

qufora® IrriSedo

Qufora® IrriSedo Mini system

Discreet and simple to use

User 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 Mini 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 Mini 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 Mini 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 transanal 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

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.

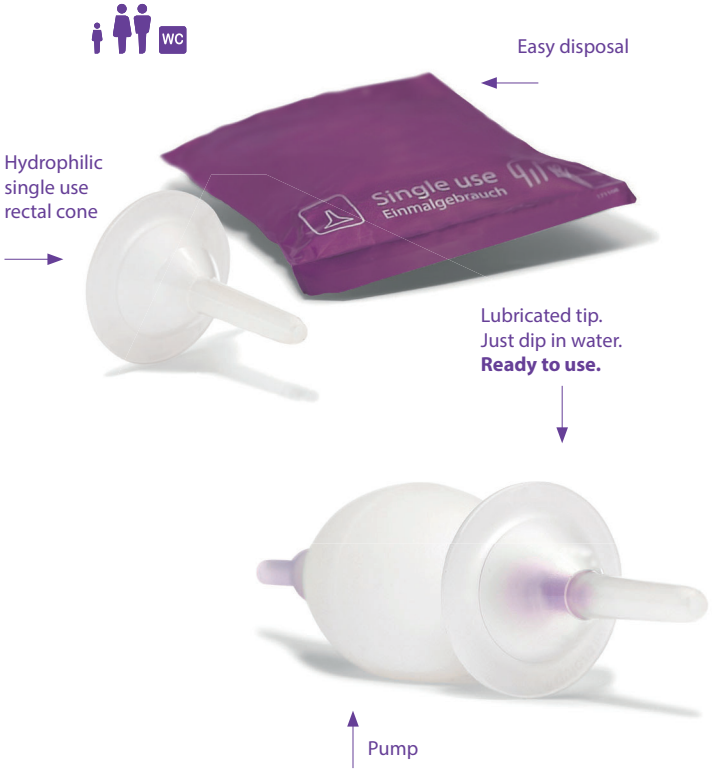
Understanding your Qufora® IrriSedo Mini system

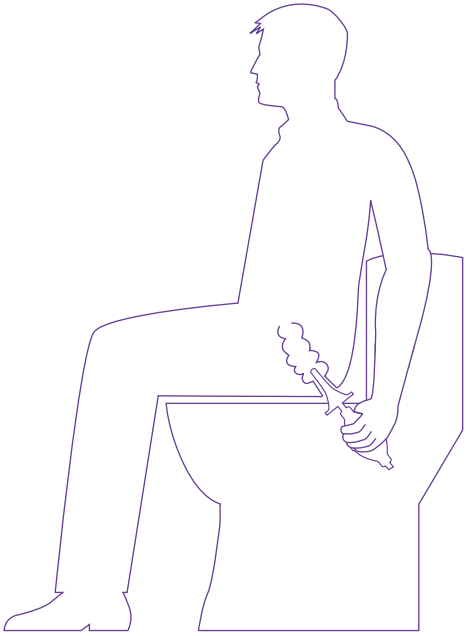
When you first start irrigating it's a good idea to put the product together and fill it with water a few times. This will help you become more familiar with it when you actually use it to irrigate your bowel.

"I was fixed, I was free to enjoy my life without incident...

Qufora® IrriSedo Mini system

qufora® IrriSedo





Important information

SQUEEZING THE PUMP

When the Mini cone is inserted, it is important to only squeeze the pump once fully. If you squeeze again you will pump air into the rectum.

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 Mini **Instructions for use**

Important!

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

The Mini system

- **Hydrophilic cone** (activate lubricant with water - **single use**)
- **Hand pump**, is connected to the cone and contains 90 ml of water
- **Non-return valve** prevents return of soiled water into the pump

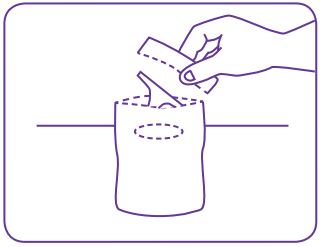
Read the instructions for use and contact your healthcare professional if you need any further advice.

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

After use
The cone is **single use**, so dispose in the purple cone pouch in household waste.

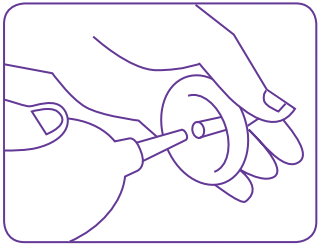
Rinse before storing
Clean the pump with lukewarm water and soap. Rinse and dry, store away from heat and direct sunlight.

1



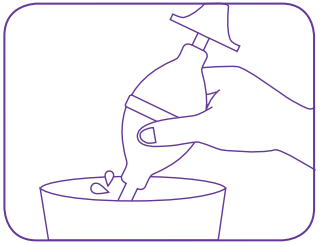
Tear off the edge of the purple pouch. Remove the sticker and secure the pouch to a dry surface.

2



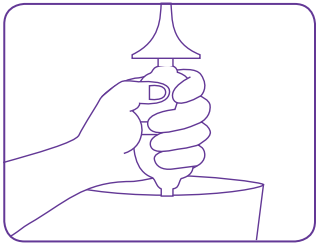
Assemble the Qufora® Mini system by pushing the cone and the purple pump tip together.

