

Your guide:

Life with Navina Irrigation when you suffer from Bowel Dysfunction



Navina™

DEAR READER

This guide was made for anyone who has been prescribed the therapy bowel irrigation, also known as Transanal Irrigation (TAI), for your bowel dysfunction. Our aim is to give you greater knowledge about your bowel, available treatments and more specifically, about bowel irrigation.

We believe that bowel irrigation is a good option, as we have met many people whose everyday lives have been improved using the therapy. Through bowel irrigation they have regained their confidence and control, without thinking too much about their bowel.

We have gathered knowledge and insights from healthcare professionals, and scientific experts. We have also talked to many users about their experiences. One user story has been included in this guide, but more testimonials and other information are available at www.wellspect.com.

We hope this guide will give you knowledge, insight and motivation to start using bowel irrigation!

Beverley Collins
RGN Clinical Nurse Lead

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Feeling free again

“I have total control and don't have to be afraid of unpleasant surprises.”

Noah 49, User of the Navina Irrigation System

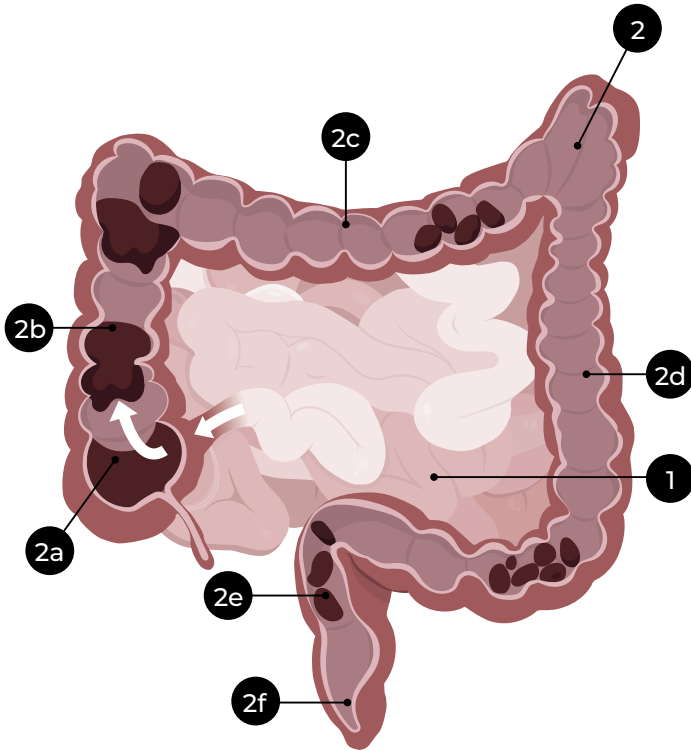
REGAIN CONTROL WITH BOWEL IRRIGATION

Living with bowel problems is difficult, it affects your life and your wellbeing. But you are not alone. We have met many suffering from bowel dysfunction, many who struggle for far too long with dietary and stool changing medication without effective results.

Bowel irrigation is a succesful therapy for many people living with bowel dysfunction. Bowel irrigation restores a healthy bowel routine, helping you regain control of when and where to go to the toilet. With that, the fear of

accidents eventually disappear, and you can start living your life without constantly thinking about your bowel and toilet needs. When the bowel works, life works.

However, bowel irrigation may feel strange or intimidating in the beginning, and it may take some time to get it right. As your stomach and digestive tract is a complicated system, it needs time to adjust to new routines. But it will be worth it in the long run. We hope this guide will help you along the way.



- 1. Small intestine
- 2. Large intestine
- 2a. Caecum
- 2b. Ascending colon

- 2c. Transverse colon
- 2d. Descending colon
- 2e. Rectum
- 2f. Anal canal

THE DIGESTIVE TRACT

After food has been digested in the stomach, it passes into the small intestine (ileum), which main function is to absorb nutrition. The digested food moves into the colon.

The colon absorbs salts and water and converts the remains into feces.

The transit time through the colon is about 1 to 3 days. Feces are stored in the rectum, until a signal to the brain is given to defecate, and the feces then exit through the anal canal. It is regarded normal to pass stool from 3 times per day to 3 times per week.

WHAT HAPPENS WHEN THE BOWEL DOESN'T WORK?

The reason or underlying cause of why you experience problems may vary, but the symptoms are the same. Constipation and bowel leakage are bothersome symptoms and more common than we think.

Neurogenic bowel dysfunction (NBD) is when the cause is neurogenic, i.e. due to a disease or injury of the central nervous system or peripheral nerves involved in the control of bowel emptying.

