

Wellspect®
A REAL DIFFERENCE

Your guide:

Life with Transanal Irrigation when you suffer from Bowel Dysfunction

Navina™ Systems

DEAR READER

This guide has been made to support you who have been prescribed the therapy transanal irrigation (TAI) for your bowel dysfunction. Our aim is to give you greater knowledge about your bowel, available treatments and more specifically about TAI. We believe that TAI is a good option, as we have met many people whose everyday lives have been improved using the therapy. Through TAI 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 TAI!

Beverley Collins
RGN Clinical Nurse Lead

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REGAIN CONTROL WITH TAI

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.

TAI is a successful therapy for many people living with bowel dysfunction. TAI 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 disappears, and you can start living

your life without constantly thinking about your bowel and toilet needs. When the bowel works, life works.

However, TAI 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.



“I was always afraid when people came to visit; was I going to have an accident? And occasionally it did happen. I was embarrassed, they were embarrassed.”

Michael Shimmin, TAI user

1. Small intestine

2. Large intestine

2a. Caecum

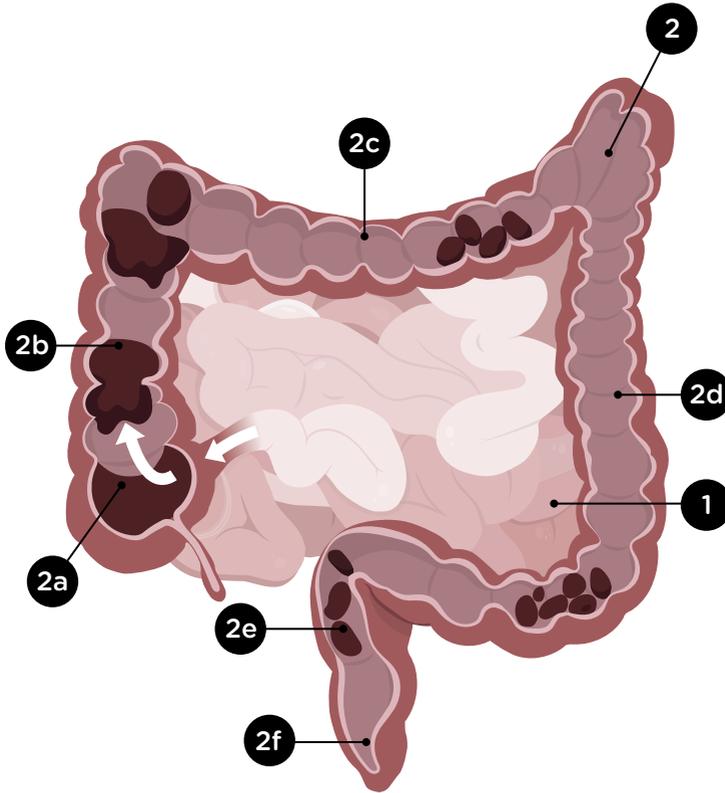
2b. Ascending colon

2c. Transverse colon

2d. Descending colon

2e. Rectum

2f. Anal canal



THE DIGESTIVE TRACT

This section presents a short introduction to how your digestive tract works. 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 in to feces. The transit time through the colon is about 1 to 3 days. Feces is stored in the rectum, until a signal to the brain is given to defecate, and the feces then exits through the anal canal.

“I’m an adult. I used to have these accidents when I was a baby. It should not have to happen. It’s just a bad way of life.”

Michael Hall, TAI user

WHAT HAPPENS WHEN IT DOESN'T WORK?

The reason or underlying cause of why you experience problems may vary, but the symptoms are the same. Constipation and fecal incontinence are bothersome symptoms and more common than talked about.

Neurogenic bowel dysfunction (NBD) is when the cause is neurogenic, i.e. 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 these nerves also control the bladder, it is not unusual to experience problem with the bladder too.

