

# Prescribing Guidelines:

## Rectal and Transanal Irrigation Treatment

### Introduction

Rectal and transanal irrigation are used in the management of chronic constipation and/or chronic faecal incontinence due to neurogenic bowel dysfunction and functional bowel disorders. It is a **highly specialised** management option so care is needed to ensure its use is safe and appropriate. NICE has published guidance on managing bowel dysfunction with Peristeen<sup>®</sup> transanal irrigation system, concluding that Peristeen<sup>®</sup> can provide clinical benefits in most people with bowel dysfunction, improve quality of life and promote independence, without costing more than standard bowel care<sup>1</sup>. A number of different irrigation systems are available; clinicians and patients should discuss the options before deciding on the preferred system. Comprehensive training for the patient and on-going support are essential to safe and efficient long-term use of rectal irrigation for any bowel management device selected.

### Potential indications

- Neurogenic bowel dysfunction, e.g. due to spinal cord injury, spina bifida, multiple sclerosis
- Chronic constipation, including both evacuation difficulties and slow transit constipation
- Chronic faecal incontinence
- Rectal malformation or Hirschsprung's disease in children

### Treatment initiation

- Irrigation should only be considered as part of an appropriate locally commissioned bowel care pathway. It is not recommended for initiation by GPs in primary care without specialist management<sup>2,3</sup>.
- A bowel assessment by a continence/gastrointestinal specialist healthcare worker is necessary before initiating (consultant colorectal surgeon, GI physiologist, specialist nurse or physiotherapist). In some cases further investigation e.g. endoscopy may be needed prior to initiation.
- It should only be considered where initial treatment with other less invasive options has proved unsuccessful:
  - **Chronic constipation:** consider diet, fluid intake, exercise and toileting routines, laxatives, avoiding constipating medications that can constipate, or prucalopride/lubiprostone in accordance with licensed indications and NICE criteria for use<sup>4</sup>.
  - **Chronic faecal incontinence:** pelvic floor muscle training, bowel retraining, specialist dietary assessment and management and biofeedback.

### Children

NICE has concluded that Peristeen<sup>®</sup> may offer significant benefits for children with bowel dysfunction<sup>1</sup>. Before initiating in children, a medical evaluation and assessment by a paediatric-trained continence/gastrointestinal specialist healthcare worker must be undertaken, to assess appropriateness of treatment and to decide the most appropriate device for the patient. Parents should receive training in using irrigation therapy and receive ongoing support as needed.

