

Introducing the SenSura® Mio 1-piece Irrigation Sleeve and Set

Irrigation can put you in control

From application to removal, the new SenSura Mio Irrigation Sleeve is designed for secure attachment, minimising the risk of leakage and skin complications.

SenSura Mio elastic adhesive

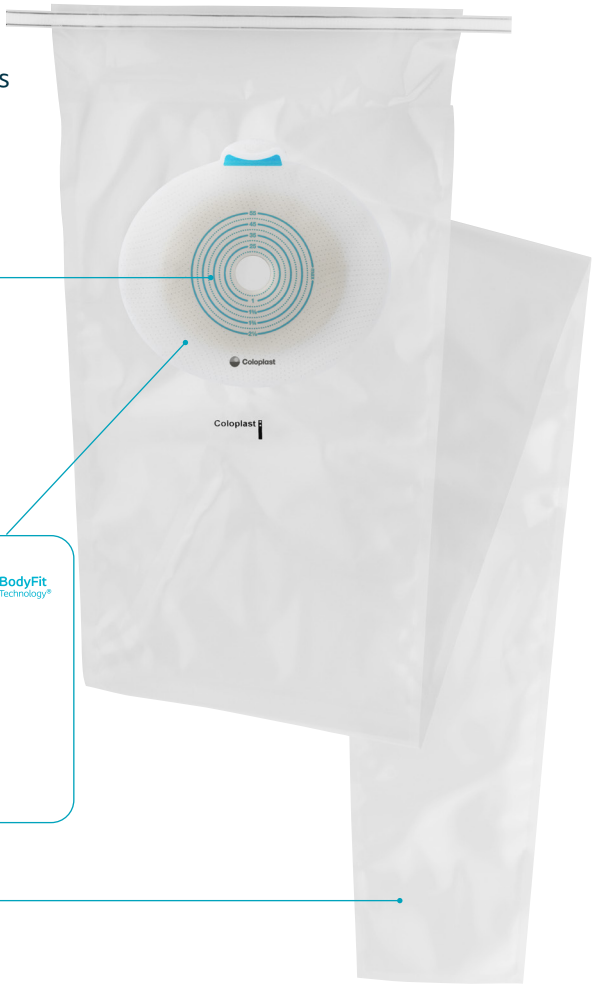
The baseplate adhesive needs to hold the sleeve securely in place, whilst also being gentle to the skin. SenSura Mio combines these needs.

BodyFit Technology®

BodyFit Technology is an elastic adhesive technology that is unique to SenSura Mio. It provides secure **body** contact for protection and a flexible **fit** during movement.

Tapered foil

The tapered shape of the sleeve is designed to better guide output into the toilet during irrigation.



Water temperature and flow regulator

Designed to provide visual assurance that you are using water at the appropriate temperature and speed.

Product name	Product code
Sleeve	11750
Set*	11751
Colotip	1110
Irrigator bag	1511

* available as sample only



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 help@coloplastcharter.co.uk

For residents of the **Republic of Ireland** the Coloplast Charter service is currently unavailable - please visit your local pharmacy for details on how to order your supplies.



Sarah has been compensated for her time

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Colostomy Irrigation

*A stoma management
method that can provide
freedom and control*



*"Irrigation completely
changed the way I felt
– mentally and physically"*

Sarah, UK,
Coloplast Ambassador, has
been irrigating since 2007

SenSura® Mio



What is colostomy irrigation?

Irrigation is a gentle technique where warm water is introduced into your bowel through your colostomy. This encourages your bowel muscles to work and empties the lower part of your colon out through your colostomy. Irrigation needs to be undertaken every 1-2 days and takes between 30 and 60 minutes. Many people find irrigation to be a helpful and an easy way to manage their bowel function.

What are the benefits?

Feel in control

Colostomy irrigation can provide you with control over your bowel movements, allowing you to schedule convenient emptying of your colon.

Use discreet products

People who irrigate generally have the freedom to wear only a small ostomy solution such as a cap or mini bag, whilst expecting little to no output. It can also reduce the need to change your stoma bag when out and about.

Reduce anxiety and gain peace of mind

Colostomy irrigation can reduce anxiety about the bag filling unexpectedly or noisily, thus providing peace of mind. It may also reduce the risk or fear of leakage and consequent skin complications.