There are also other reasons to why the bowel is not working properly. One is 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 functional bowel disorders (FBD).

Constipation

Constipation is very common if you have bowel dysfunction. Constipation 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 fecal incontinence.

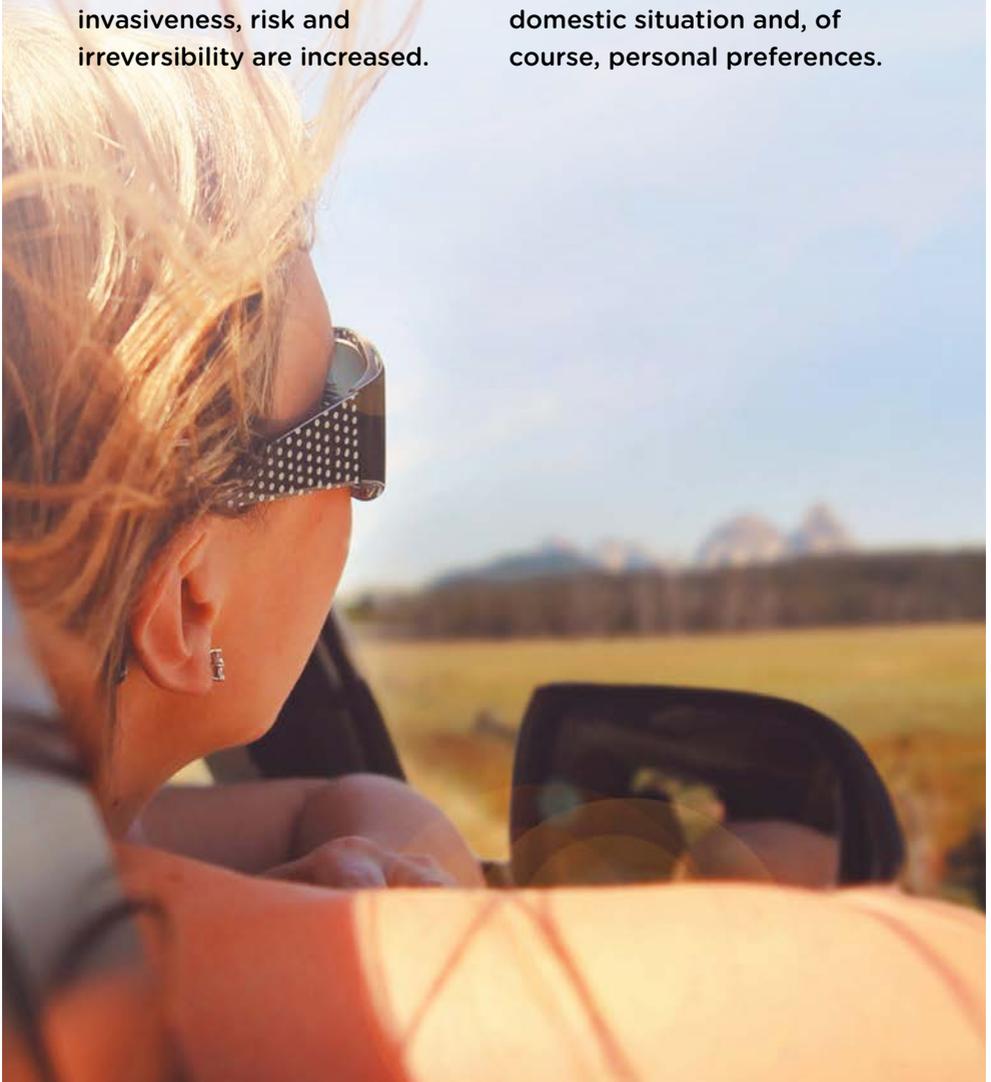
Fecal incontinence

Fecal incontinence 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 stool pass the mass of hard stool, causing leakage. It is not uncommon to suffer from both of these disorders simultaneously.

