



qufora® IrriSedo

Qufora® IrriSedo Bed system

Complete, controlled and
hygienic irrigation system

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 Bed 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 Bed 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 Bed 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 and some stool to be expelled.

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

Many people find irrigation easy to do right from the start and their bowel symptoms are relieved very quickly. For some 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 in with 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 Bed system

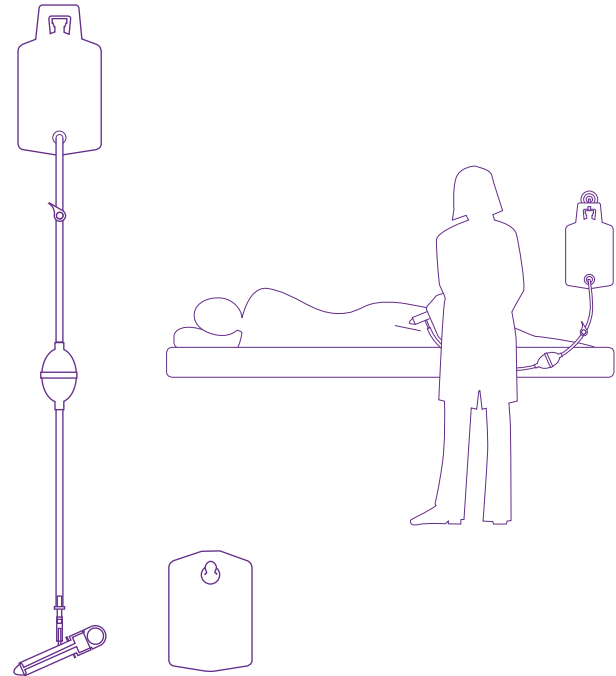
When you first start irrigating it's a good idea to put the product together and fill it with water a few times. This will help you become more familiar with it when you actually use it to irrigate your bowel.

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

Qufora® IrriSedo Bed system



qufora® IrriSedo



Important information

AMOUNT OF WATER FOR IRRIGATION

Use the amount of water you have been advised by your healthcare professional. Generally, this is between 500ml and 1000ml for adults. You can instill smaller amounts e.g. 300ml and then allow it to flow into the collection bag with stool. Then instill another 300ml and then let that flow into the collection bag. Repeat this until you have used the amount of water advised.

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 amount of water advised by your healthcare professional . 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 Bed system **Instructions for use**

Important!

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

The Bed system

- **Water bag**
- **Collection bag**
- **Tube** connected to catheter
- **Catheter** available in 12 mm, 21 mm and 30 mm
- **Qufora®** lubricating gel

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

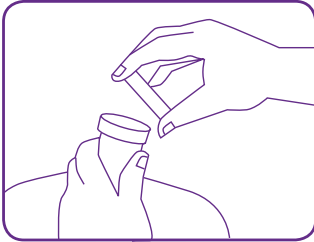
The catheter is **single use**.

Dispose of catheter and collecting bag in clinical waste or according to local policy.

Rinse before storing

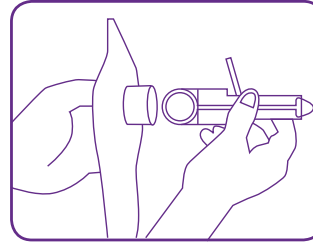
Rinse and dry the water bag, store away from heat and direct sunlight.

1



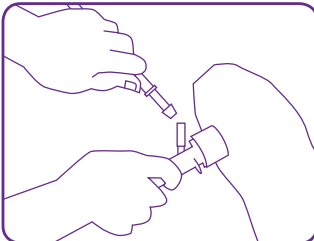
Fill the water bag with approx 100ml more water than you need to irrigate. Hang water bag at shoulder height or above.

2



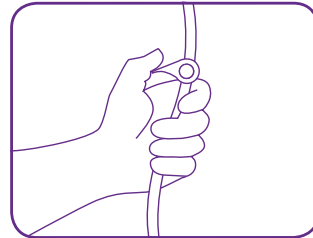
Fit the collection bag to the catheter with the insertion guide in the catheter. **Please note there is no insertion guide with the 12mm catheter.**

3



Connect the tube, that is connected to the water bag, to the catheter.

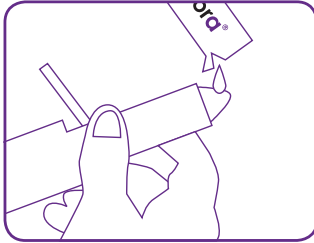
4



Open the valve and pump water to fill the tubing and pump.

Close the valve again.

