

INTRODUCTION

Rectal and transanal irrigation are used in the management of chronic constipation and/or chronic faecal incontinence due to neurogenic bowel dysfunction and functional bowel disorders. It is a **highly specialised** management option, so care is needed to ensure its use is safe and appropriate. NICE has published guidance on managing bowel dysfunction with Peristeen® transanal irrigation system, concluding that Peristeen® can provide clinical benefits in most people with bowel dysfunction, improve quality of life and promote independence, without costing more than standard bowel care¹. A number of different irrigation systems are available; clinicians and patients should discuss the options before deciding on the preferred system. Comprehensive training for the patient and on-going support are essential to safe and efficient long-term use of rectal irrigation for any bowel management device selected.

POTENTIAL INDICATIONS

- Neurogenic bowel dysfunction, e.g., due to spinal cord injury, spina bifida, multiple sclerosis
- Chronic constipation, including both evacuation difficulties and slow transit constipation
- Chronic faecal incontinence
- Rectal malformation or Hirschsprung's disease in children

TREATMENT INITIATION

- Irrigation should only be considered as part of an appropriate locally commissioned bowel care pathway. It is not recommended for initiation by GPs in primary care without specialist management^{2,3}.
- A bowel assessment by a continence/gastrointestinal specialist healthcare worker is necessary before initiating (consultant colorectal surgeon, GI physiologist, clinical scientist, specialist nurse or physiotherapist). In some cases, further investigation e.g., endoscopy may be needed prior to initiation.
- It should only be considered where initial treatment with other less invasive options has proved unsuccessful:
 - **Chronic constipation:** consider diet, fluid intake, exercise and toileting routines, avoiding medications that can constipate and laxatives. Refer to [Remedy](#) for BNSSG Constipation Guidelines.
 - **Chronic faecal incontinence:** pelvic floor muscle training, bowel retraining, specialist dietary assessment and management and biofeedback.
- Recommend the [Bladder & Bowel self-care CONFidence App](#) to patients if appropriate.

CHILDREN

NICE has concluded that Peristeen® may offer significant benefits for children with bowel dysfunction¹. Before initiating in children, a medical evaluation and assessment by a paediatric-trained continence/gastrointestinal specialist healthcare worker must be undertaken, to assess appropriateness of treatment and to decide the most appropriate device for the patient. Parents should receive training in using irrigation therapy and receive ongoing support as needed.

