

Caregiver Guide: Your child and Navina Bowel Irrigation



Navina™

DEAR PARENT OR CAREGIVER

This guide is about bowel irrigation (also known as transanal irrigation, TAI), and has been developed to support you as a parent or caregiver of a child about to undergo the procedure. Our aim is to give you knowledge and insight about how the bowel works and how bowel irrigation can help.

Bowel irrigation has been used for children since the 1980's. Following the development of new devices in the last 10 years, it has now become part of routine bowel management for children with ongoing problems.

We know many people, both children and adults, whose everyday lives have been improved using the therapy. With bowel irrigation to help gain control over their bowels, children have more time to do the things they want to do. With this comes increased confidence, and you as a parent or caregiver save a lot of worries, effort and time.

We have gathered information from healthcare professionals, scientific experts, parents and users. We hope to increase your knowledge and motivation to start using bowel irrigation together with your child!

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TAKE CONTROL AND SAVE TIME WITH NAVINA

Living with bowel problems can be challenging, impacting not only the child but also the daily routines and overall lifestyle of the entire family.

Many caregivers of children dealing with bowel dysfunction find themselves grappling with prolonged reliance on dietary adjustments and medications like laxatives or stool softeners, often without achieving the desired results. Fortunately, there is a better solution available.

Bowel irrigation is a successful therapy for many kids dealing with bowel issues. It helps bring back a healthy bowel routine, allowing your

child to control when and where to use the toilet.

With Navina bowel irrigation, the hassle of accidents gradually goes away. You and your child can go back to living life without constantly worrying about the toilet. In short, when the bowel works, life works.

Bowel irrigation may initially seem unfamiliar or intimidating, requiring a period of adjustment to get it right. As the stomach and bowel are a complicated system, they need time to adjust to new routines. The investment of effort and patience, however, will pay off in the long run.

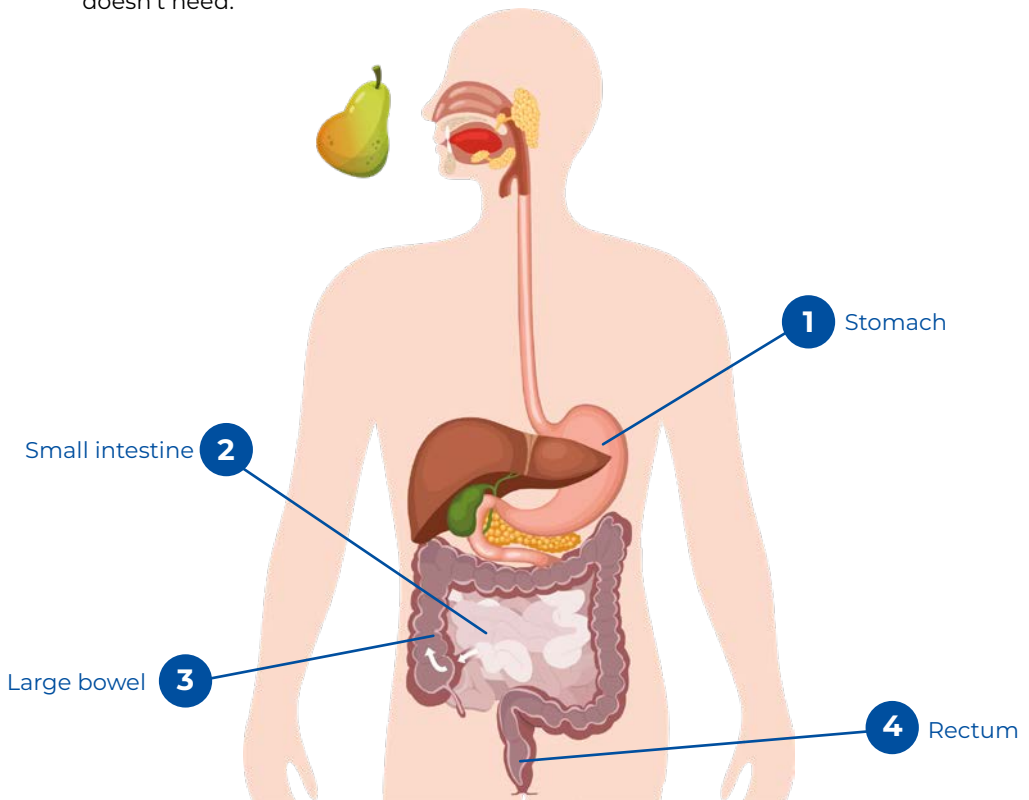


HOW DOES THE BOWEL WORK?