Who can irrigate?

- People with an end colostomy*, after consultation with their Stoma Care Nurse
- Irrigation might not be suitable in the case of a large hernia or other long term medical conditions such as heart or kidney problems
- If you are undergoing or have chemotherapy/radiotherapy planned, then irrigation will be delayed until this is complete
- If you have any inflammatory bowel disease, diverticulitis or frequent episodes of diarrhoea; colostomy irrigation may not be suitable for you



* Irrigation is not appropriate for people with an ileostomy or urostomy

Consider your time - a regular routine is key

Setting a regular time aside to complete irrigation is very important to ensure this works for you. This time does not have to be unproductive.

How does Sarah make her irrigation time work for her?

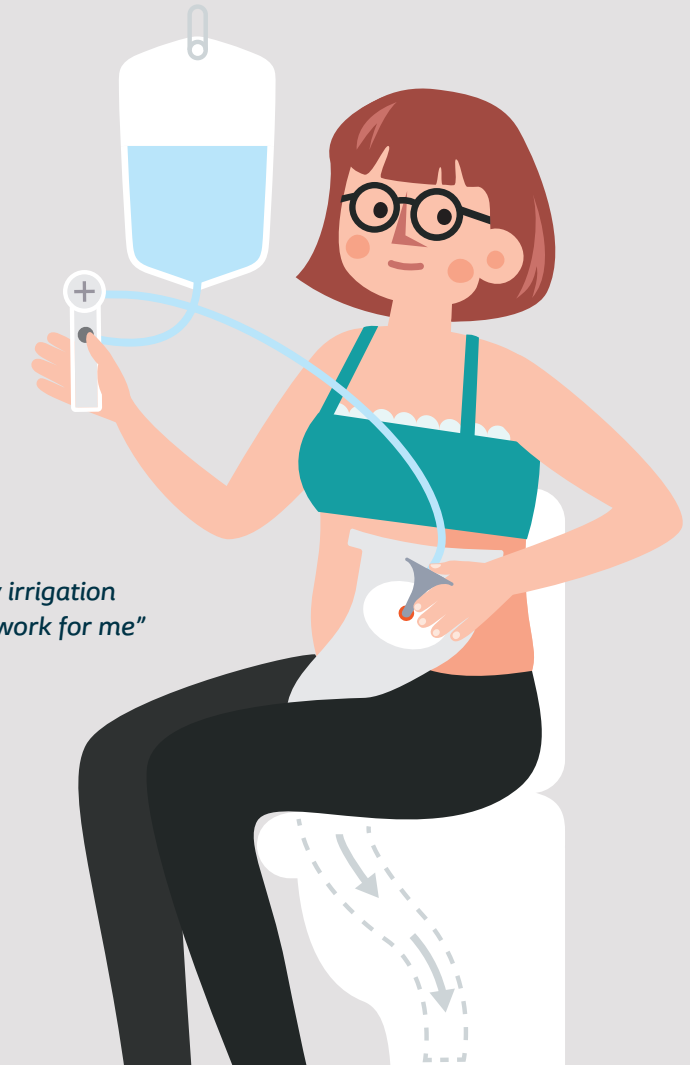
Sarah is an experienced irrigator, a full time Research Scientist and was also mother to 2 young children when she started irrigating, 3 months after her colostomy surgery. She uses the time to relax or catch up on emails.

Other considerations

- When you start irrigation - it can take up to 8 weeks for your bowel to establish the new routine. Persistence and motivation are often needed when you start
- You will benefit most from colostomy irrigation if you are consistent in your routine
- You will need relatively good vision and manual dexterity to irrigate successfully
- If you experience a stomach bug or need to undergo a medical procedure - colostomy irrigation may need to be paused

"As a person with a colostomy, if you are able and you are interested in irrigation – you really deserve the support to try"

Sarah



"I make my irrigation schedule work for me"

Sarah

Getting started

If you are interested in irrigation, your first step should be speaking to your Stoma Care Nurse to find out if irrigation could be appropriate for you. It may seem like a complicated procedure but can become second nature with appropriate training and experience.

Discover the difference for yourself!

Scan the QR code to see a step-by-step demonstration of how to use the SenSura® Mio irrigation sleeve and set.