Examples of conditions are spinal cord injury, multiple sclerosis, spina bifida and Parkinson's disease. As the effected nerves also control the bladder, it is not unusual to experience problems with the bladder too.

Other reasons why you may experience bowel problems could be pelvic floor dysfunction, for example after childbirth.

You can also experience bowel problems after surgery or cancer in the colon or rectum.

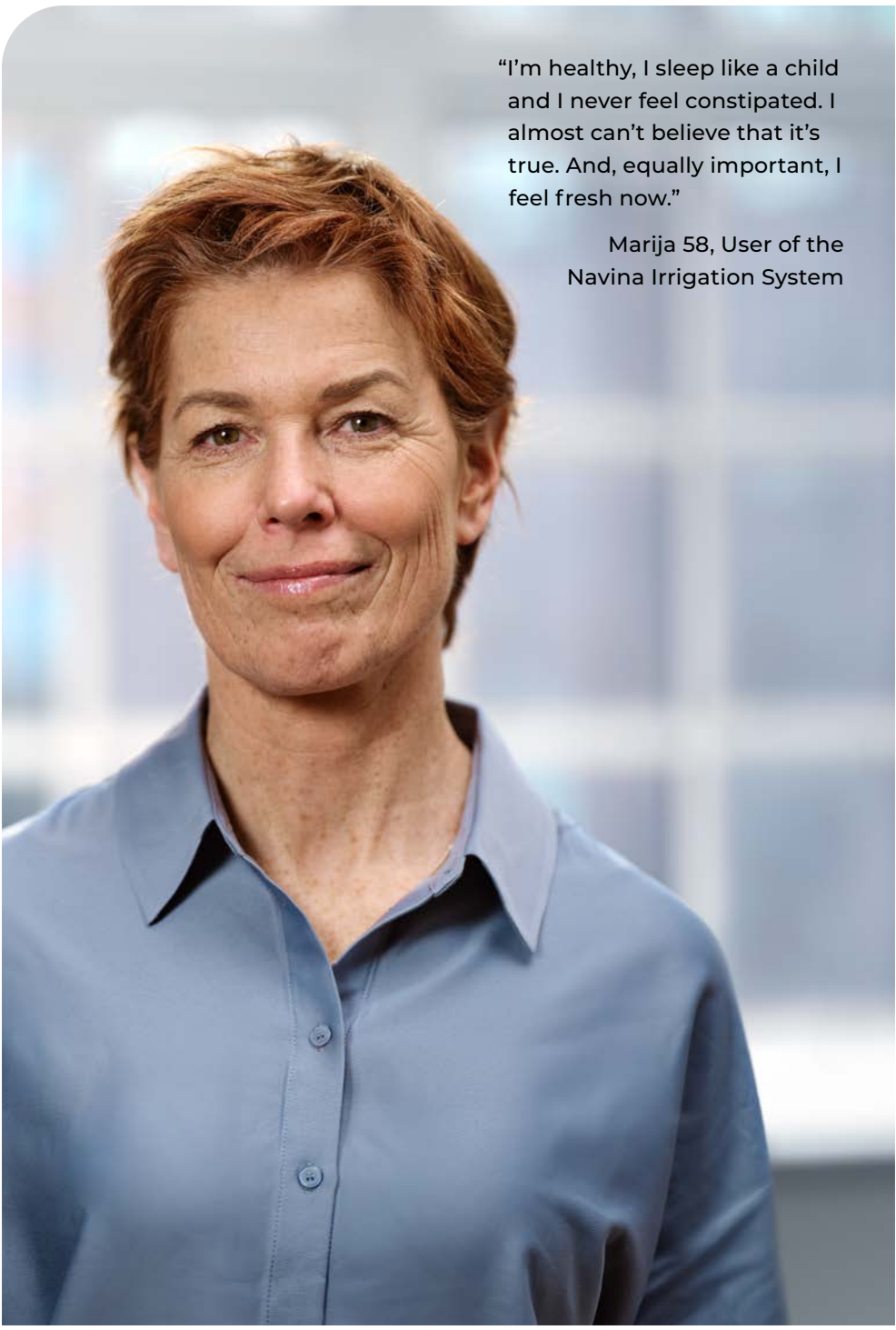
In some cases, no underlying causes can be found, and this is called idiopathic or functional bowel disorders (FBD).

Constipation

Constipation is very common if you have bowel dysfunction. It is characterized by infrequent and irregular bowel movements, resulting in hard, dry stools, which are difficult to pass. Constipation can cause the bowel to stretch and the muscles to weaken over time, or cause nerve damage leading to bowel leakage.