Imagine the tummy is like a big machine.

1. After you eat, food is broken down in the stomach.
2. Then, it enters the small intestine, which absorbs vital nutrients.
3. It then moves to the large bowel which absorbs salts and water and makes poop out of the stuff the body doesn't need.

4. The poop then travels to the end of your bowel and gets stored in the part called the rectum.
5. The poop waits in the rectum until a message is sent to your brain and tells you it's time to use the toilet.





WHAT HAPPENS IN THE BODY WHEN THE BOWEL DOESN'T WORK?

Bowel dysfunction is a condition that can have many different causes. A child can have a bowel dysfunction as a result of birth anomaly such as spina bifida or anorectal malformation, it can be developed as a result of injury or illness, like a spinal cord injury or most commonly, there is no underlying reason for bowel dysfunction at all.

If your child has bowel dysfunction they may experience constipation, pain, bloating, and bowel leakage, making daily life a struggle.

Constipation is characterized by infrequent and irregular bowel movements, resulting in hard, dry poop, which is difficult to pass.

Bowel leakage is another common problem for children with bowel dysfunction. It causes unexpected release of poop.

WHAT HAPPENS WITH LIFE WHEN THE BOWEL DOESN'T WORK?

Living with bowel dysfunction can be difficult. Children with bowel dysfunction may experience pain, bloating, loss of appetite and also soiling many times a day. This often results in emotional upset, embarrassment and social insecurity.

Many families spend a considerable amount of time trying to manage these problems. The time it takes to eat, go to the toilet or trying to go to the toilet, wash clothes after leaks and/or change diapers, care for chafed and sore bottoms, has a considerable impact on everyday life.

Realistically, this limits play time and the child's possibility to participate in social activities.

Many caregivers devote a lot of time trying to find the right treatment for their child. Every new failed attempt can be emotionally draining and lead to a feeling of hopelessness. On top of this, there may be siblings that also crave and deserve attention.



BOWEL IRRIGATION: THIS IS HOW IT WORKS

Bowel irrigation, also known as transanal irrigation (TAI), is an effective technique for bowel emptying.

Using a manual or electronic pump, water is gently introduced into the bowel through a rectal cone or catheter, promoting natural bowel movements. After removing the catheter, both water and poop are emptied into the toilet.

No more accidents

Regular irrigation ensures your child's bowel stays empty until the next session, providing control over when and where they use the toilet. Other added benefits include reducing time and energy spent on bowel management, benefiting both your child and your family.

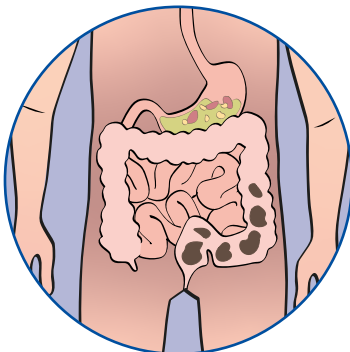
Older kids and teens can often learn to perform the procedure independently, fostering independence and self-confidence.

More time for play

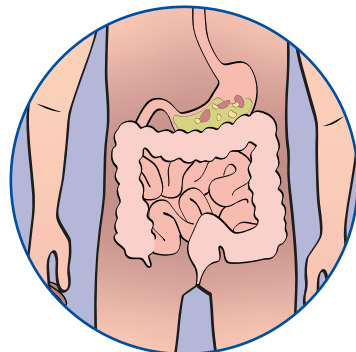
After the training period, your child's adapted bowel should establish a routine free from constipation and accidents, allowing for a life unrestricted by bowel issues. The confidence gained from reduced accident risk not only saves time but also encourages a more active social life.

After mastering the procedure, bowel irrigation takes just 15 to 60 minutes, with sessions tailored to your child's needs—whether daily, every other day, or twice a week.

