

# 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 difficult, and it affects not only the child but also routines and the life of the whole family.

Many caregivers with a child suffering from bowel dysfunction, struggle for far too long with dietary and stool (poo) changing medication, such as laxatives or stool softeners, without satisfactory results. But 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 that, the inconvenience of accidents eventually disappears, and both you and your child can start living your life without constantly thinking about the bowel and toilet needs. In short, 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 the stomach and bowel is a complicated system, it needs time to adjust to new routines. But it will be worth it in the long run.

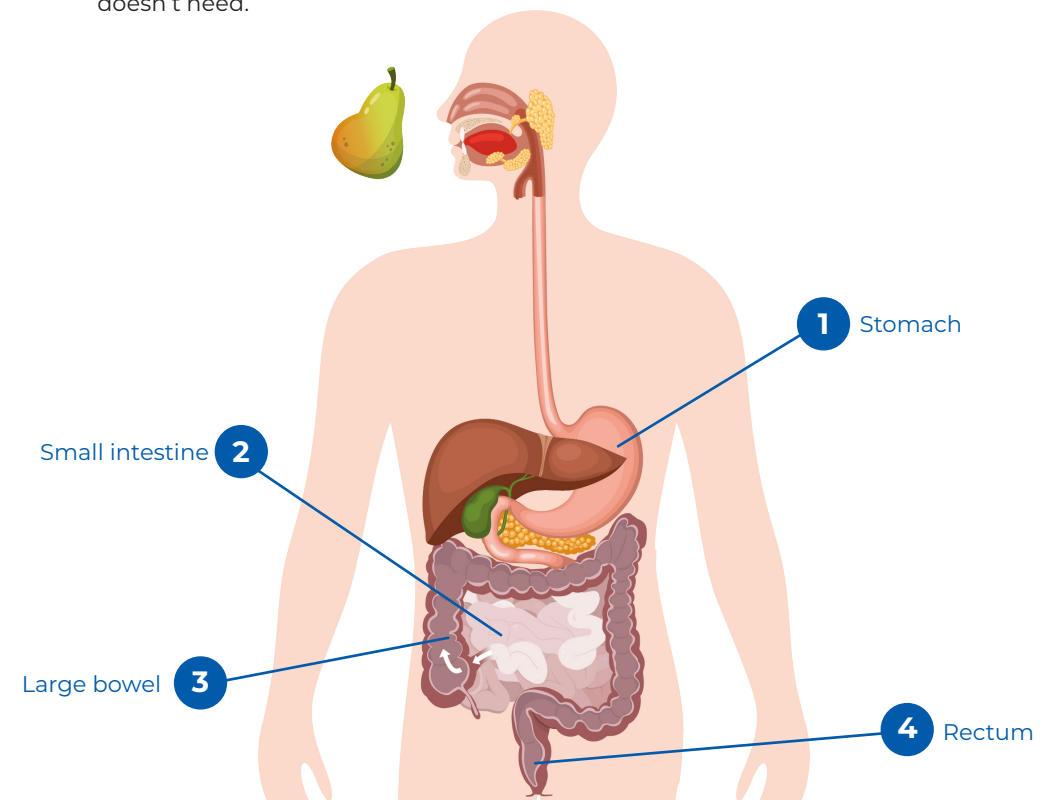


# HOW DOES THE BOWEL WORK?

**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 poo out of the stuff the body doesn't need.

4. The poo then travels to the end of your bowel and gets stored in the part called the rectum.
5. The poo 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 bowel dysfunction as a result of a birth anomaly such as spina bifida or anorectal malformation. It can develop as a result of injury or illness, like a spinal cord injury, or most commonly, there is no underlying reason for the 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 characterised by infrequent and irregular bowel movements, resulting in hard, dry poo, which is difficult to pass.

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

## 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 try to go to the toilet, wash clothes after leaks, change diapers, and care for chafed and sore bottoms has a considerable impact on everyday life.

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.

This also limits play time and the child's possibility to participate in social activities.





## 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 poo 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.

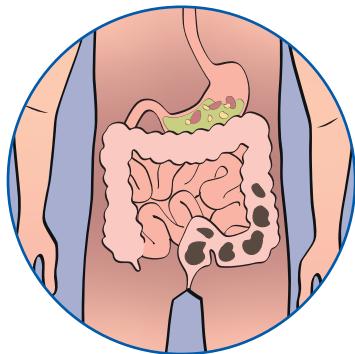
Older children and teenagers can often learn to perform the procedure themselves, giving them more independence and dignity.

### More time for play

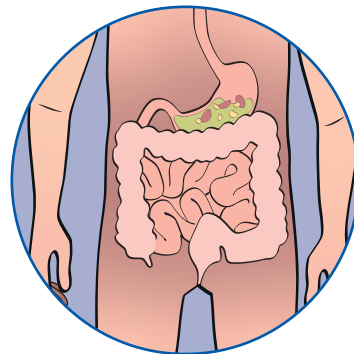
After your child learns the procedure, their bowel should get into a regular routine without constipation or accidents. This means they can live without worrying about bowel problems. Feeling more confident about fewer accidents not only saves time but also helps them be more social.