Bowel leakage

Bowel leakage is another common problem for people with bowel dysfunction. The condition is characterized by involuntary release of feces. You can become incontinent from constipation, where watery stools pass the mass of hard stool, causing leakage. It is not uncommon to suffer from both of these disorders simultaneously.



“I’m healthy, I sleep like a child and I never feel constipated. I almost can’t believe that it’s true. And, equally important, I feel fresh now.”

Marija 58, User of the
Navina Irrigation System

EXISTING TREATMENTS

There are several ways to treat bowel dysfunction and you may require more than one intervention to get the results you desire. The pyramid shows interventions, where the levels of complexity, invasiveness, risk and irreversibility are increased. The choice of interventions does not only depend on the specific bowel dysfunction, but also by your mobility, hand function, independence, home environment, and, of course, personal preferences.

Conservative methods

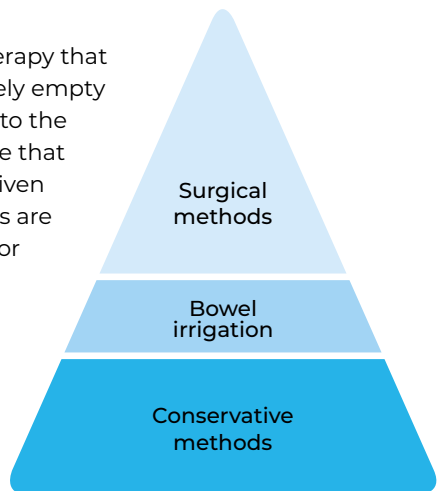
At the bottom of the treatment pyramid you will find the most conservative therapies. Diet, exercise and life style alterations are common, but also laxatives or constipating drugs, suppositories, biofeedback and digital stimulation or digital removal of stool may be recommended. Many people struggle with these therapies far too long without reaching satisfactory results.

Bowel irrigation

Bowel irrigation is the next step. It is a therapy that works for many and a method to effectively empty the bowel or rectum by instilling water into the bowel via a rectal catheter or cone. People that could benefit from irrigation should be given the chance to do so sooner, as often, years are spent at the first level with no progress nor satisfactory results.

Surgical methods

Higher up in the pyramid the methods become more invasive and irreversible. These include surgical options such as nerve stimulation or a stoma bag.



Bowel Irrigation:

WHAT ARE THE BENEFITS?

Regular irrigation of the bowel empties the colon and rectum effectively.

This gives you control over the time and place of when you choose to empty your bowels.

When bowel irrigation has been compared to bowel care with medications, there are:

- Fewer complaints of constipation
- Less bowel leakage
- Improved symptom-related quality of life

Other significant advantages of bowel irrigation are reduction of time and energy spent on bowel management, and the fact that it can promote independence from carers.

No more bowel accidents

When the training period is over and your bowel has adapted to bowel irrigation, you should have achieved a bowel routine, avoiding both constipation and incontinence.

The aim of bowel irrigation is to restore a regular and well functioning bowel, allowing you to lead a normal life.



GETTING STARTED WITH BOWEL IRRIGATION

It is important to get a training session in bowel irrigation with a healthcare professional before getting started at home. Moreover, it is helpful to establish a routine for irrigation. It is usually recommended to irrigate after a meal in the morning or in the evening.

Bowel irrigation is not a standalone solution, the recommended diet still needs to be kept as well as drinking enough water.

Succeeding with Bowel Irrigation

The factors behind succeeding with bowel irrigation are:

- Motivation
- Realistic expectations
- Allowing time for learning and adapting (the initiation period)

Our advice to anyone starting with irrigation is to be prepared and give yourself time to adapt to the new routines. Set a realistic timeframe. It may take up to 12 weeks to find the optimal irrigation routine and have a satisfying outcome. When the initiation period is over and you have found a routine that works for you, it may suffice to irrigate every other day, but this is highly individual. The body will have to adapt to the treatment. Have patience, and it will be worth it!



Navina Irrigation System:

EASY AND INTUITIVE HIGH VOLUME BOWEL IRRIGATION

Navina Irrigation System is an easy to use, high volume irrigation solution. By using Navina Irrigation system, you can achieve a regular bowel routine and benefit from the increased freedom that this brings.

The Navina Irrigation System can significantly reduce the time spent on the toilet, worrying about constipation and the risk of bowel accidents.

As with all Navina products, Navina Irrigation System is easy to learn and use, with a straight forward and intuitive design. The choice of a manual or electronic control offers flexibility to meet your specific needs, regardless of things such as hand function.



