



"HEEY... POUL... WHERE HAVE YOU BEEN!
GET OFF THE LOO AND COME FLY WITH US!"



Transanal Irrigation

TAI is when the bowel is gently filled with body-temperated water with the purpose of emptying the bowel easily, rapidly and with long-term effect.

If one have SCI and can say yes to one or more of the following questions, TAI might be an option to improve the quality of daily life:

1. Are accidents relating to the bowel often occurring?
2. Is constipation of the bowel generally the situation?
3. Is it often necessary to stimulate the bowel to defecate?
4. Do constipation and unary tract infection occur simultaneously?
5. Are time emptying the bowel taking more than 30-45 minutes?

If the answer is yes to one or more of the questions, TAI may in dialogue with healthcare professionals, be an option to consider.

For more information on TAI and the possibility of improving the quality of daily life for persons with SCI, please visit the following the RYK-website with videos and information:

tai.ryk.dk

RYK - Spinal-Cord Injured Denmark is the Danish organisation of persons with SCI working to improve life of persons with SCI. RYK ♦ Blekinge Boulevard 2 ♦ DK-2630 Taastrup ♦ w: ryk.dk
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