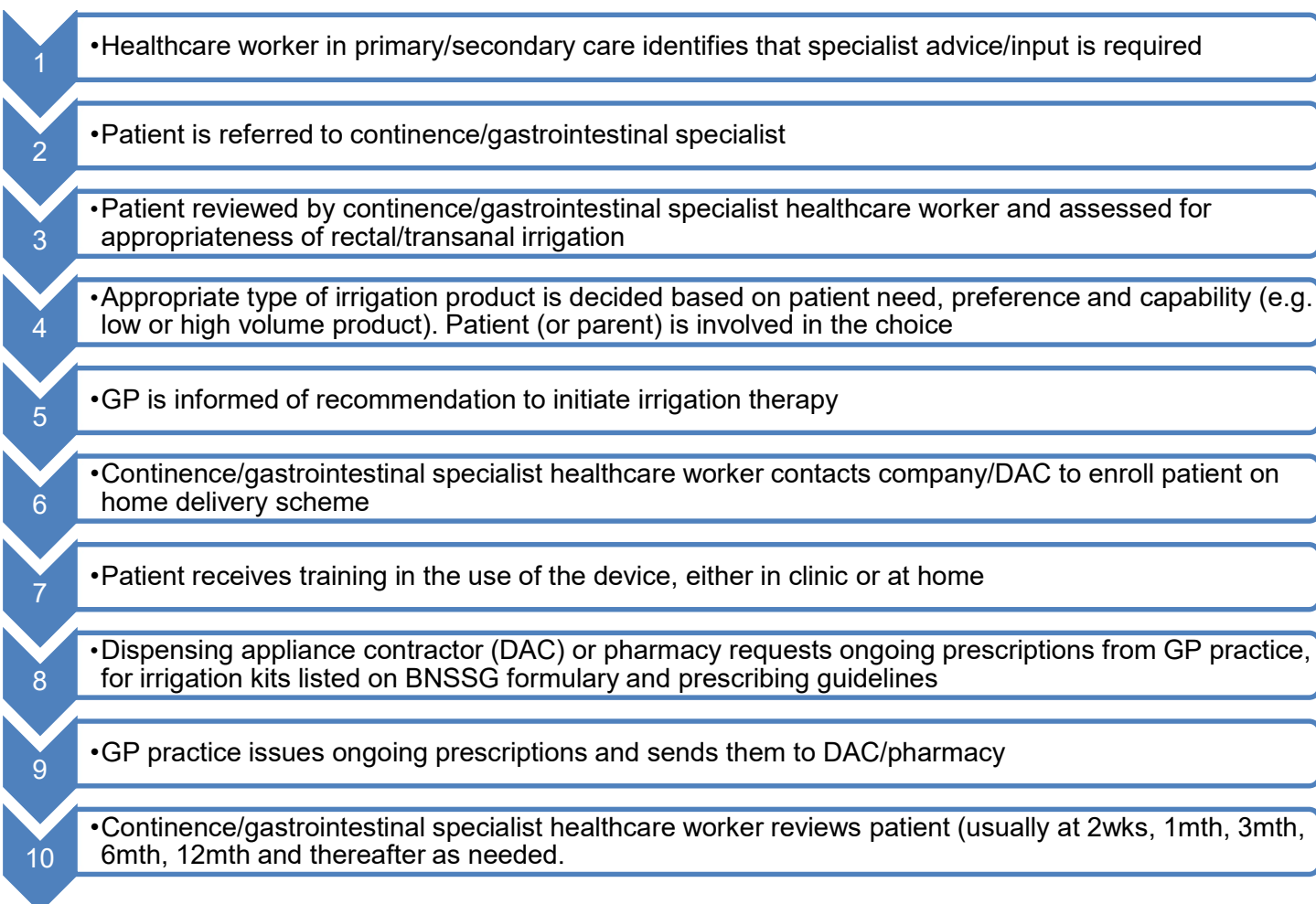
Absolute and relative contraindications for rectal irrigation^{2,4}

Absolute contraindication		Relative contraindication <i>Use only after careful discussion with a relevant bowel specialist</i>	
<ul style="list-style-type: none"> • Anal/rectal stenosis • Active inflammatory bowel disease • Acute diverticulitis • Colorectal cancer • Within 3mth of rectal surgery • Within 4wks post endoscopic polypectomy • Ischaemic colitis 	<ul style="list-style-type: none"> • Severe cognitive impairment (unless carer available to supervise/administer) • Known obstructing rectal or colonic mass • Rectal or colonic surgical anastomosis within the last 6mth 	<ul style="list-style-type: none"> • Severe diverticulosis: diffuse disease, dense sigmoid disease, previous diverticulitis, diverticular abscess • Long term steroid medication • Radiotherapy to the pelvis • Prior rectal surgery • Faecal impaction • Painful anal conditions • Bleeding diathesis/ anticoagulant therapy (not including aspirin/clopidogrel) 	<ul style="list-style-type: none"> • Current/planned pregnancy • Severe autonomic dysreflexia • Diarrhoea • Active perianal sepsis • Large haemorrhoids that bleed easily • Anal fissure • Use of rectal medications for other diseases • Congestive cardiac failure • Eating disorders

Careful considerations

Mild and transient symptoms (e.g., abdominal pain, chills, nausea and minor rectal bleeding) are seen frequently during or after rectal irrigation. Rectal irrigation carries a small risk of bowel perforation (1 in 500,000 patients⁵) which can be fatal. Patients/parents should be aware of the risks and be taught to recognise the symptoms of colonic perforation and the action to take if this occurs/is suspected.

