
- 2 Urgency and frequency

Excessive wiping

Questions to ask your bowel patient

Prompts to guide the consultation and potential prescription of Peristeen® Light.

Medical history

To screen for underlying causes or contributors:

- Have you experienced constipation, diarrhoea or faecal incontinence previously?
- Any history of abdominal, pelvic or colorectal surgery?
- Are you taking medications known to affect bowel function (e.g., opioids, iron supplements, antidepressants)?

Lifestyle

To identify everyday factors influencing bowel function:

- How much fluid do you typically drink?
- What does a usual day of eating look like (including fibre intake)?
- How often do you drink coffee, alcohol or energy drinks?
- How active are you in daily life?

Symptoms

To understand the patient's bowel pattern and severity and look out for any underlying causes such as colorectal cancer or inflammatory bowel disease:

- Do you have fewer than three bowel movements per week, and for how long have you had this?
- Do you experience prolonged defecation time and incomplete or unsuccessful defecation?
- Have you had any sudden change in stool consistency?
- Have you lost any weight or do you experience rectal blood loss?
- Do you ever leak stool or have unpredictable bowel actions?
- Have you any family history of colorectal cancer?

Impact on life

To understand burden and urgency:

- Is your bowel pattern affecting sleep, work or social activities?
- Do you avoid leaving home due to fear of leakage or urgency?
- How worried are you about bowel accidents or stool leakage?

Current coping strategies

To understand what has already been tried and how effective it was:

- Which treatments have you tried so far (laxatives, enemas, suppositories, digital or manual stimulation to remove faeces, probiotics, diet changes, abdominal massage, etc.)?
- Did any of these provide relief — even partially?

Peristeen® Light suitability

To assess whether low-volume TAL may be appropriate:

- Do the symptoms relate to chronic constipation, incomplete emptying or leakage/bowel accidents?
- Have previous treatments not provided sufficient relief?
- Can the patient sit safely on the toilet and manage the device?
- Are there no contraindications or red flags for underlying conditions?
- Is the patient open to a simple, water-based routine and willing to try it?



Peristeen Light® 175ml

Scan here to view the how to use Peristeen® Light 175ml video and the step by step guide.



Peristeen Light® 250ml with extension tube

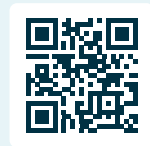
Scan here to view the how to use Peristeen® Light 250ml with extension tube video and the step by step guide.



Product name	Item number	Product description
Peristeen Light 175ml	29171	1 water container, 30 catheters
Peristeen Light 250ml with tube	29181	1 water container, 1 tube, 30 catheters

Refer patients to the bowel team by scanning the QR code and filling in the form.

Coloplast patient support is free of charge.



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