Navina Smart:

INNOVATIVE BOWEL IRRIGATION WITH THE TOUCH OF A BUTTON

Navina Smart was designed so that everyone, including children and people with reduced hand function, could get precise, safe and controlled bowel irrigation with just the touch of a button.

Navina Smart is easy to learn and use. It has built-in safety features and personalised settings to ensure that it delivers the same irrigation, every time.

Navina Smart app

Navina Smart comes with an app that allows you to track and record your settings and progress in order to optimize your routine or share with your healthcare professional. All data from the latest irrigation, such as balloon size, amount of water, waterflow rate and duration, can be transmitted to the Navina Smart app via Bluetooth.



Navina Classic:

BOWEL IRRIGATION MADE SIMPLE

Navina Classic was developed together with users and healthcare professionals with one goal: to make bowel irrigation simple.

The manual control unit is intuitive and straight forward, with color-coded connectors and descriptive symbols. Navina Classic is reliable, putting you in control. Two separate hand pumps regulate the inflation of the balloon and instillation of water, so that you can manually adjust to suit your needs.



Navina Irrigation System:

WHAT'S INCLUDED



Catheters & Cone

- Navina balloon catheters are available in two sizes: Regular, for adults, and Small, from 3 years of age.
- The Navina balloon catheters are flexible, the balloon seals the rectum and ensures the catheter stays in place.
- The cone shaped catheter is designed for easy insertion and minimized leakage. This is also available from 3 years.
- All rectal catheters are made of soft and flexible material with a slippery hydrophilic surface for easy insertion and withdrawal.

Water Container

- Sturdy and stable 1.5 liter container, yet collapsible to require minimal storage space when not used.
- Two scales make it easy both to fill up desired volume and to follow the instilled amount of water.
- Lid designed to be easily opened and closed even with reduced hand function.
- Practical strap for lifting and hanging of the water container.
- Integrated lid (no assembly needed).



Tube-set

- Color coded connectors to facilitate assembly.
- Flexible yet robust water and air tubes.
- Easy to clean.

Practical Navina case for storage and traveling.



Accessories

- Grip rings for attachment to the tube if increased grip is needed when inserting the catheter.
- Lanyard for convenient suspension of the control units around the neck.
- Positioning strap/clip making it possible to attach the control units to a leg or arm.

Navina Irrigation System:

GETTING STARTED WITH NAVINA CATHETERS

You have been prescribed the Navina Irrigation System to start performing bowel irrigation. To start an irrigation, prepare the system by filling the water container with lukewarm tap water, and connect the tubing between the control unit and water container. More detailed instructions can be found in your Instructions For Use.

Before the system can be used all air must be emptied from the tubes and the hydrophilic (slippery) coating of the rectal catheter must be activated with water.

After activation, the catheter is inserted into the rectum and the balloon is inflated to work as a seal. Inflate either electronically with the Navina Smart control unit; or manually with the Navina Classic control unit.

Once the catheter is in place, water can be instilled without leakage. After water instillation, deflate and remove the catheter and wait for the water and your bowel to empty into the toilet.

The size of the balloon and amount of water instilled will be decided and set together with your healthcare professional.



GETTING STARTED WITH NAVINA CONE

To start an irrigation, prepare the system by filling the water container with lukewarm tap water with as much water as you have been instructed to instill (plus some extra for activating the cone), and connect the tubing between the control unit and water container. More detailed instructions can be found in your Instructions For Use.

Before the system can be used all air must be emptied from the tubes and the hydrophilic (slippery) coating of the rectal cone must be activated with water.

After activation, the tip of the cone is inserted into the rectum. Once the cone is in place you hold it still and then water can be instilled.

The amount of water instilled will be decided and set together with your healthcare professional.

After water instillation, remove the cone and wait for the water and bowel to empty into the toilet.



Save time

Once you've learned the procedure and your body has adapted to it, the procedure should only take between 15 and 60 minutes.

BACK TO LIFE

SARAH'S STORY

"It all started in 2015 when I woke up one morning and found my bed soaked. It was horrible and embarrassing because I share my bed with my husband. I was trying to cope with my symptoms by waking up early to change myself before my husband woke up, but it wasn't always successful.

I was embarrassed. I couldn't tell anyone. I wouldn't go out much in fear of having an 'accident'. I wore pads, had spares in my bags and I even had spare clothes at one point. I eventually went to see my GP and was given many tips that didn't

seem to work on me."

Seeking an answer

"I was later referred to St George's hospital to see a specialist who put me on stimulation treatment. This involved me attending a clinic every other week and having impulses sent to the nerves in my anus to try and strengthen the muscle around that area.

This seemed to be working as I was having fewer accidents. But the treatment was only for a number of weeks and I was soon left in the same position I was in before I started the treatment.