PATHWAY FOR INITIATING RECTAL/TRANSANAL IRRIGATION



PRESCRIBING: KEY POINTS AND FORMULARY

- The frequency and volume of irrigation depends on individual response to treatment. Irrigation should be performed daily initially then reduced to alternate days where possible. For most people irrigation on alternate days (or less frequently) is suitable, although some patients such as those using a low volume device may require daily irrigation.
- The device selected for patients should be decided by a continence/gastrointestinal specialist healthcare worker after undertaking a thorough assessment of the patient. The most cost-effective brand that is appropriate for the patient should be initiated and prescribed.
- Products should not be added to repeat prescriptions at initiation. Once an appropriate routine of irrigation has been established, consider only adding items that need to be ordered on a monthly basis. Treatment should be reviewed regularly.
- Minimise waste by ensuring the correct type and quantity of consumables are ordered.
- For patients taking laxatives before starting irrigation, consider continuing these in the usual dose until irrigation is established. Patients may gradually be able to stop taking laxatives but many continue needing them.

ANAL PLUGS

Some patients who irrigate their bowels may experience faecal incontinence in-between irrigations. Following assessment by a continence/gastrointestinal specialist, some patients may benefit from using anal plugs. Children should be prescribed the small size. Adults should start on the small size and increase to the large size if leakage still occurs.

FORMULARY

All prices are Drug Tariff November 2021.

AQUAFLUSH® Cone range					
<i>Can be used in adults and children 3yrs+</i>					
Product		Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack
Compact	Starter Set	AFCS	1 pump, 5 cones, 5 lubricant sachets, 1 extension tube	Once only	£34.41
	Monthly Set	AFCM	1 pump, 15 cones, 15 lubricant sachets, 1 extension tube	1 pack/month	£58.79
Compact+	Starter Set	AFCPS	1 pump, 5 cones, 5 lubricant sachets, 1 extension tube	Once only	£34.42
	Monthly Set	AFCPM	1 pump, 15 cones, 15 lubricant sachets, 1 extension tube	1 pack/month	£58.79
Lite	Starter Set	AFLS	1 water bag, 1 pump, 1 extension tube, 7 cones, 7 lubricant sachets,	Once only	£74.00
	Monthly Set	AFLM	1 water bag, 1 pump, 1 extension tube, 16 cones, 16 lubricant sachets,	1 pack/month	£96.30
Cone Refill Pack (Lite, Compact & Compact+)		AFLA	15 cones, 15 lubricant sachets	1 pack/month	£58.79
Actif	Starter Set	AFAS	1 water bag, 1 pump, 1 extension tube, 1 strap, 5 short cones, 5 lubricant sachets	Once only	£74.00
	Monthly Set	AFAM	1 water bag, 1 pump, 15 short cones, 15 lubricant sachets, 1 extension tube	1 pack/month	£96.30
Short Cone Refill Pack		AFSC	15 short cones, 15 disposal bags, 15 lubricant sachets	1 pack/month	£58.79
Self-Retaining Cone	Starter Set	AFSRCS	1 water bag, 1 pump, 1 extension tube, 5 cones, 5 lubricant sachets	Once only	£77.00
	Monthly Set	AFSRM	1 water bag, 1 pump, 15 cones, 15 lubricant sachets, 1 extension tube	1 pack/month	£105.00
	Refill Pack	AFSRCA	15 cones, 15 lubricant sachets	1 pack/month	£75.00
Extension tubes		AFExtn	1 pair	As needed	£6.21
Manufacturer's recommended usage:					
<ul style="list-style-type: none"> • Pump: up to 1 month • Extension tubes: up to 1 month • Water bag: up to 1 month • Cones/Short cones: single use only 					

QUFORA® Cone range					
<i>Can be used in adults and children 3yrs+</i>					
Product		Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack
Irrisedo Mini	15 irrigation set	53601-015	1 pump, 15 cones	1-2 packs/month	£60.46
	30 irrigation set	53601-030	1 pump, 30 cones	1 pack/1-2 months	£120.92
Irrisedo Cone	Starter Set	QTS	1 pump, 1 water bag, 5 cones	Once only	£79.73
	15 Irrigation Set	QTM	1 pump, 1 water bag, 15 cones	1-2 packs/month	£104.18
Irrisedo MiniGo 30 Irrigation Set		QMGO	1 pump, 30 cones	1 pack/1-2 months	£195.00
Irrisedo MiniGo Flex 30 Irrigation Set		QMGOFLEX	1 pump, 30 cones with integral tubes	1 pack/1-2 months	£225.00
Accessory Set		52601-015	15 cones	1-2 packs/month	£60.46
Extension tubes		52715-015	15 extension tubes	1-2 packs/month	£46.11
Manufacturer's recommended usage:					
<ul style="list-style-type: none"> • Pump: Up to 30 uses • Water bag: up to 1 month • Cones: single use only • Extension tubes: single use only 					

