



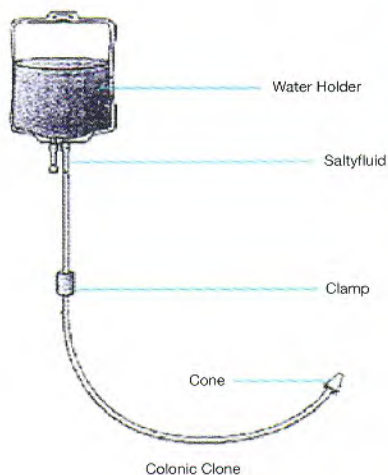
ConvaTec

Transanal Irrigation

What is it?

Transanal irrigation is an alternative method of achieving continence. It works by passing the recommended fluid into your child's bottom. This helps to break down any formed poo and stimulate the intestine to work. The fluid and poo is then passed into the toilet.

Performing this irrigation on a regular basis will keep the rectum empty, helping to prevent constipation and soiling.



There are different types of irrigation kits available, and your specialist nurse will advise you.

Equipment:

- ▶ irrigation set
- ▶ lubricating gel
- ▶ measuring jug
- ▶ recommended fluid
- ▶ bathroom hook



Procedure

1. Prepare irrigation fluid by mixing luke-warm tap water and kitchen salt in the measuring jug. The amount required will depend on your child's weight and condition.

Weight _____ Kgs

2. Carry out the irrigation as directed by your nurse specialist.
3. The child will need to sit on the toilet for about 30 – 45 minutes to empty their bowels and ensure that all the fluid has come out.
4. While the child is on the toilet the parents can gently massage the tummy in a clockwise direction to help the fluid and faeces come out.
5. Clean the irrigation set, rinse well and hang up to dry, or follow manufacturers' instructions.
6. The transanal irrigation needs to be repeated on a regular basis. To prevent soiling the procedure may be required daily, on alternate days or every third day.

Possible problems

- ▶ Bleeding – this is usually caused by localised trauma. If it does not stop spontaneously, seek medical advice.
- ▶ Poor results and soiling between irrigation – contact your child's specialist nurse as there might be a build up of hard poo. Adjustment to the volume and type of fluids used, or laxative medicines might be necessary.
- ▶ Boredom – organise for the child to have something to play with while sitting on the toilet, i.e. puzzles, books or home work!

The washout set is available on prescription.

Make _____

Item _____

Order No. _____