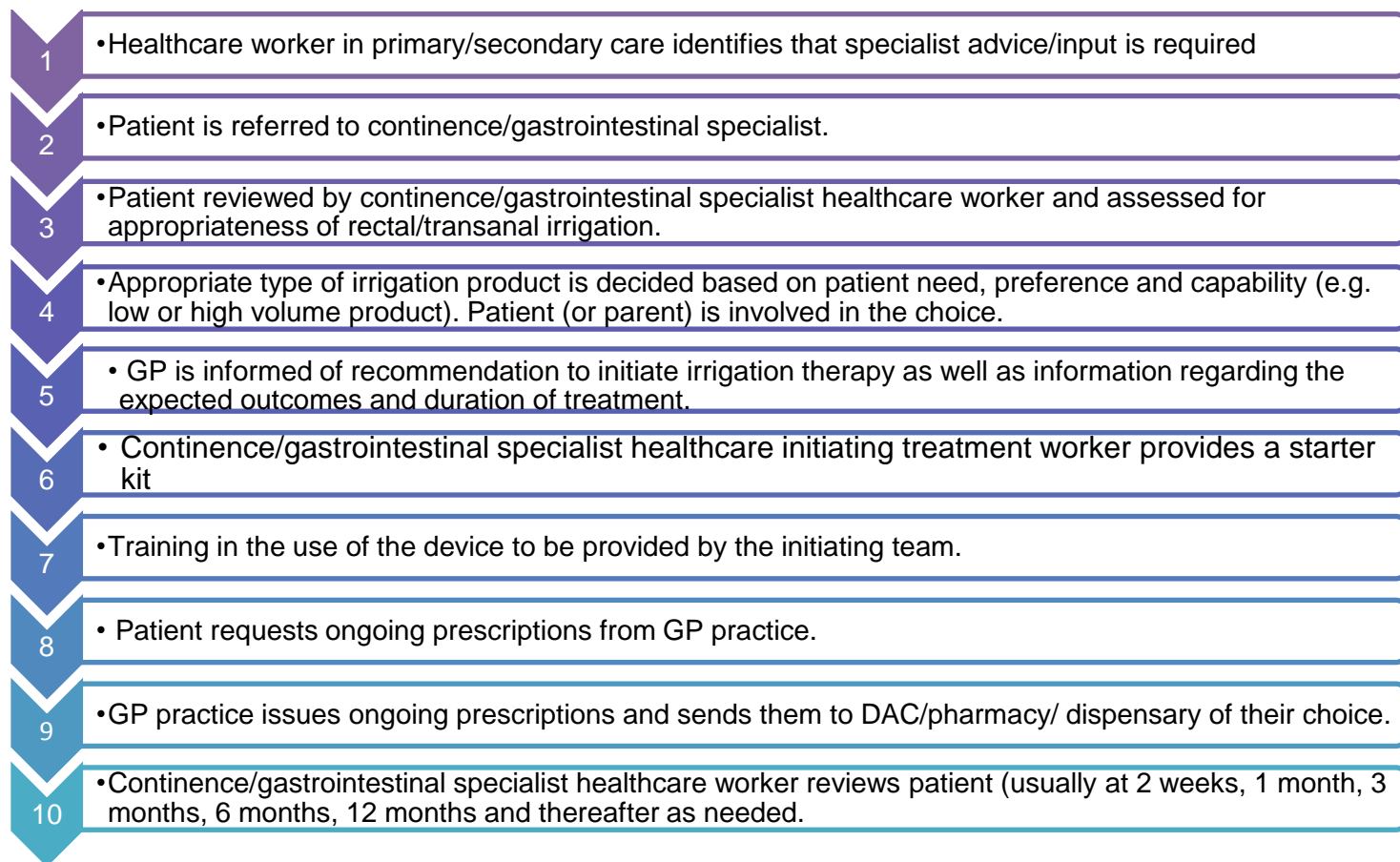
### Absolute and relative contraindications for rectal irrigation<sup>5</sup>

Absolute contraindication	Relative contraindication
<ul style="list-style-type: none"> <li>• Anal/rectal stenosis</li> <li>• Active inflammatory bowel disease</li> <li>• Acute diverticulitis</li> <li>• Colorectal cancer</li> <li>• Within 3 months of rectal surgery</li> <li>• Within 4 weeks post endoscopic polypectomy</li> <li>• Ischaemic colitis</li> </ul>	<ul style="list-style-type: none"> <li>• Severe diverticulosis: diffuse disease, dense sigmoid disease, previous diverticulitis, diverticular abscess</li> <li>• Long term steroid medication</li> <li>• Radiotherapy to the pelvis</li> <li>• Prior rectal surgery</li> <li>• Faecal impaction</li> <li>• Painful anal conditions</li> <li>• Current/planned pregnancy</li> <li>• Bleeding diathesis/anticoagulant therapy (not including aspirin/clopidogrel)</li> <li>• Severe autonomic dysreflexia</li> </ul>

## Careful considerations

Mild and transient symptoms (e.g. abdominal pain, chills, nausea and minor rectal bleeding) are seen frequently during or after rectal irrigation. Rectal irrigation carries a small risk of bowel perforation (1 in 500,000 patients<sup>6</sup>) which can be fatal. Patients/parents should be aware of the risks and be taught to recognise the symptoms of colonic perforation and the action to take if this occurs/is suspected.

