

Guidelines for the use of Trans Anal Irrigation (TAI) as a Treatment for Chronic Constipation Refractory to Standard Treatments in Adults

What is Trans Anal Irrigation (TAI)?

TAI is a treatment for constipation which allows washout of the lower bowel. Instillation of water produces rectal distension and is thought to stimulate peristalsis. It is self-administered by the patient at home, after adequate training in the use of equipment designed for this purpose. This is minimally invasive, safe and effective for the management of chronic constipation which is refractory to standard treatments. The purpose of this document is to provide criteria for the use of TAI.

Efficacy & Safety

A review by Emmett et al (2015) concluded the success rate of TAI is around 50%. This can be considered adequate given the chronic, refractory nature of symptoms and the simple, reversible nature of this treatment (Christensen et al, 2010). Etherson et al (2016) found around 60% of patients with chronic constipation refractory to all other non-surgical treatments used TAI for an extended period of time (1-2 years or more) and felt their symptoms were significantly improved.

TAI has been extensively reported as simple to perform and safe (Christensen et al, 2009), with the estimated risk of the most serious complication (TAI induced colonic perforation) being less than 0.0002% per irrigation (Emmanuel et al 2013). A systematic review and meta-analysis by Emmett et al (2015) found that minor side-effects (abdominal cramps, ano-rectal pain, anal canal bleeding, leakage of irrigation fluid and expulsion of rectal catheter) were experienced by some patients.

Eligibility for use

Patient fulfils all of the following:

- Diagnosis (following bowel assessment) of chronic constipation which may be idiopathic, IBS-C, opioid induced, neurological or result from obstructive defaecation syndrome
- Inadequate response to at least 2 types of laxatives used at maximum tolerated dose
- Inadequate response to biofeedback therapy and /or lifestyle changes
- Inadequate response to specialist initiated drugs if indicated and available locally e.g. Prucalopride, Lubiprostone, Linaclotide, Naloxegol
- Symptoms present > 6 months

Patient fulfils one of the following severity criteria:

- Admission to hospital or presentation to urgent care / A&E with chronic constipation
- Loss of earnings due to symptoms
- PAC-QOL >50

NB Patients with severe (bed-bound) neuroconstipation need not fulfil severity criteria, biofeedback & lifestyle measures. Those at risk of faecal incontinence need not have full trials of laxatives and prokinetics.

TAI can only be initiated by the Durham Constipation Clinic. Community patients who are identified as potentially benefitting from TAI, will be discussed at the monthly DCC MDT by their Continence Specialist Nurse before TAI is initiated. There is a range of products available which may benefit different clinical presentations. Where patients can manage any product, the most cost effective option should be considered at the 3 month review appointment as per NTAG guidelines.

NB Irypump (BBraun) is the most cost-effective equipment for long term treatment but has the highest start-up cost.

How to prescribe

Following initiation of TAI, the specialist nurse will advise the patient's GP, in writing, of what to prescribe (including name and codes) and frequency of ordering. On discharge from the Specialist Service, all patients are given contact details in case of queries / difficulties. On-going prescriptions are the responsibility of the GP.

When to stop TAI

For those patients with refractory bowel dysfunction whose symptoms improve with TAI, it should be considered as a long term management solution. The therapeutic effect may reduce over time and treatment should be discontinued if it becomes ineffective (following adjustments from the specialist team). If any of the following occur, TAI should be discontinued and the Specialist Nurse consulted for further advice: **Pregnancy, colorectal cancer, change in bowel habit until cancer is excluded, during chemotherapy, during episodes of active IBD, anal /colo-rectal stenosis, active diverticulitis, ischaemic colitis, for 3 months post rectal /colo-rectal surgery, for 12 months post radical prostatectomy, for 4 weeks post polypectomy.**

References:

- Christensen P, Krogh K, Buntzen S, Payandeh F, Laurberg S. (2009). Diseases of the Colon and Rectum, vol. 52, no. 2, pp. 286–292
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- Emmanuel A.V, Krogh K, Bazzocchi G et al. (2013). Spinal Cord, vol. 51, no. 10, pp. 732–738
- Emmett C.D, Close H.J, Yiannakou Y, Mason J.M (2015).BMC Gastroenterology 15:139 DOI 10.1186/s12876-015-0354-7
- Etherson K.J, Minty I, Bain I. M, Cundall J, Yiannakou Y (2017). Gastroenterology Research and Practice, <https://doi.org/10.1155/2017/3826087>

PRODUCT INFORMATION

PRODUCT	PACK CONTENTS	CODE	FREQUENCY (based on 15 irrigations per month)
Aquaflush Quick (cone based system) Starter Set	Water bag, pump, tube, 5 cones	AFQS	Once only
Aquaflush Quick Monthly Set	Water bag, pump, 15 cones	AFQM	1 per month
Irypump S set	Electric pump, charger, water container, tubing, reusable cone	29120E	1 per 3 years
Irycone +	Tubing, reusable cone	29220E	1 per 3 months
Irypump water container	Water container	29240	1 per 6 months
Navina Smart System	Smart control unit (touch sensitive), water container, tubes, 2 rectal catheters	69009	400 uses or 2 years
Navina Classic System	Classic control unit (hand pump), water container, tubing, 2 rectal catheters	69005	1 per 6 months
Navina Consumable Set	Water bag, 15 rectal catheters		1 per month
Peristeen Accessory Unit	15 rectal catheters, water bag	29122	1 per month
Peristeen Accessory Unit (small)	15 rectal catheters (small), water bag	29121	1 per month
Peristeen Full System	Control unit, water bag, tubing, 2 rectal catheters	29121	1 per 6 months
Qufora Irrisedo Cone System	15 cones, 1 water bag with pump	QTM	1 per month
Qufora Irrisedo Mini System	15 cones 1 hand pump	53601- 015	1 per month
Qufora Irrisedo Balloon System Base Set (regular)	Control unit, water bag, 2 rectal catheters	58101- 002	1 per 6 months
Qufora Balloon System Accessory set (regular)	Water bag, 15 rectal catheters (regular)	58201- 015	1 per month
Qufora Balloon System Accessory set (small)	Water bag, 15 rectal catheters (small)	58202 - 015	1 per month