



qufora® IrriSedo

Qufora® IrriSedo Balloon system

Functional and easy
to use rectal irrigation

Patient guide

MBH | **qufora®**


MacGregor®
Healthcare Ltd

Welcome to using **Qufora**® IrriSedo

In this booklet we will give you advice on how to use your **Qufora**® IrriSedo Balloon irrigation system and support you through your journey using rectal irrigation.

It is important to keep in touch with your healthcare professional, as they can give you the individual advice and support you need. Use this booklet as a supplementary guide and reference.

Guide and common questions

Your healthcare professional will explain how to use your **Qufora**® IrriSedo Balloon system and show you how it works in practice. As a reminder we also have a guide in this booklet, plus we answer some common questions.

Also included are details about how to obtain your **Qufora**® IrriSedo Balloon system, including **Qufora Direct**®, the easy and discrete delivery service. They can offer you advice and support especially when you start your journey using irrigation.

Bowel progress diary

Please fill in the Irrigation progress diary which is a separate booklet your healthcare professional will give you.

Use the diary **every day** to track your progress and then you and your healthcare professional can decide the best irrigation regime for you.

What is rectal irrigation?

Rectal irrigation (sometimes called anal irrigation or trans-anal irrigation) has been practiced for many hundreds of years. Over recent years it has been more widely used as a bowel management solution.

It simply involves instilling warm tap water into the rectum via the anus and then allowing the water to be expelled, thus emptying the colon.

Studies have shown that regular rectal irrigation can be an effective solution to prevent faecal incontinence and constipation.

It can also reduce the amount of time spent on bowel management.

Rectal irrigation provides a reliable bowel management option, it is easy, quick, effective and hygienic to use, allowing you to live life to the full and not worry about your bowels.

“*It is lovely now
to feel clean,
comfortable,
confident and
most of all,
in control...*”

Starting your journey using **Qufora®** IrriSedo

Most people find irrigation easy to do right from the start and their bowel symptoms are relieved very quickly. For others this may take a little longer. Learning something new can take a bit of practice but the results will be worthwhile if you persevere.

Sometimes the bowel gets into a routine easily but for others it may require some modification e.g. your bowel medication etc. That's why many healthcare professionals advise irrigating every day for at least the first three months.

Don't give up if the results are not what you would like immediately. It can take time. The aim is for you to eventually have the bowel routine that fits you, so you don't have to worry about your bowel and you can get on with your life.

Your healthcare professional will show you the system and then get you to practice with it before you do it on your own.

Understanding your Qufora® IrriSedo Balloon system

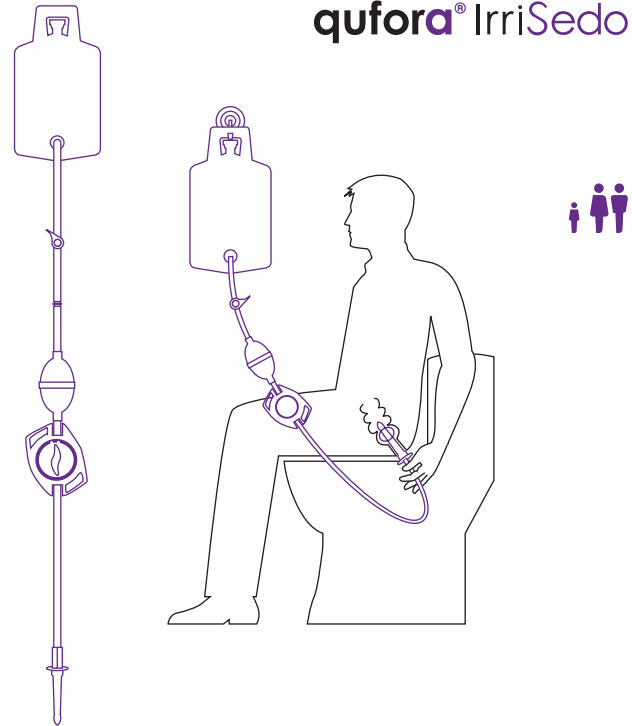
When you first start irrigating it's a good idea to put the product together and fill it with water a few times. This will help you become more familiar with it when you actually use it to irrigate your bowel.

*“I was fixed,
I was free to enjoy
my life without
incident...”*

Qufora® IrriSedo Balloon system



qufora® IrriSedo



Step by step control unit positions

- 1 Fills the tubes with water.
- 2 Inflates the balloon with water to retain the catheter in the rectum.
- 3 Water runs through the catheter into the rectum.
- 4 Deflates the balloon so the catheter is expelled or removed.

Please note: The small dots between the numbers stops the water flowing.



Important information

AMOUNT OF WATER FOR IRRIGATION

Only use the amount you have been advised. Generally, this is around 500ml but no more than 1000ml. The aim is to use the least amount of water to give you the best result.

EVERY DAY

You should irrigate **every day** for the first 3 months (unless your healthcare professional asks you to do differently) this will help to clear the bowel and get you into a routine.