On a review with the consultant she offered me bowel irrigation. At first it all seemed confusing, but it was really easy to get the hang of. I can honestly say it has changed my life. I have a routine and I use bowel irrigation when I know I will be going out for long periods of time.”

Back to life

“Bowel irrigation clears me inside and it has even helped my irritable bowel condition. It has also helped regulate my blood sugar levels (I am diabetic) which

has really surprised me. I feel more confident when going out. There is no need to suffer in silence.

Many people have incontinence issues and it shouldn't be something that is hidden and made to feel awful about. Bowel irrigation has kept my independence which above all is most important to me.”

NAVINA IRRIGATION SYSTEM: Q&A

– How often will I need to do the procedure?

From the start it is good to irrigate every day and after an initial period of 1–2 weeks, most people can slow down and irrigate every other day.

– How long will it take?

For most people irrigation takes 15–60 minutes.

– Can I do it on my own?

Yes, most people can irrigate themselves.

– What is a normal routine?

For most people, with and without bowel dysfunction, the bowel works in a regular manner. It is therefore good to also irrigate regularly.

– For how long must I try the procedure before it is effective?

Most people find a routine and pattern that works within the initial "tuning" period (4–12 weeks).

– Does it hurt?

Some people express fear and worry about starting bowel irrigation. It should not hurt. If the water is too cold it may cause stomach cramps. The water temperature should be 36–38 °C.

– I followed the instructions but no feces came out?

Abdominal massage, movement or coughing may encourage the feces and water to come out. It may be due to constipation or dehydration. Irrigating 30 minutes after eating or drinking may help to stimulate the natural activity of the bowel.

– Is it ok to use tap water?

You should irrigate using lukewarm tap water (36–38 °C). If you can drink the water it is okay to irrigate with.

– Do I have to wash myself afterwards?

Some people think showering in conjunction to irrigation is a good routine, but it is not necessary, as long as you stay clean and dry.

– What about my diet, can I eat and drink whatever I want?

Eating a varied diet is good for digestion and bowel health and recommended for everyone. Having your meals at approximately the same time each day further helps the digestive tract and bowel to establish a routine. Drinking enough water and staying hydrated is also important.

“Once bowel irrigation has been established the time for bowel routines is so much quicker than using previous conservative management options.”

Beverley Collins,
RGN Clinical Nurse Lead

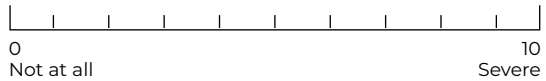


BOWEL IRRIGATION DIARY

When you first start using Navina bowel irrigation, it can be helpful to use a bowel diary to support your journey and for you and your healthcare professional to keep track of your progress.

Before you begin your journey, fill out the score below on how much your bowel problems bother you. As you progress, you can revisit the scale and and a new score after 2 weeks, 1 month, 2 months and 3 months.

Date:		Score:	
Date:		Score:	
Date:		Score:	
Date:		Score:	



Record your irrigation

In the beginning, while you are getting started with your irrigation routine, it is important to irrigate every day (unless otherwise instructed by your healthcare provider) and fill out your diary after every treatment. This will also help your healthcare provider make adaptations to your regime if necessary.

Your prescription:

Water Volume	Balloon Size

Bowel diary instructions

Fill out the date, time, water volume used and rate the result of each treatment using the scale below by filling in the stars. You can also add comments, for example if you needed to make adjustments, how it felt or if there were any problems.



1 star = bad, 3 stars = ok, 5 stars = great

Date	Time	Volume Used	Result	Comments
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At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com).

Join the conversation on LinkedIn, Twitter, Facebook and Instagram.

wellspect.com

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Navina Irrigation System

Intended use

Navina Irrigation System is intended for Transanal Irrigation by instilling water up into the lower part of the colon through a rectal catheter.

Indications

The Navina Irrigation System is indicated to help adults and children from 3 years who suffer from fecal incontinence, chronic constipation, and/or time consuming bowel management. By instilling water up into the lower part of the colon, the peristaltic muscles in the bowel can be triggered and start to evacuate the content of the lower colon and rectum.

Contraindications

Do NOT use Navina Irrigation System if you have one or more of the following:

- Known anal or colorectal stenosis
- Active inflammatory bowel disease
- Acute diverticulitis
- Colorectal cancer
- Ischemic colitis
- You are within three months of anal or colorectal surgery
- You are within 4 weeks of previous endoscopic polypectomy
- You are pregnant

As the list may not be exhaustive, healthcare professionals will always consider individual user factors as well. Before use see Instructions for Use.



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Rx Only