Before irrigation:



After irrigation:



MOTIVATION AND EXPECTATION

Bowel irrigation is a good long-term solution that does not require invasive surgery or drug therapy, but it is not a quick fix. It is important to have realistic expectations of what bowel irrigation can do for your child and how long it may take to achieve satisfactory results.

An initial commitment of up to 4–12 weeks is necessary in order to stabilize the bowel, to find your child's optimal treatment parameters and to develop a good individualized bowel management routine.

As your child's caregiver, you are the most important person for your child's success with Navina Bowel Irrigation. Here are some tips to help you succeed:

Ensure proper training is given



Read stories from other Navina users who share how they live and cope with bowel dysfunction.

✓ Going to school a full day without having an accident

✓ Going to the swimming pool

when starting bowel irrigation, with guidance from a healthcare provider.

Involve your child in the process by allowing them to practice with the equipment on a stuffed animal or doll, making it less intimidating.

Set achievable goals to motivate your child to continue with irrigation, even if they're initially hesitant.

Sometimes the training period is easier, sometimes harder. As a caregiver, it can be stressful if it's challenging in the beginning.

Take one step at the time, and try to visualize what a working routine can do for your child's and your family's everyday life in the long-run.

MY GOAL:





INVOLVE YOUR CHILD

Letting your child be involved in the bowel irrigation routine can be a good way to take away resistance, suspicion and hesitation towards the therapy. It can also ease acceptance and give your child confidence.

From the start it can be as simple as carrying the system to the bathroom. Helping take pieces out of the bag is a good way to learn the use and name of all the parts. Let your child become comfortable with the system itself – to hold and feel the different parts, perhaps play with it on a teddy or doll.

You can also give them stickers to decorate and make the system their own. Put stickers on the bag, and perhaps mark the water level that you use with a sticker.

When older or ready, the child can be more involved in the procedure, perhaps helping fill the water container. Eventually you can let your child hold the catheter while you hold and steer the child's hand during insertion.

Bowel irrigation saves time for almost all users, compared to other bowel management strategies such as medications. However, for the child, the procedure can still be perceived as time consuming. The instillation is fairly quick, but it can take between 10-30 min for the poop to come out. Distracting your child with things they like to do, for example toys, a tablet or a book, is good.



Personalize your Navina System

Use stickers to allow your child to decorate the Navina Irrigation System and make it more personal. Ask your healthcare professional for a Navina sticker sheet or use your own!

Download the Navina Activity Book

An activity book for children to make them feel more familiar with the Navina Irrigation System. It includes steps to learn the different parts of the system, puzzles, games and coloring.



Download here!



Childrens animation

On wellspect.com you can find our childrens animation on beginning therapy with Navina Irrigation System.



Watch here!



Become a Flush Hero!

In order to make the procedure a little more fun, we developed the mobile game Navina Flush Hero.

Practice spraying the poop-monsters and empty the bowel before you run out of water!



Download here!

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.

Why the Navina Irrigation System?

- ✓ Simple control units.
- ✓ User-friendly and stable water container.
- ✓ Tubes that are detachable and easy to clean and store.
- ✓ All consumables are interchangeable between Smart and Classic control units.



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 hand pumps regulate the inflation of the balloon and instillation of water, so that you can manually adjust to suit your needs.



What's included in the start kit?



Water container

- Sturdy and stable.
- 1.5l capacity.
- Collapsable.
- Easily opened lid.



Tube set

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



Catheter / Cone

- Soft and flexible material.
- Slippery hydrophilic surface for easy insertion and withdrawal.
- Single use.

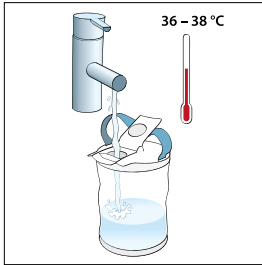


Case and accessories

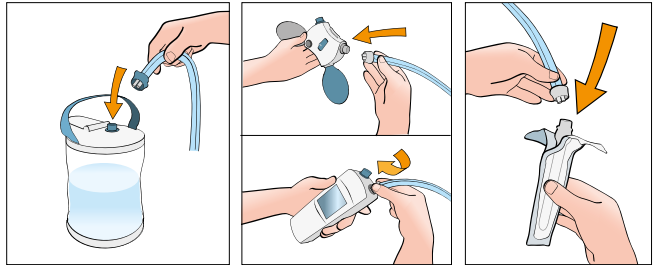
- Case for travel and storage.
- Grip rings if extra grip is needed.
- Lanyard to hang the control unit around your neck.