## PATHWAY FOR INITIATING RECTAL/TRANSANAL IRRIGATION



## Prescribing: key points and formulary

- The frequency and volume of irrigation depends on individual response to treatment. Irrigation should be performed daily initially then reduced to alternate days where possible. For most people, irrigation on alternate days (or less frequently) is suitable, although some patients will require daily irrigation.
- The device selected for patients should be decided by a continence/gastrointestinal specialist healthcare worker after undertaking a thorough assessment of the patient. The most cost effective brand that is appropriate for the patient should be initiated and prescribed.
- The prescribing quantities advised below are based on alternate day irrigation.
- Products should **not** be added to repeat prescriptions at initiation. Once an appropriate routine of irrigation has been established, consider only adding items that need to be ordered on a monthly basis. Treatment should be reviewed regularly.
- Minimise waste by ensuring the correct type and quantity of consumables are ordered.
- For patients taking laxatives before starting irrigation, consider continuing these in the usual dose until irrigation is established. Patients may gradually be able to stop taking laxatives but many continue needing them.
- All prices quoted below are from Drug Tariff May 2018.

Product	Prescribing quantity	Cost
<b>Aquaflush® irrigation system</b>		
<b>Compact System:</b>		
Starter Set (AFCS) - 1 pump, 5 cones, 5 lubricant sachets	Once only	£33.95
Monthly Set (AFCM) - 1 pump, 15 cones, 15 lubricant sachets	1 pack/month	£58.00
<b>Lite System:</b>		
Starter Set (AFLS) - 1 water bag, 1 pump, 1 extension tube, 1 leg strap, 7 cones, 7 lubricant sachets	Once only	£73.00
Monthly Set (AFLM) - 1 water bag, 1 pump, 16 cones, 16 lubricant sachets	1 pack/month	£95.00
Refill Pack (AFLA) - 15 cones & lubricant sachets	1 pack/month	£58.00
<b>Quick System:</b>		
Starter Set (AFQS) - 1 water bag, 1 pump, 1 extension tube, 1 leg strap, 5 cones, 5 lubricant sachets	Once only	£77.00
Monthly Set (AFQM) - 1 water bag, 1 pump, 15 cones, 15 lubricant sachets	1 pack/month	£99.00
<b>Actif System:</b>		
Starter Set (AFAS) - 1 water bag, 1 pump, 1 extension tube, 1 leg strap, 5 cones, 5 lubricant sachets	Once only	£77.00
Monthly Set (AFAM) - 1 water bag, 1 pump, 15 cones, 15 lubricant sachets	1 pack/month	£99.00
<b>Extension tubes (AFExtn)</b> - 1 pair	1 pack/2 months	£6.12
<b>Straps (AFStrap)</b> - 1 pair	1 pack/6-12 months	£5.09