QUFORA® Rectal catheter range
Can be used in adults and children 3yrs+

Product		Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack
Irrisedo Balloon System Base Set	Regular	58101-002	1 control unit, 1 water bag, 2 catheters	1 pack/3-6 months	£71.73
	Small	58102-002	1 control unit, 1 water bag, 2 catheters	1 pack/3-6 months	£71.73
IrriSedo Balloon System Accessory Set	Regular	58201-015	1 water bag, 15 catheters	1-2 packs/month	£117.85
	Small	58202-015	1 water bag, 15 catheters	1-2 packs/month	£117.85
Irrisedo Balloon System Catheter Set	Regular	58301-010	10 catheters	3 packs/1-2 months	£80.96
	Small	58302-010	10 catheters	3 packs/1-2 months	£80.96
IrriSedo Bed System Irrigation Set Catheters	5 x 12mm	53201-055	1 water bag, 5 catheters	6 packs/1-2 months	£51.13
	5 x 21mm	53001-055			
	5 x 30mm	53101-055			
	15 x 12mm	53201-015	1 water bag, 1 pump, 15 catheters	1-2 packs/month	£153.40
	15 x 21mm	53001-015			
	15 x 30 mm	53101-015			
IrriSedo Klick	Starter Set	QKSTART	5 catheters, 1 Klick tube, 1 control unit, 1 water bag, 1 leg strap	Once only	£87.99
	Catheter Set	QKCATH	15 catheters, 1 Klick tube, 1 water bag	1-2 packs/month	£133.61
	Control Unit	QKCONTROL	1 control unit, 1 leg strap	1 pack/3-6 months	£50.48

Manufacturer's recommended usage:

- Control unit: up to 90 uses
- Klick tubes: 15 uses
- Water bag: 15 uses
- Pump: 15 uses
- Catheters: single use only

PERISTEEN PLUS® Rectal catheter range

No age restrictions for use – healthcare professional to use clinical judgement

Note: the original Peristeen System is being discontinued December 2021. The original system can be prescribed in the meantime until supplies are exhausted.

Product		Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack
Peristeen Plus System (with toilet bag)	Regular	29140	1 control unit, 1 water bag, 2 straps, 1 tube, 2 catheters	1 pack/3-6 months	£79.45
	Small	29147			
Peristeen Plus System	Regular	29141	1 control unit, 1 water bag, 2 straps, 1 tube, 2 catheters	1 pack/3-6 months	£79.45
	Small	29148			
Peristeen Plus Accessory Unit	Regular	29142	15 catheters, 1 water bag	1-2 packs/month	£138.47
	Small	29149			
Peristeen Plus Rectal Catheters	Regular	29143	10 catheters	3 packs/1-2 months	£88.53
	Small	29150			
Peristeen Plus Straps		29145	10 pairs	Replace only when elasticity weakens	£5.67
Peristeen Plus Tubes		29146	2 tubes	1 pack/3-6 months	£7.94

Manufacturer's recommended usage:

- Control unit: up to 90 uses
- Tubes: up to 90 uses
- Straps: only when elasticity weakens
- Water bag: 15 uses
- Catheters: single use only

NAVINA® Cone range

Can be used in adults and children 3yrs+

Product	Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack
Classic Control Unit	69013	1 Classic control unit	1 pack/6 months	£59.60
Classic System Cone	69017	1 Classic control unit, 1 water container, 1 tube set, 2 rectal cones	1 pack/6 months	£75.64
Smart Control Unit	69014	1 Smart control unit	1 pack/2 years	£311.57
Smart System Cone	69019	1 control unit, 2 rectal cones, 1 water container, 1 tube set	1 pack/2 years	£302.59
Consumable Set Cone	69016	15 rectal cones, 1 water container	1 pack/month	£117.59
Tube Set	69011	1 cone/catheter tube, 1 water container tube	1 pack/6 months	£9.14

