

Peristal Instructions

IMPORTANT:

1. Wash the Peristal with HIH's All Natural Cleaner or with warm, soapy water before and after each use.
2. Except for lubrication purposes, do not manipulate the Peristal with your hands.
3. Do not use in cases of extreme hemorrhoid flare-ups.

INSTRUCTIONS:

Preparation -

1. The rectum is usually empty about an hour after a bowel movement. However, for cleaner operation, you may want to cleanse the rectum with warm water. - NOT an enema solution. If you'd like, you can use a rectal syringe.
2. Lie on your side. Keeping the lower leg straight, bring your top knee to your stomach. This position is usually the easiest and best position for insertion. Once you become more familiar with the device, you can try other positions.
3. Apply sufficient lubrication to the Peristal, the anus, and the entire anal canal. To lubricate the anal canal, use your finger, the device itself, HIH's Precision lubricant, or a lubricant applicator.
 - * Note that many quality lubricants contain glycerin, which can cause an enema effect. Thus, use only a sufficient amount of lubricant.
 - * To lubricate the anal canal with the device itself, slowly insert a lubricated Peristal into the anal canal. Then, gently move the Peristal in and out several times, but without extracting the device fully.

Session -

1. Relax your PC-sphincter muscles. The PC-sphincter muscles are the muscles used to stop the flow of urine.
2. Slowly insert the Peristal up to only its neck. Do not use force; allow it to glide in gently. *The purpose of this is to fit the first part of the Peristal into the intermuscular groove of the anal canal, which is located between the internal and external sphincter. Both the intermuscular groove and the adjacent area (a common site of exterior hemorrhoids), are rich in (pudendal) nerve endings.
3. With a moderately strong contraction, gradually tighten the PC-sphincter muscles and your body will naturally pull the Peristal deeper inside the anal canal. In instances of a weaker PC-sphincter, it may be necessary to lightly support the base/foot of the Peristal with your finger.
4. Relax and remain still for a roughly 5 to 10 minutes, allowing your body to accommodate the presence of the Peristal. Focus on relaxing your entire body and releasing any tension that may be held in the anal region. Deep breathing and a tranquil setting are recommended. You may start to feel tingling or moving sensations inside the anal canal. You may even notice that the Peristal moves by itself. This is desirable.
5. Begin contractions of your PC-sphincter muscles again, experimenting with different strengths, durations and eventually different body positions. During this process, the anal canal and the rectum will begin to contract, creating a "push-pull" effect with the Peristal alternately being pushed out then drawn deeper into the anal canal. These exercises continuously place the device in an unstable position, instigating peristaltic motions inside the anal canal and generating blood circulation and warmth to the region.
6. When the Peristal stops its movement or when the pleasurable sensation diminishes, contract your PC-sphincter to draw the Peristal forward or add rectal pressure to push the Peristal outward, returning it to an unstable position inside the anal canal. Steps 5 and 6 can be repeated as desired.

Additional Information:

The Peristal is a hands free, self-massaging device. It is not designed to be pushed or pulled by the hand during use. Thus, allow the anal canal to naturally maneuver the Peristal.

The Peristal is designed as a step-by-step treatment device intended not only to help alleviate genitourinary ailments but also to assist users in exercising, toning and conditioning their anal PC-sphincter muscles. As such, users are advised to start with the largest model and advance to smaller models in sequence only after mastering the larger models.

The Peristal can be both a treatment and preventative device. Thus, it should be used even when there are no outbreaks of hemorrhoids and it can be used during minor to moderate hemorrhoids. However, the Peristal should NOT be used when your muscles are extremely sensitive, such as during major hemorrhoid flare-ups (ie...internal hemorrhoids in stage 3 or 4, and external hemorrhoids).

Exercising the muscles in this region such as with the Peristal (by controlling the rectal pressure and the contractions of the PC sphincter) is an ideal practice to maintain and increase good health and will have additional benefits such as addressing issues of both urinary and fecal incontinence.

The condition of the anal canal varies throughout the day and will also vary from day by day. The Peristal is designed to accommodate these changes by automatically locating the most balanced and effective position inside the anal canal.

As the user becomes more familiar with the Peristal, he/she can vary the effects through different strengths, durations and positions. These changes will instigate varying degrees of peristaltic motions and feelings.