EXISTING TREATMENTS

There are several ways to treat bowel dysfunction. The pyramid shows the hierarchy of 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 is also determined by mobility, hand function, independence, domestic situation and, of course, personal preferences.



“I don’t understand why people wouldn’t want to do it. Other than the fact that they haven’t been shown how easy it is to do it, the tremendous benefits and the massive boost and confidence of it.”

Michael Shimmin, TAI user

Conservative methods

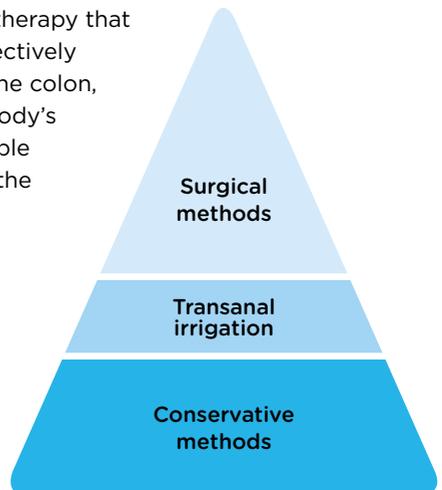
At the bottom of the treatment pyramid you will find the most conservative therapies. Diet, exercise and life style alterations are common, but also laxatives or constipating drugs, suppositories, biofeedback and digital stimulation or digital removal of stool may be recommended. Many people struggle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

Transanal irrigation

Transanal irrigation is the next step. TAI is a therapy that works for many people, it is a method of effectively emptying the bowel by instilling water into the colon, via a rectal catheter. This will stimulate the body’s peristaltic movement to evacuate feces. People that could benefit from TAI should be given the chance to do so sooner, as often, years are spent at the first level with no progress or nor satisfactory results.

Surgical methods

Higher up in the pyramid, you will find surgical options, such as variations of antegrade colonic irrigation, electrical stimulation or colostomy.



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

Beverley Collins,
RGN Clinical Nurse Lead

Transanal irrigation:

THIS IS HOW IT WORKS

Transanal irrigation are a technique for effectively emptying the bowel. It promotes evacuation of stool from the rectum and lower part of the colon by passing water into the bowel.

Regular irrigation of the bowel, empties the colon and rectum so effectively that it stays empty until the next irrigation. This not only prevents fecal incontinence, it also gives control over time and place of defecation. Also, insertion of water creates a mass movement from the ascending colon which prevents constipation. Other significant advantages with TAI 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 TAI, the aim will often be to irrigate every other day. You should by then have achieved a bowel routine, avoiding both constipation and incontinence. The aim of TAI is to restore a regular and well functioning bowel, allowing you to lead a normal life.



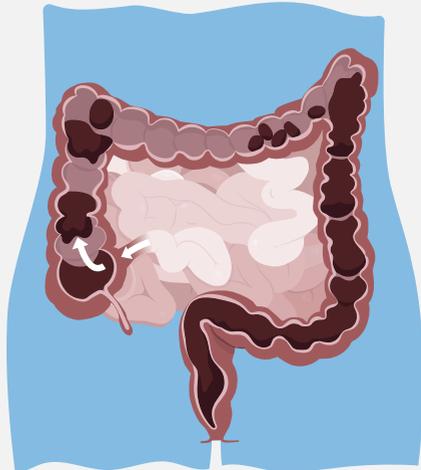
Lets you
think about
other things

Life with TAI

Emptying through TAI is considerably greater than that by normal defecation¹

Life without TAI

Living with constipation



“Transanal irrigation has given me – in a word – freedom.”

Michael Shimmin, TAI user

MOTIVATION AND EXPECTATION

Motivation and patience are essential. Be prepared and give yourself time to change habits, both mentally and physically, while the bowel adapts to your new routines. You also need time to find your optimal treating parameters i.e amount of water and size of the balloon.