5



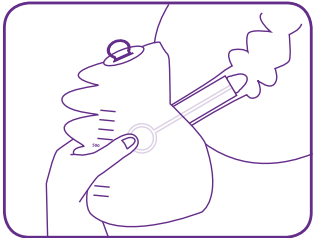
Lubricate the catheter with Qufora® lubricating gel.

6



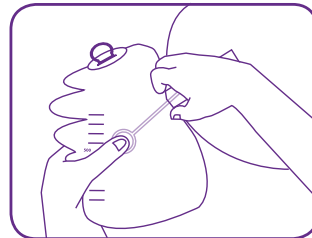
With a firm grip, hold on to the ring of the insertion guide inside the bag at the 500ml mark.

7



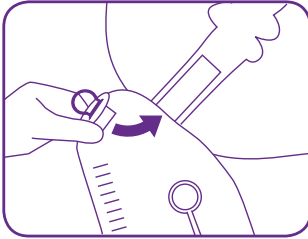
Position the patient on their left side, towards the edge of the bed. Carefully insert the catheter into the rectum with the insertion guide. **Please note the 12mm catheter does not have an insertion guide.**

8



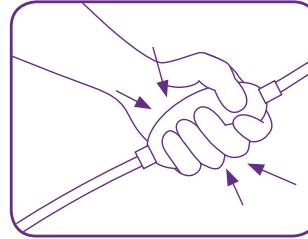
With the catheter in the rectum pull out the insertion guide and let it drop inside the collection bag.

9



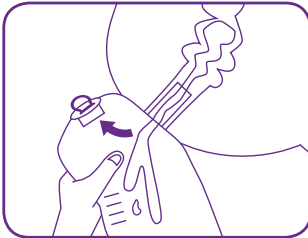
Insert the collection bag plug into the end of the catheter to seal it. Continue to support the catheter.

10



Open the valve and use the pump to instill water into the rectum.

11



Pull the plug out of the rectal catheter to allow the stool and residual water to flow into the collection bag.

12



Steps 9-11 can be repeated until the desired amount of water has been instilled and removed. Remove the catheter carefully. Safely dispose of catheter and collection bag in clinical waste or according to local policy.

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 lubricate the catheter 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?

This can occasionally occur when the rectum is full, especially in the early stages of using irrigation. Ensure the catheter is supported at all times. Reduce the amount of fluid you are

instilling each time and allow it to empty before instilling more.

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 for irrigation.

“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.

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

How many boxes of Qufora® IrriSedo Bed system do I need each month?

Daily irrigation

Two boxes of 15 irrigation per month.

Alternate day irrigation

One box of 15 irrigation per month.

How to **obtain** your supplies

You get your prescription from your GP or prescribing nurse. You can then get your supplies from a home delivery service (like **Qufora Direct**) or your local pharmacy. **Qufora Direct**® can deliver your products discreetly and free of charge, direct to your home. It's the easy way to obtain your Qufora supplies.



qufora direct®

team taking care of your supplies

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



0845 519 6050



direct@qufora.co.uk

Supporting you on your journey

We want you to have the best start using your Qufora® IrriSedo Bed system. Our friendly myqufora team are here to answer all of your questions no matter how big or small. Visit www.myqufora.com to access useful product videos, frequently asked questions or just live chat with us.



myqufora®

team supporting your journey



0845 519 2040



advice@myqufora.com

Suggested ordering

ORDERING

- when irrigating daily


2x15 irrigation set per month

ORDERING

- when irrigating every other day

1 x15 irrigation set per month

Qufora® IrriSedo Bed system

Product	Description	Contents	Order number
 5 Irrigation set	Bed System (5 Irrigation Set) – Ø12mm	1 Water bag with pump, 5 rectal catheters Ø12mm, 5 collection bags	53201-055
	Bed System (5 Irrigation Set) – Ø21mm	1 Water bag with pump, 5 rectal catheters Ø21mm, 5 collection bags	53001-055
	Bed System (5 Irrigation Set) – Ø30mm	1 Water bag with pump, 5 rectal catheters Ø30mm, 5 collection bags	53101-055
15 Irrigation set	Bed System (15 Irrigation Set) – Ø12mm	1 Water bag with pump, 15 rectal catheters Ø12mm, 15 collection bags	53201-015
	Bed System (15 Irrigation Set) – Ø21mm	1 Water bag with pump, 15 rectal catheters Ø21mm, 15 collection bags	53001-015
	Bed System (15 Irrigation Set) – Ø30mm	1 Water bag with pump, 15 rectal catheters Ø30mm, 15 collection bags	53101-015



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