

Low-Volume Transanal Irrigation: Safe, Effective, and Well-Tolerated for Chronic Constipation and Anal Incontinence.

Results from an Uncontrolled, Prospective Multicentre Study

Introduction:

- Bowel dysfunction severely impacts quality of life.
- Transanal Irrigation (TAI) has emerged as a therapeutic option with both low- and high-volume systems.
- Most clinical data from high volume TAI.

Aim:

To evaluate the safety, efficacy, and usability of a new low-volume TAI device in adults diagnosed with anal incontinence or fecal outlet problems.



Method:

Design: Uncontrolled, prospective, multicentre.

Population: 38 adults (92% female of which 73% were postmenopausal), with + 6 months chronic constipation, anal incontinence, or outlet obstruction, treated with standard bowel care (SBC).

Duration: 4 weeks.

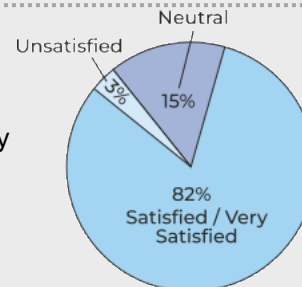
Assessments:

- **Primary:** Patient satisfaction (5-point scale).
- **Secondary:** Clinical benefit (Wexner FI Score, Renzi Score), ease of handling, safety.

Key Results:

Patient Satisfaction:

- 82% satisfied or very satisfied
- 15% neutral
- 3% unsatisfied



Clinical Outcomes:

The study observed following significant clinical benefits:

1. Reduction in accidental bowel leakage ($p \leq 0.0027$) (Fig 1.)
2. Patient's perception of incomplete evacuation ($p \leq 0.0229$) (Fig 2.)
3. Reduction in excessive straining ($p \leq 0.0356$) (Fig 3.)

Figure 1

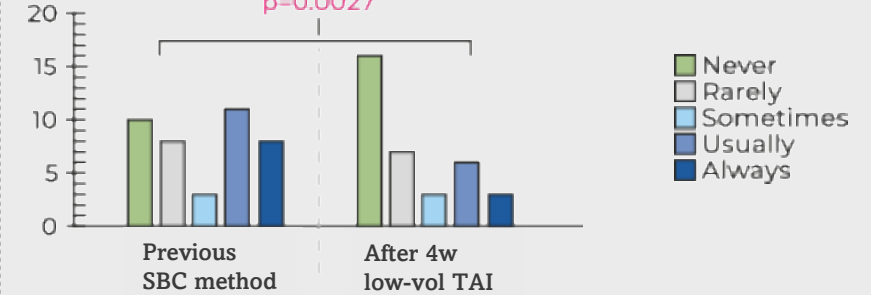


Figure 2

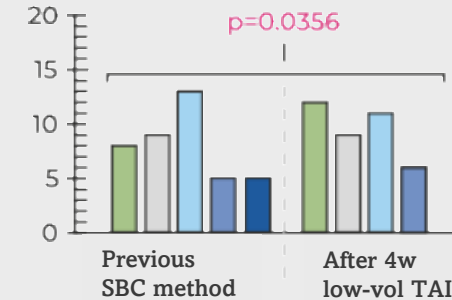
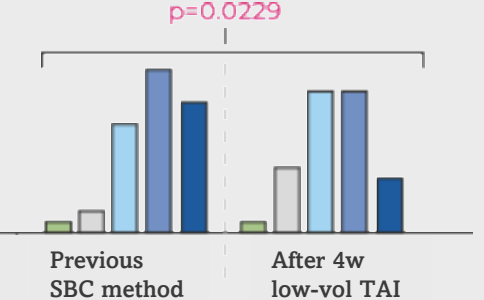


Figure 3



Safety:

- No adverse events related to therapy/device.
- No serious adverse events reported.

Usability:

- 100% rated hygienic.
- 73% discreet.
- Majority rated *easy* or *very easy* to handle.

Conclusion:

Low-volume TAI with Navina Mini is a safe, effective, and user-friendly option for managing bowel dysfunctions (constipation, faecal incontinence), with high patient satisfaction and no therapy-related adverse events.

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