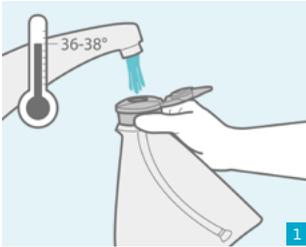


Instructions: Anal Irrigation

Please read the enclosed instructions for use carefully before using the product.



Fill the water bag with lukewarm water (36 – 38 °C) as far as the zero marking. Close the lid when it is full. You will hear a clicking sound when it is closed tight.

Connect the tube attached to the grey connector with the grey screw cap. Lock the connector by turning it 90° clockwise.



Open the catheter packaging at the top only (2 – 3 cm). Attach the rectal catheter to the tube using the blue connector and turn it 90° until the connector locks into place.



Activate the coating by turning the control unit to the water symbol and pumping water into the catheter pouch (pump 2 – 3 times). Turn the control unit to the balloon symbol to stop the water flow. Wait for 30 seconds to activate the coating.



Slowly and carefully insert the catheter as far as the handle and pump 1 – 2 times to fix the catheter.

Tip: If the balloon can be removed by pulling on it slightly or if water leaks out, pump one more time (maximum 3 pumps in total).

Always irrigate at the same time of day:
The ideal time is 30 minutes after breakfast. Or after dinner. It is important to maintain a regular pattern.

Do not use any extra lubricant:
The coating means that additional lubricants such as Vaseline are not necessary. They can even impair the stability of the balloon and cause it to burst.

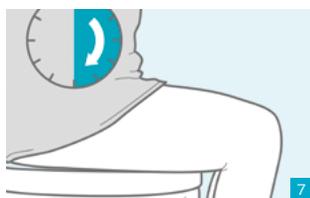


Turn the control unit to the water symbol and pump the water slowly into your rectum. Always proceed in steps of 100 ml until the proper amount of water has been pumped into the rectum.

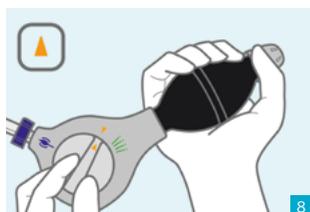
Tip: Always turn the control unit to the balloon symbol in between pumping the water in order to prevent it from leaking back out again.



Then turn the control unit to the air symbol to deflate the balloon. Pull the tube gently out to remove the rectal catheter.



Stay sitting on the toilet. The bowel automatically starts to empty. If this does not happen, it may help to press, cough or move the upper part of your body. The time it takes to empty the bowel depends on the individual. It usually takes around 30 minutes.



Disconnect the rectal catheter from the tube system and dispose of it as household waste. Disconnect the grey connector from the lid and empty the water bag. Turn the control unit to the orange symbol before hanging the system up to dry.