DON'T STOP YOUR MEDICATION

Don't stop or reduce your bowel medication unless your healthcare professional has asked you to. This is still necessary until your bowel gets used to irrigation. Then your healthcare professional will advise you to reduce or stop it.

Important information

DRINKING WATER

Always make sure to drink the correct amount of water (adults approx 1-2 litres per day). If your water intake is too low, this may result in the irrigation water being retained and absorbed by the bowel.

OBTAINING FURTHER SUPPLIES

Make sure you have enough supplies (order regularly and in time, **Qufora Direct**® can call you each month to see if you need more).

GETTING THE RIGHT ROUTINE

So many people's lives have been improved using **Qufora**®. For some people this happens very quickly, for others it takes a while longer, but the important thing is to take time to get the right routine for you.

REMEMBER - DON'T GIVE UP

Qufora® IrriSedo Balloon Instructions for use

Important!

You should only commence irrigation after assessment and training from a qualified healthcare professional.

The Balloon system

- **Water bag**
- **Control unit**
- **Pump**
- **Tube**
- **Hydrophilic coated rectal catheters with silicone balloon** (available in regular and small)
- **Velcro straps** (if needed)

Read the instructions for use and contact your healthcare professional if you need any further advice.

Before use

Make sure you have all your system ready and some warm tap water.

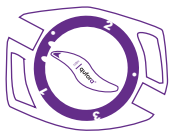
After use

The catheter is **single use**.

Dispose in the catheter pouch in household waste.

Rinse before storing

Clean the other parts with lukewarm water and soap.

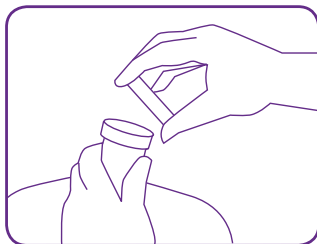


Control unit

Turn control unit to 1, 2, 3 and 4 while performing the procedure.

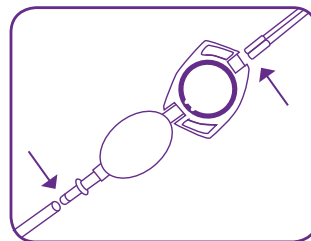
qufora® IrriSedo

1



Fill the water bag with approximately 100ml more lukewarm water than you need to irrigate. Hang the water bag at shoulder height or lower.

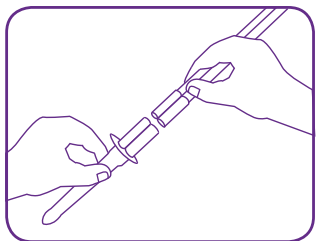
2



Connect water bag tube to the pump.

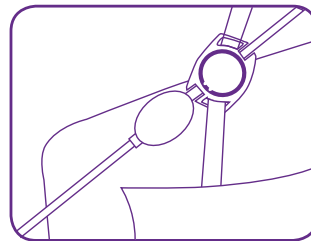
Connect the white end of the catheter-tube to the control unit.

3



Connect the grey end of the tube to the catheter.

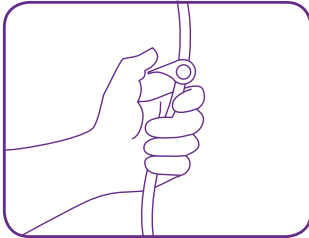
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If required, attach the control unit strap to the thigh.

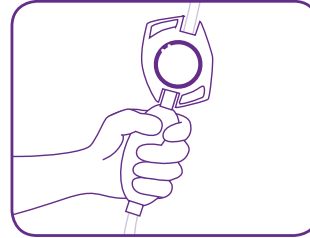
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5



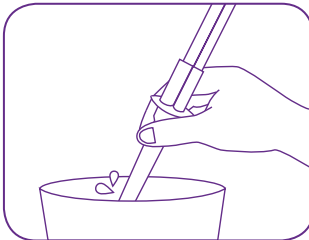
Turn control unit to position 1.
Open the valve on the water bag.

6



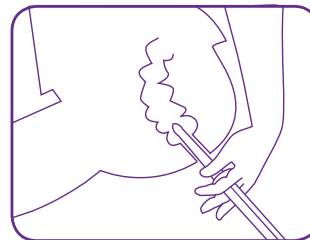
Pump water into the pump and tubes so that the air is removed.
Turn control unit to the dot position between 1 and 2.

7



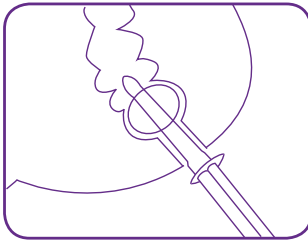
Dip the catheter in water to activate the lubrication.

8



Gently insert the catheter into the rectum.

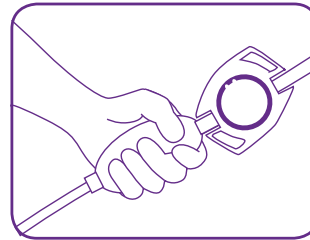
9



Turn control unit to position 2.