THIS IS HOW IT WORKS

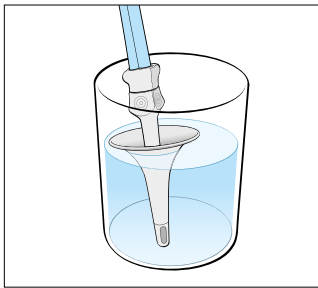
For a comprehensive and detailed guide on how to use this medical device, please refer to the 'Instructions for Use' document provided with the product.



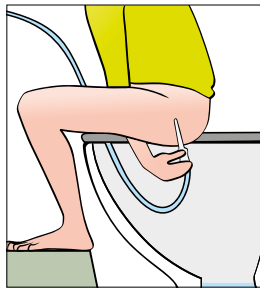
1. Fill the container with lukewarm tap water (add some extra for activating the catheter).



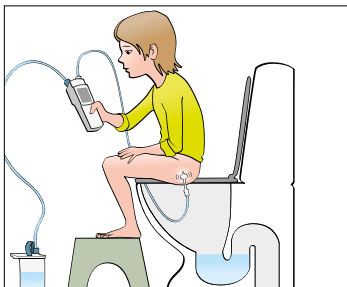
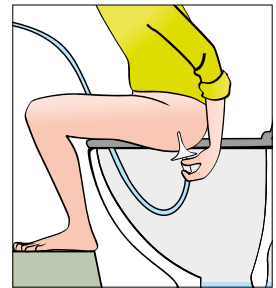
2. Connect the water container and control unit (Smart or Classic) to the tubes as well as the cone or catheter.



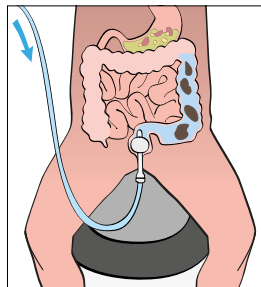
3. Activate the cone or catheter by pumping water until 3/4 is covered. This makes the surface slippery.



4. After activation, the catheter or cone is inserted into the rectum as far as instructed by your healthcare professional.



5. If you are using the catheter, inflate the balloon to work as a seal. Inflate either electronically or manually with the Navina Smart or Classic control unit. The cone is held in place during the procedure by your hand.



6. Now it is time to instill the water. The amount of water to instill will be decided by your healthcare professional.



7. After water instillation, deflate the balloon and remove the catheter or cone and wait for the water and poop to empty into the toilet.



Now I can dance
and ride a horse
and I didn't have
time for that before.
I do everything my
friends do now.

- Alice, 10 years old



SUPPORTIVE RESOURCES

Getting started with bowel irrigation may seem a little daunting at first, but there is no need to worry. It may take some time to get everything right and find a routine that suits you and your child, but it will be worth it.

These are some supportive resources you can refer to if you have questions or want some extra support along the way (scan the QR Codes with your mobile device to access):

Step by step video instruction for Navina Smart and Navina Classic:



Smart



Classic

Frequently Asked Questions:



Have questions about your Navina?
For your convenience, we have gathered
common questions and answers on our
website that you can refer to if needed.



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.us](https://www.wellspect.us).

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

[wellspect.us](https://www.wellspect.us)

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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 2 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. The Navina Small Rectal Balloon Catheter is indicated from 12 years of age, and the Navina Regular Rectal Balloon Catheter is indicated for adults. The Navina Cone Catheter is indicated from 2 years of age.

Contraindications

Do **NOT** use Navina Systems if you have one or more of the following:

- Known anal or colorectal stenosis.
- Active inflammatory bowel disease.
- Acute diverticulitis.
- Colorectal cancer.
- Ischemic colitis.
- During spinal shock phase.
- Complex diverticular disease.
- You are within three months of anal or colorectal surgery.
- You are within 4 weeks from previous endoscopic polypectomy.
- Pregnant women

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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R_X Only