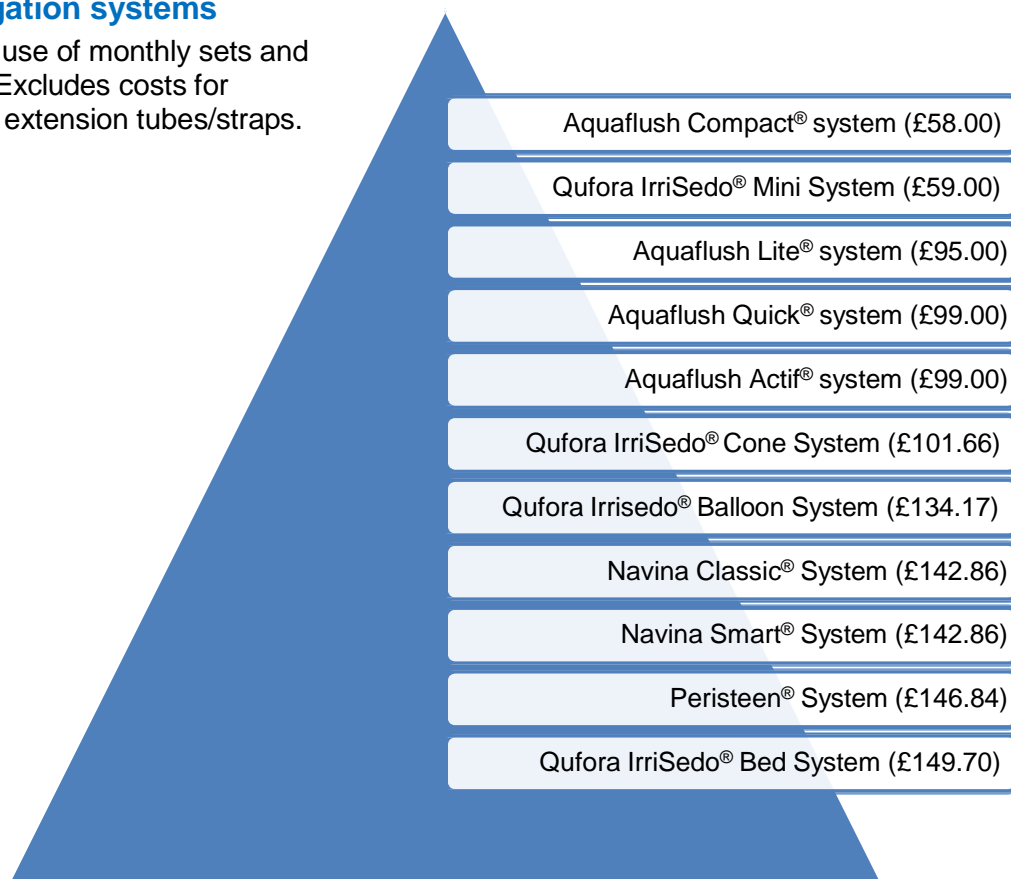
<b>Qufora® irrigation system</b>		
<b>IrriSedo Mini System:</b>		
15 irrigation set (53601-015) - 1 pump, 15 cones	1 pack/month	£59.00
30 irrigation set (53601-030) - 1 pump, 30 cones	1 pack/2 months	£118.00
<b>IrriSedo Cone System:</b>		
Starter Set (QTS) - 1 pump, 1 water bag, 5 cones	Once only	£77.80
15 Irrigation Set (QTM) - 1 pump, 1 water bag, 15 cones	1 pack/month	£101.66
<b>Irrisedo Balloon System (Base Set):</b>		
Regular (58101-002) / Small (58102-002) - 1 control unit, 1 water bag, 2 rectal balloon catheters	1 pack/6 months	£70.00
<b>IrriSedo Balloon System (Accessory Set):</b>		
Regular (58201-015) / Small (58202-015) - 1 water bag, 15 rectal balloon catheters	1 pack/month	£115.00
<b>IrriSedo Bed System (5 Irrigation Set):</b>		
Catheters: 12mm (53201-055) 21mm (53001-055) 30mm (53101-055) 1 water bag, 1 pump, 5 rectal catheters	3 packs/month	£49.90
<b>IrriSedo Bed System (15 Irrigation Set):</b>		
Catheters: 12mm (53201-015) 21mm (53001-015) 30 mm (53101-015) 1 water bag, 1 pump, 15 rectal catheters	1 pack/month	£149.70
<b>Accessory Set (52601-015)</b> - 15 cones	1 pack/month	£59.00
<b>Extension tubes (52715-015)</b> - 15 extension tubes	1 pack/month	£45.00

