

enCATHopedia Volume 8

NEUROGENIC
BOWEL
DYSFUNCTION
AND TAI

Neurogenic Bowel Dysfunction

Neurogenic Bowel Dysfunction (NBD) is when the bowel does not work properly due to loss of normal sensory or motor control. Diagnoses that put patients at high risk for NBD include spinal cord injuries, Multiple Sclerosis, Parkinson's disease, spina bifida and diabetes mellitus.

Bowel problems cause mental stress, reduced quality of life and sometimes time consuming bowel management. In fact, several studies show that for spinal cord patients suffering from bowel dysfunction, bowel management is the most frustrating, embarrassing and time consuming challenge of their day, ranked as a larger problem than e.g. pain, sexual function and inability to walk.

Treatments

Successful management strategies for bowel problems are individual and it can be hard and time consuming to find. Treatments are often ranked in order of invasiveness, where the first management strategy or therapies are diet, fluid and life style alterations. Laxatives, stool modifying drugs, suppositories and digital stimulation are also common first treatment options. Many patients struggle with these options for long periods, without real success.

Transanal irrigation (TAI) is a therapy often overlooked, although it is proven effective. TAI has the potential to help a lot of people with bowel dysfunction, before therapies such as nerve stimulation and stoma are considered.

Transanal irrigation (TAI)

Transanal irrigation is a well-established therapy that helps prevent constipation and incontinence and helps restore predictable bowel function. It is carried out by instillation of lukewarm water (0,5-1 liter) into the rectum via a rectal catheter. The catheter is held in place with a balloon that is inflated inside the rectum. Instillation of water starts peristalsis and feces can be evacuated. Peristalsis is the wave-like muscle contraction and relaxation down the intestine that make the bowel work. Hence TAI is a method free from drugs or chemical use of any sort.

Irrigation must be given a proper chance to be effective, as the body needs time to adapt to the procedure. It is critical to stay with the therapy during an adjustment period of usually 4-12 weeks.

How does TAI help?

TAI is proven to be effective, and used routinely the therapy can put users in charge of time and place of defecation and it may give them back their control, confidence and dignity. TAI helps maintain the bowel system in a healthy working order and can eliminate pains. It can save a lot of time and frustration when conservative alternatives such as diet, lifestyle changes and stool modifying drugs are not working.

Frequency of treatments varies depending on individual needs – for some people it may be needed daily, for others twice a week. The pattern best suited for each person is decided in consultation with a healthcare provider.

- A working bowel impacts overall physical health.
- A working bowel therapy gives you control and confidence to get out.
- A effective bowel system saves time. With Navina Classic the procedure should only take 30-60 min.

When the bowel works, life works

Constipation, leakage, bloating. Hours spent on the toilet. Besides physical discomfort, the mental stress for people with bowel dysfunction is huge. However, when given time TAI is a therapy that can help. It can change your life to the positive.

Put simply, when the bowel works, life works.

enCATHopedia is an information series addressing a range of subjects within urology. It is part of our commitment to improve quality of life for users and healthcare professionals worldwide.

Read more on bowel problems and solutions or listen to others sharing their stories at:

www.wellspect.com

At Wellspect we value the people behind our success as a leading provider of life-changing products for bowel and bladder management such as the well-known brands LoFric® and Navina™. From the thousands of users and healthcare professionals worldwide who inspire our innovative solutions, we know that working together is the best way to advance continence care, giving our users more time for life. Building on over 30 years of life-improving performance, we passionately strive to make a difference every day to everyone who needs our products and services.

Wellspect. A Real Difference.

wellspect.com

