



## Irrigation step by step

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## You will need:

- a) water container
- b) tubing
- c) flow control/regulation clamp
- d) cone
- e) irrigation sleeve and pegs
- f) disposal bag, dry wipes and water, as well as any other accessories you may use

It is important to gather all necessary items before starting your irrigation process.



1 Begin by connecting the water container to the tubing, flow control/regulation clamp and cone.



4 Place the water container at shoulder height or higher to get sufficient water pressure. To remove all air prior to commencing irrigation, open the flow control/regulation clamp to allow water to flow into the tubing whilst tapping the side of the tube.



5 Attach the irrigation sleeve – Dansac irrigation sleeves are available with hydrocolloid barrier or ring holder for ring and belt.



8 Remove cone, this will release some water and stool into the sleeve.



9 To allow you to move freely, roll up the sleeve and attach at the top using the pegs provided. Normally your colon will empty in 20 to 30 minutes.



12 Attach a new appliance. This will usually be a Mini Cap, but in the start-up phase you may want to use a mini pouch.



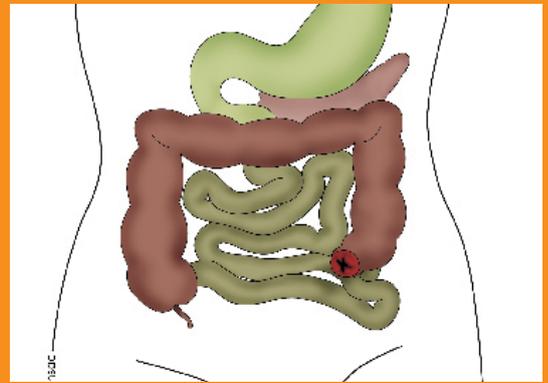
13 Disconnect and clean all irrigation parts. Dry inside the water container carefully. Place used irrigation sleeve in a disposal bag and discard with ordinary waste. Task completed.

## Irrigation enables many colostomists to control their bowel function

Irrigation is a method of cleaning the bowel by instilling water via the stoma at regular intervals. This type of bowel management is suitable for sigmoid/descending colostomies.

Irrigation must always be initiated and taught by a Stoma Care Nurse Specialist. They will provide the necessary information, determine if irrigation is advisable and decide when it is time to begin.

The procedure requires access to a toilet and clean water for at least one hour. Normally, this is necessary at a regular time every one or two days. It usually takes 2 to 3 weeks to establish a routine.



Fill the water container with lukewarm water (37°). Your Stoma Care Nurse will guide you in relation to the amount of water required to irrigate your colon.



Remove your stoma pouch and clean the skin.



Place the bottom of the irrigation sleeve into your toilet. Gently insert the cone into your stoma through the top opening of the sleeve. Insertion of the cone may be eased by using water or a lubricant.



Hold cone securely in place with one hand. Open clamp, regulating flow of water to the desired speed. Close clamp when sufficient water has entered your colon.



Roll out the sleeve placing the lower end into your toilet and empty the contents.



Remove sleeve and cleanse your stoma and skin with lukewarm water and soft tissue. Ensure that the skin is dry before putting on your appliance.

## Good Irrigation Advice

- Irrigate at regular intervals.
- Create a calm and undisturbed atmosphere.
- Don't give up. Should you not succeed, try again next day.
- Use only the necessary amount of water.
- Discontinue irrigation during illness or diarrhoea. You can resume when well again.
- Peg your clothing out of the way for convenience and hygiene.
- Protect trousers with a towel in the waistband.
- Place water container at shoulder height or higher.

# Tips for daily stoma care



After insertion of the water, it is a good idea to leave the cone in the stoma opening for a few minutes to avoid water from draining out of your bowel. You can also press your fingers over the stoma opening to keep the water in for a few more minutes. This can help emptying/evacuation of stool.



If desired, you can wait to drain the sleeve until after irrigation: Instead of placing the sleeve in the toilet, fold the irrigation sleeve and close it with two pegs. Once the evacuation of stool has taken place you can empty the sleeve into the toilet.



## Travelling tips

- Always carry irrigation set, sleeves and appliances in hand luggage.
- Remember hanger or hook with adhesive to hang up water container.
- Use only safe drinking water.



## In case of problems:

- Difficulties inserting the cone: Try to relax, check direction of colon with fingertip.
- Discomfort or pain when inserting the water: Stop water flow and gently massage abdomen, water must not flow too fast, water must be correct temperature, avoid air in tubing.
- If colon empties between irrigations: You may need additional time to complete your irrigation procedure successfully. You may need shorter intervals between irrigations.
- Contact your Stoma Care Nurse if you need any help.