NAVINA® Rectal catheter range

**Can be used in adults and children 3yrs+ / ^Can be used in adults only*

Product	Product code	Consumable contents	Appropriate prescribing quantity	Cost/ pack	
Classic Control Unit*	69013	1 Classic control unit	1 pack/6 months	£59.60	
Classic System Catheter^	69005	1 Classic control unit, 1 water container, 1 tube set, 2 standard rectal catheters	1 pack/6 months	£77.89	
Classic System Catheter Refill^	69006	1 Classic control unit, 1 water container, 1 tube set, 2 standard rectal catheters	1 pack/6 months	£77.89	
Classic System Catheter Small*	69007	1 Classic control unit, 1 water container, 1 tube set, 2 small rectal catheters	1 pack/6 months	£77.51	
Smart Control Unit*	69014	Smart control unit	1 pack/2 years	£311.57	
Smart System Catheter^	69009	1 control unit, 2 standard rectal catheters, 1 water container, 1 tube set	1 pack/2 years	£311.57	
Smart System Catheter Small*	69010	1 control unit, 2 small rectal catheters, 1 water container, 1 tube set	1 pack/2 years	£310.08	
Consumable Set	Standard^	69003	15 standard rectal catheters, 1 water container	1 pack/month	£134.93
	Small*	69004	15 small rectal catheters, 1 water container	1 pack/month	£134.28
Rectal Catheter Set	Standard^	68940	10 standard rectal catheters	1 pack/month	£85.01
	Small*	68943	10 small rectal catheters	1 pack/month	£84.60
Tube Set*	69011	1 cone/catheter tube, 1 water container tube	1 pack/6 months	£9.14	

Manufacturers recommended usage:

- Classic Control Unit: 100 uses
- Smart Control Unit: 400 uses or 2 years from date of first use
- Water container: 15 uses
- Tube set: 100 uses
- Cones: single use only
- Rectal catheters: single use only

Product	Size	Product code	Pack size	Appropriate prescribing quantity	Cost/ pack
Peristeen Anal Plug (<i>Foam Plugs</i>)	Small	1450	20	Single use. 1 insert can be left in for up to 12 hours.	£48.69
	Large	1451	20	1-2 packs/month	£47.69
Renew Insert (<i>Silicone plugs</i>)	Regular	FG730	30	Single use. 1 insert can be left in between bowel evacuations (24-48 hours). 1 pack/month	£68.53
	Large	FG731	30		£68.53

USEFUL CONTACT DETAILS

Organisation	Nurse/Advisor contact details
Renew Medical Inc (Aquaflush®)	Sarah Kinsella Mobile: 07771 242321 Email: sarahk@renew-medical.uk
MacGregor Healthcare Ltd (Qufora®)	Amanda Williams Mobile: 07817 380379 Email: amanda@qufora.co.uk Advisor team email: https://myqufora.com/ Customer Care Service: 0845 5192040
Coloplast Ltd (Peristeen Plus®)	Karis Phillips Mob: 07985 322514 Email: karis.phillips1@nhs.net or gbkpi@coloplast.com
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Sirona Care & Health	Christine James Office: 01275 885185 Mob: 07717 150073 Email: Christine.james8@nhs.net Bladder & Bowel team email: sirona.continenceservice@nhs.net
University Hospitals Bristol and Weston NHS Foundation Trust	Adults: Katherine Mabey (Clinical GI Physiologist) Office: 0117 3420045 Email: katherine.mabey@uhbw.nhs.uk Children: Claire Bohr (Paediatric Stoma and Bowel Nurse Specialist) Office: 0117 3428457 Email: claire.bohr@UHBristol.nhs.uk
North Bristol NHS Trust	Laura Thomas (Clinical Physiologist and Urodynamics Unit manager) Office: 0117 4148801 Email: laura.thomas2@nbt.nhs.uk

References

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6. National Institute for Health and Care Excellence. Faecal incontinence in adults: management. Clinical guideline [CG49]. Published 2007 Jun, checked 2018 Jun. Accessed 25/11/21 via <https://www.nice.org.uk/guidance/cg49>