

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare.

Our business includes ostomy care, continence care, wound and skin care and urology care. We operate globally and employ more than 14,500 employees.

Neurogenic Bowel Dysfunction (NBD) Score for Adult Patients



Indication: The Peristeen® Plus Transanal Irrigation is intended to instill water into the colon through a rectal catheter, which incorporates an inflatable balloon, inserted into the rectum to promote evacuation of the contents of the lower colon. The Peristeen Plus Transanal Irrigation System is indicated for use by children (2 years - <12 years old), adolescent (12 years - < 18 years old), transitional adolescent (18 - <21 years old) and adult patients with neurogenic bowel dysfunction who suffer from fecal incontinence, chronic constipation, and/or time-consuming bowel management procedures.

Contraindications: Peristeen Plus Transanal Irrigation must not be used in the following situations: known anal or colorectal stenosis, colorectal cancer (active/recurrent), radiotherapy to the pelvis, and recent abdomino-perineal surgery, active inflammatory bowel disease, acute diverticulitis, severe diverticulitis, previous diverticulitis and diverticular abscess, chronic symptomatic diverticular disease, within 3 months of abdominal, anal or colorectal surgery, within 4 weeks of endoscopic polypectomy, recent colonic biopsy, recent endoscopic mucosal resection (EMR) and recent endoscopic sub-mucosal dissection (ESD), severe autonomic dysreflexia, ischemic colitis, during Spinal Cord Shock Phase, complex diverticular disease, in patients who are pregnant and have not used the system before**. Since the list is not exhaustive, the healthcare professional should always consider individual patient factors as well.

**If the patient is pregnant and has never used transanal irrigation before, they should not start the irrigation procedure during pregnancy.

Warning: Peristeen Plus Transanal Irrigation procedure should always be carried out with caution. Bowel perforation is an extremely rare, but serious and potentially lethal complication to transanal irrigation and will require immediate admission to a hospital, often requiring surgery. Seek immediate medical assistance if during or after Peristeen Plus Transanal Irrigation procedure you experience any of the following: severe or sustained abdominal pain or back pain, especially if combined with fever; severe or sustained anal bleeding; blood in the feces; rectal pain, and abdominal pain. See the device manual for complete user instructions, contraindications, warnings, cautions. For further information, call Coloplast Corp at 1-855-605-7594 or consult the company website at www.coloplast.us. **Caution: Federal law restricts this device to sale by or on the order of a physician.**

Introduction to Neurogenic Bowel Dysfunction Score¹ for Adult Patients

The Adult Neurogenic Bowel Dysfunction (NBD) Score¹ has been designed to help healthcare professionals evaluate the effectiveness of their patient’s current bowel management routine by assessing the impact it has on the patient’s quality of life.

By having your patient answer 10 simple questions, the Adult NBD Score can help identify and quantify severity of bowel dysfunction in the adult patient.

The Adult NBD Score is a symptom score where each symptom is weighted based on its impact on quality of life. The scores from each question are added together, and a total score is calculated.

The maximum score is 47, while the minimum score is 0.

Score	Severity of bowel dysfunction
0-6	Very minor
7-9	Minor
10-13	Moderate
14+	Severe

How to use the Adult NBD Score

Once the questionnaire has been completed and reviewed, look at the patient’s total score. A score of 10 or more suggests the presence of moderate to severe neurogenic bowel dysfunction.

If their score is 10 or more, one option is to consider introducing them to Peristeen® Plus Transanal Irrigation system as indicated in the neurogenic bowel dysfunction treatment pyramid. Please note that regular contact with a healthcare professional in the initial stages of using the Peristeen Plus system is required.

Once the patient has settled into a good routine, usually after 3 months, a patient follow-up where the questionnaire is completed again is recommended to track progress. The score should be lower than before, indicating an improvement in quality of life.

We hope this Adult NBD Score will be a useful tool in your practice.

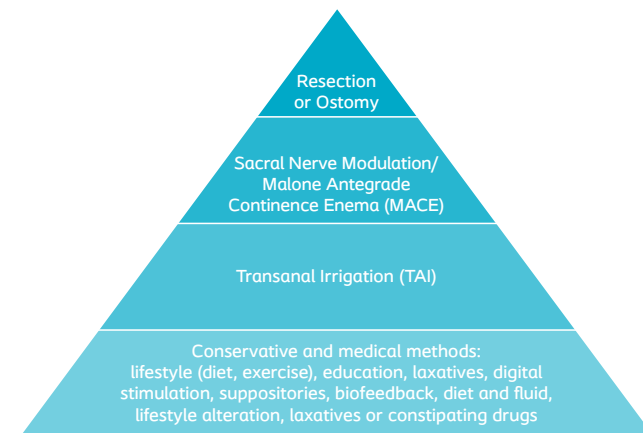


Figure 1. Neurogenic bowel dysfunction treatment pyramid²

1. Krogh, K., Christensen, P., Sabroe, S., Laurberg, S. Neurogenic bowel dysfunction score. *Spinal Cord* 2006 (44): 625-631.

2. Adapted from: Emmanuel, A., Krogh, K., et al. Consensus review of best practice of transanal irrigation in adults. *Spinal Cord* 2013 (51): 732-738.

Patient Name: _____ Date: _____

The Neurogenic Bowel Dysfunction Score¹ for Adult Patients

	Score
1. How often do you have a bowel movement? <input type="checkbox"/> Daily (score 0) <input type="checkbox"/> 2-6 times per week (score 1) <input type="checkbox"/> Less than once per week (score 6)	
2. How much time do you spend on each bowel movement? <input type="checkbox"/> Less than 30 min. (score 0) <input type="checkbox"/> 31-60 min. (score 3) <input type="checkbox"/> More than an hour (score 7)	
3. Do you experience uneasiness, sweating or headaches during or after a bowel movement? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
4. Do you take medication (tablets or suppositories) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
5. Do you take medication (drops or liquid) to treat constipation? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
6. How often do you use digital evacuation? <input type="checkbox"/> Less than once per week (score 0) <input type="checkbox"/> Once or more per week (score 6)	
7. How often do you have involuntary bowel movements? <input type="checkbox"/> Daily (score 13) <input type="checkbox"/> 1-6 times a week (score 7) <input type="checkbox"/> Once a month (score 6) <input type="checkbox"/> A few times a year or less (score 0)	
8. Do you take medication to treat fecal incontinence? <input type="checkbox"/> Yes (score 4) <input type="checkbox"/> No (score 0)	
9. Do you experience uncontrollable gas? <input type="checkbox"/> Yes (score 2) <input type="checkbox"/> No (score 0)	
10. Do you have peri-anal skin problems? <input type="checkbox"/> Yes (score 3) <input type="checkbox"/> No (score 0)	
Total score (between 0 and 47):	

General satisfaction

Please mark the scale with a (x) to represent your general satisfaction with your bowel management.
 (Total dissatisfaction = 0 / Perfect satisfaction = 10)

0 1 2 3 4 5 6 7 8 9 10

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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14+	Severe