It is important to have realistic expectations of what TAI can do for you and how long it may take to achieve satisfactory results. A commitment of up to 4-12 weeks is necessary in order to stabilize the bowel and to develop a good individualized defecation routine.

Give it time. It is worth it!

TRAINING IS KEY

Education and personalization is key to maintain compliance and success in TAI, and comprehensive training is very important when you start. Ideally, your healthcare provider should guide you through your first session.

TAI is proven effective, however previous ways of performing the therapy have some times been perceived as complicated by users. Therefore, making TAI easier to learn and perform are our main focal points.

Apart from the user benefits of transanal irrigation, we have developed training materials and accessories to facilitate the training period.

At www.wellspect.com you will find instructional videos and information to give you an introduction to the therapy and how to exercise TAI.



Navina Systems:

EASY TO LEARN AND USE

Navina Systems is more than a medical device. It's a complete high quality TAI system comprising of unique products, a comprehensive educational program and a mobile application for effective monitoring and follow-up. Navina Smart uses the latest technology to assist

you, enabling you to perform TAI conveniently, safely and consistently with control. The system has been developed in cooperation with users and healthcare professionals to adapt to individual needs and preferences.



The Navina Systems is intended for Transanal Irrigation and indicated to help adults and children from 3 years who suffer from fecal incontinence, chronic constipation and/or timeconsuming bowel management. By instilling water up into the lower part of the colon through a rectal catheter, the peristaltic muscles in the bowel can be triggered and start to evacuate the content of the lower colon and rectum. Navina Systems consists of Navina Smart and Navina Classic.

Navina Classic

Navina™ Classic offers easy pumping, large intuitive controls and colour-coded water and air inflation pumps for clear understanding. Navina Classic is the perfect choice when manual irrigation is preferred.



Navina Smart

Navina Smart is an electronic TAI system, with an intuitive and user-friendly control unit. With the Navina Smart control unit you control, water volume, irrigation speed and balloon inflation. Once your personalized settings have been saved you only need to push a button to start the irrigation. The Navina Smart control unit is designed to also enable users with limited dexterity to perform TAI by themselves.



Navina Smart app

The Navina Smart system comes with a mobile application in which you can save treatment data and rate your irrigation. Also, it can be encouraging to follow the progress you make by seeing the results of treatment over time. Download for free at App store or Google Play.

Navina Systems:

GETTING STARTED WITH NAVINA CATHETERS

You have been prescribed Navina Systems to start performing trans-anal 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 allow 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.

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.



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 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.



Navina Systems:

INCLUDED PARTS

1. Water container*

- Double scale – easy to follow the instilled amount of water
- Sturdy, yet collapsible
- Easy to open and close even with reduced hand function
- Integrated lid (no assembly needed)

2. Tubing*

- Easy to grip and handle
- Intuitive connectors that are color-coded and secure
- Easy to clean



3. Disposable catheter*

- Disposable hydrophilic with rounded tip, for easy insertion and withdrawal
- Flexible and proven durable² balloon, seals the rectum to ensure catheter stays in place
- Available in two different sizes
- Good grip with connector



4. Disposable cone

- Designed to fit comfortably against the bottom
- Soft and flexible material
- Hydrophilic for easy insertion and withdrawal
- Good grip

5. Carrying case

- Includes accessories such as grip rings, positioning clip, strap and a lanyard for your convenience.



* Note: Catheter, cone, tubing and water container are the same for both Navina Smart and Navina Classic.

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 TAI. 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 TAI when I know I will be going out for long periods of time.”

Back to life

“Transanal irrigation clears me inside and it has even helped my irritable bowel condition. It has also help 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 because I have come to realise that.

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

NAVINA SYSTEMS: 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 start using TAI. TAI 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, coughing or movement may encourage the 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.

References

1. Christensen et al. Dis Colon Rectum 2003;46:68-74
2. Hörling J et al, Innovating For Continence Conference. 2017 Poster

At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to 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 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

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