<b>Navina® irrigation system</b>		
<b>Classic System</b> Regular (69005) / Small (69007) 1 control unit, 1 water container, 1 tube set, 1 accessory set, 2 rectal catheters	1 pack/6 months	£75.22/ £74.62
<b>Smart System</b> Regular (69009) / Small (69010) 1 control unit, 1 water container, 1 tube set, 1 accessory set, 2 rectal catheters,	2 years	£300.92/ £298.50
<b>Consumable Set</b> Regular (69003) / Small (69004) 15 rectal catheters, 1 water container	1 pack/month	£130.32/ £129.27
<b>Rectal Catheter Set</b> Regular (68940) / Small (68943) - 10 rectal catheters	1 pack/month	£82.10/ £81.44
<b>Tube Set (69011)</b> - 1 catheter tube, 1 water container tube	1 pack/6 months	£8.83

<b>Peristeen® irrigation system</b>		
<b>Peristeen System</b> Regular (29121) / Small (29126) 1 control unit, water bag, straps, 2 rectal catheters	1 pack/6 months	£76.90
<b>Accessory Unit</b> Regular (29122) / Small (29127) - 15 rectal catheters, 1 water bag	1 pack/month	£134.02
<b>Rectal Catheters</b> Regular (29123) / Small (29128) - 10 catheters	1 pack/20-30 days	£85.69
<b>Straps (29124)</b> - 1 Pair	1 pack/6-12 months	£5.49
<b>Tubes (29125)</b> - 1 Pair	Only if existing tubes become soiled	£7.69

## Cost comparator for irrigation systems

Cost based on alternate day use of monthly sets and consumables (regular size). Excludes costs for starter kits, and replacement extension tubes/straps.



## Contact details

Organisation	Nurse or advisor contact details
Aquaflush Medical Ltd (Aquaflush®)	Tracey Patten. Tel: 07860 806294. <a href="mailto:tpatten@bullens.com">tpatten@bullens.com</a>
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Wellspect HealthCare (Navina®)	Beverley Everton. Tel: 07799 132979. <a href="mailto:bev.everton@wellspect.com">bev.everton@wellspect.com</a>
Coloplast Ltd (Peristeen®)	Sarah Kinsella. Tel: 07985 322514. <a href="mailto:sarah.kinsella3@nhs.net">sarah.kinsella3@nhs.net</a> Tracey Holland. Tel: 07471 354019. <a href="mailto:tracey.holland6@nhs.net">tracey.holland6@nhs.net</a>
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Yeovil District Hospital	Colorectal and Stoma Care team. Tel 01935 3384367 <a href="mailto:ColorectalNurses@ydh.nhs.uk">ColorectalNurses@ydh.nhs.uk</a>
Somerset Partnership	Continence Service: 01823 346158

## References

1. National Institute for Health and Care Excellence (NICE). Peristeen transanal irrigation system for managing bowel dysfunction. [Mtg36]. Issued 2018 Feb. Accessed 27/3/18 via <https://www.nice.org.uk/guidance/mtg36/chapter/4-Committee-discussion>
2. Emmanuel A, Krogh K et al. Consensus review of best practice of transanal irrigation in adults. Spinal Cord 2013;51;732-738
3. Royal College of Surgeons and the Association of Coloproctology of Great Britain and Ireland. Commissioning guide: Faecal incontinence. Issued 2014 Jan, revised 2017 Jan. Accessed 27/3/18 via <https://www.acpgbi.org.uk/resources/commissioning-guide-faecal-incontinence/>
4. National Institute for Health and Care Excellence. Clinical Knowledge Summary – Constipation. Last updated 2017 Jun. Accessed 27/3/18 via <https://www.nice.org.uk/constipation>
5. Emmanuel A, Krogh K et al. Consensus review of best practice of transanal irrigation in adults. Spinal Cord 2013;51;732-738
6. P. Christensen et al. Global audit on bowel perforations related to transanal irrigation. Tech Coloproctol 2016 Feb 20:109–115. Accessed 24/4/18 via <https://link.springer.com/article/10.1007%2Fs10151-015-1400-8>