Compress the pump fully once to inflate the balloon. You can use one more pump if necessary. Turn control unit to the dot position between 2 and 3.

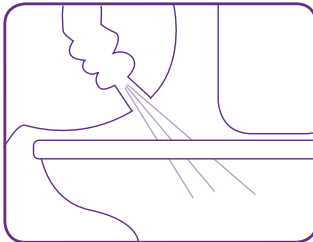
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Turn control unit to position 3.

Pump water slowly into the bowel. Your healthcare professional will tell you how much water to use.

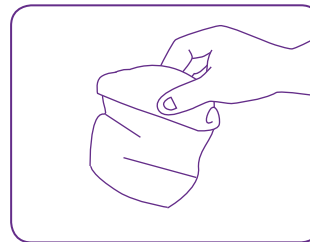
11



Turn control unit to position 4.

This will deflate the balloon. Remain seated on the toilet and gently remove the catheter. Water and stool will now flow from the bowel.

12



Discard the catheter in the catheter pouch and dispose in household waste.

Wash and dry your hands. Store equipment in a dry place, away from sunlight and heat.

Common questions

Always contact your healthcare professional for medical advice but some common questions are answered below:

What if I have any pain or bleeding when I insert the catheter?

If you have excessive pain or bleeding seek immediate medical advice.

However, minor bleeding can be due to trauma from catheter insertion. Remember to activate the lubrication on the catheter by dipping it in water and insert the catheter slowly and gently into the rectum.

If minor bleeding or pain persists contact your healthcare professional.

What if the water leaks out as I'm pumping it into the bowel?

Ensure the catheter is inserted far enough into the rectum but not as far as the clear disc at the end of the catheter.

If you have only used one full pump of water you can pump one more time to help create a better seal.

What if no water comes out after I have removed the catheter?

Wait for a few more minutes, you can try coughing and massaging your abdomen, this can help to start the bowel moving.

Sometimes you may be dehydrated and the water absorbs into the bowel lining. If this persists contact your healthcare professional.

What if the tap water is not safe for drinking?

Use bottled water or cooled boiled water.

“Now all I was waiting for was to see good results, which I can honestly say amazed me...”

What if I still have stool coming out after my irrigation session is finished?

This may be something that happens in the early stages of irrigation when the bowel is quite full. It may be resolved after using irrigation for a while.

Make sure you sit on the toilet long enough to ensure the bowel is empty.

Talk to your healthcare professional about the amount of water you are irrigating with.

***How many boxes of Qufora® IrriSedo
Balloon systems do I need each month?***

Daily use:

- 1 base set every 3 months.
- 2 accessory sets per month.

Alternate day use:

- 1 base set every 6 months.
- 1 accessory set per month.

Where do I get my supplies?

You get a prescription from your GP or prescribing nurse. Then you can get products delivered free by a home delivery service like **Qufora Direct®** (0845 519 60 50) or your chemist.

“I can now go out for the day without all the obvious constant worries which can ruin the simplest of pleasures...”


We hope you have found this guide helpful.
You can view the instructional DVD at
www.macgregorhealthcare.com.

If you have any questions or comments we
would love to hear from you.

Just call us on **0845 519 20 40**
or email **info@qufora.co.uk**.



Qufora® IrriSedo Balloon system

Product	Description	Contents	Order number
	Base Set (regular)	1 Control unit with velcro strap, 1 water bag, 2 hydrophilic rectal balloon catheters. REGULAR	58101-002
	Base Set (small)	1 Control unit with velcro strap, 1 water bag, 2 hydrophilic rectal balloon catheters. SMALL	58102-002
	Accessory Set (regular)	1 Water bag, 15 hydrophilic rectal balloon catheters. REGULAR	58201-015
	Accessory Set (small)	1 Water bag, 15 hydrophilic rectal balloon catheters. SMALL	58202-015
	Catheters (regular)	10 Hydrophilic rectal balloon catheters. REGULAR	58301-010
	Catheters (small)	10 Hydrophilic rectal balloon catheters. SMALL	58302-010

How to obtain your Qufora® IrriSedo Irrigation system

You get your supplies via a prescription from your GP or prescribing nurse.

You can then get your supplies from a home delivery service (like **Qufora Direct®**) or your pharmacy.



Qufora Direct®

We can deliver your products discreetly and free of charge, direct to your home. It's the easy way to obtain your **Qufora®** supplies.

Call: 0845 519 60 50

Email: direct@qufora.co.uk

Qufora Direct® is operated by Rapidcare® part of Koppa Company Ltd - please see our Privacy statement for further information.



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MacGregor Healthcare Ltd
www.macgregorhealthcare.com
info@macgregorhealthcare.com
Tel: 0845 519 20 40

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qufora®

Manufactured by
MBH-International A/S
Gydevang 28-30
DK-3450 Allerød
Denmark