Once they've mastered the procedure, bowel irrigation only takes 15 to 60 minutes, and you can adjust how often they need it—daily, every other day, or twice a week—to suit your child's needs.

Before irrigation:



After irrigation:



## MOTIVATION AND EXPECTATION

Bowel irrigation offers a beneficial long-term solution without the need for invasive surgery or drug therapy, but it's not an instant remedy. It's important to have realistic expectations about what bowel irrigation can achieve for your child and how long it may take to see satisfactory results.

Initially, a commitment of up to 4–12 weeks is required to stabilise the bowel, identify your child's optimal treatment parameters, and develop a personalised plan.

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:

Make sure you get the right training from a healthcare provider when



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

starting bowel irrigation. Let your child practice with the equipment on a toy to make it less scary. Set small goals to keep them motivated.

**Involve** your child by letting them practice using the equipment on a teddy bear or doll to make it less scary.

**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 remember what a working routine can do for your child in the long-run.



To go to school for a full day without having an accident.



To go to the swimming pool without worrying.

MY GOAL:

A blue rectangular sign with rounded corners, held by two hands. The sign has four horizontal lines for writing a goal.



## INVOLVE YOUR CHILD

Involving your child in the bowel irrigation routine can help reduce resistance, suspicion, and hesitation towards the therapy. It can also make it easier for your child to accept and feel confident about it.

At the beginning, it can be as simple as carrying the system to the bathroom. Helping take pieces out of the bag is a good way for your child to learn the use and names of all the parts. Let your child become comfortable with the system by holding and feeling the different parts, perhaps even playing with it on a teddy bear 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 the child is older or ready, they can be even more involved in the procedure by e.g., helping fill the water container. Eventually you can let your child hold the catheter while you hold and steer the child's hand and catheter during insertion.

Bowel irrigation saves time for most users compared to other methods like medications. However, children may still find the procedure time-consuming. While the instillation is quick, it can take 10-30 minutes for the stool to come out. Distracting your child with activities they enjoy, such as playing with toys, using a tablet, or reading a book, can help make the process more manageable.



### Personalise your Navina System

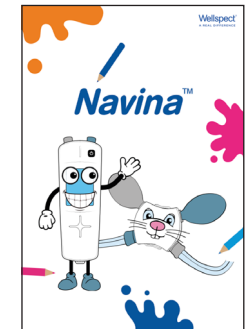
Use stickers to allow your child to decorate the Navina Irrigation System and make it more personal.

### 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.

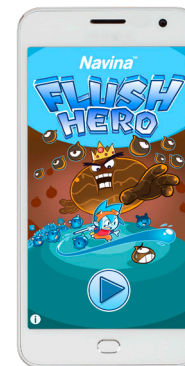


[Learn more.](#)



### Childrens animation

On [wellspect.com](http://wellspect.com) you can find our childrens animation on beginning therapy with Navina Irrigation System.



### 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 poo-monsters and empty the bowel before you run out of water!



# 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 optimise 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 colour-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.
- Collapsible.
- Easily opened lid.



### Tube set

- Colour 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.



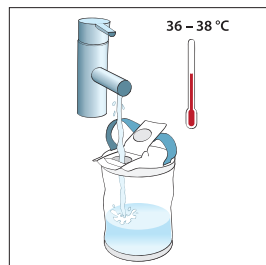
### Case and accessories

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

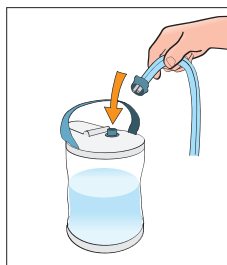


# THIS IS HOW IT WORKS

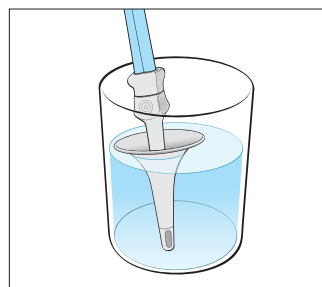
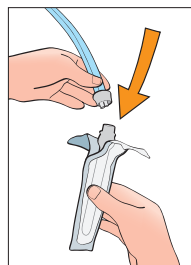
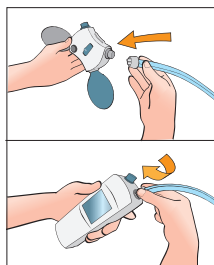
For a comprehensive and detailed guide on how to use this medical device, please refer to the 'Instructions for Use' document provided with the product.



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.



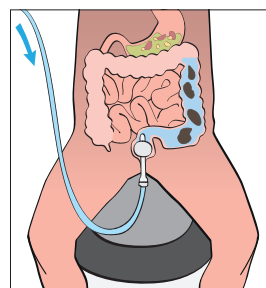
3. Activate the cone or catheter by pumping water until 3/4 is covered. This makes the surface slippery.



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 poo 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 minimise 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.co.uk](https://Wellspect.co.uk).

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

**[wellspect.co.uk](https://Wellspect.co.uk)**

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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 faecal 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

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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