3



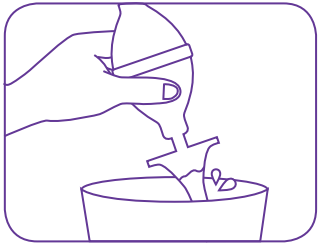
Place the tube of the pump into a bowl or sink of clean warm water.

4



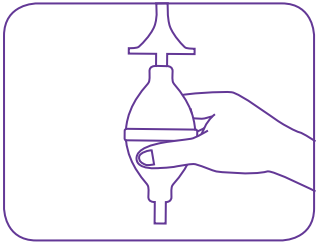
Now squeeze and release the pump until you fill it completely with the water. (Gentle pumps as it fills to avoid spills)

5



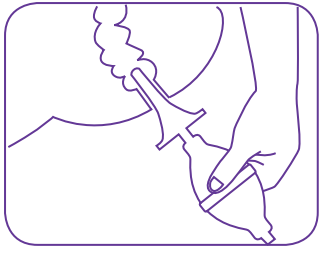
Turn the system upside down and dip the cone tip into the water to activate the lubricant. Now it is ready to use.

6



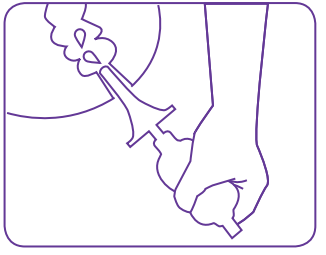
Ensure the pump is completely full with water and hold upright before insertion into the rectum.

7



Seated on the toilet, carefully insert the cone into the rectum.

8

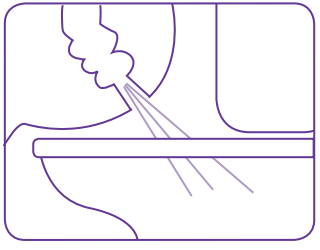


Gently compress the pump completely to instill water into the rectum.

Do not compress again.

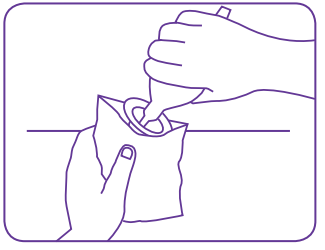
IMPORTANT! Compress the pump completely **only once** to utilise as much water as possible. If the pump is compressed again, air will be pumped into the rectum.

9



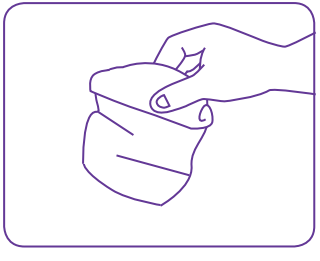
Remove the cone and residual water and stool will be expelled.

10



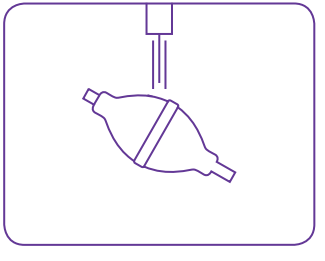
Twist the cone off the pump and dispose of cone in the purple cone pouch.

11



Seal the purple pouch and dispose in household waste.

12



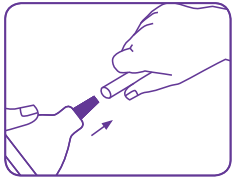
Wash the pump with warm water and dry.

An extension tube is available if required.
Wash and dry your hands. Store equipment in a dry place, away from sunlight and heat.

Qufora® IrriSedo Mini and extension tube **Instructions for use**

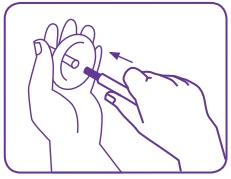
The extension tube is an accessory item to allow for ease of use and/or to deliver an increased volume of water (approx 120ml).

1



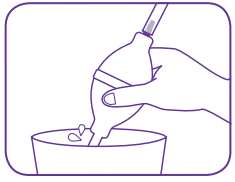
Connect the purple end of the pump to the clear end of the extension tube.

2



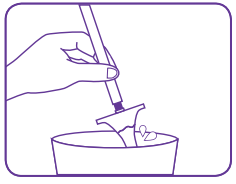
Attach the cone to the purple end of the extension tube.

3



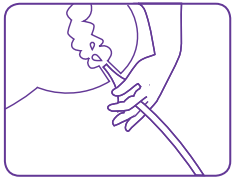
Fill the pump and the extension tube completely with water.

4



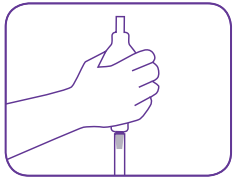
Activate the lubricant simply by dipping cone into water for 15 seconds.

5



Insert the cone into the rectum.

6



Hold the pump with the clear end of the pump pointing upwards, and gently squeeze the pump until all the water is instilled into the rectum.

Now follow the Qufora® IrriSedo Mini Instruction guide step 9-12 on page 11.

Please note extension tube is single use only.

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 cone?

If you have excessive pain or bleeding seek immediate medical advice.
However, minor bleeding can be due to trauma from cone insertion. Remember to wet the cone to activate the lubricating gel and insert the cone 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?

Make sure you have inserted the cone tip high enough into the rectum and support it firmly with your hand.

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

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 water is not safe for drinking?

Use bottled water or cooled boiled water for irrigation too.

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

Can I travel abroad with Qufora rectal irrigation?

Yes, Qufora products are easy to pack and use when travelling across the UK and abroad. It may be useful to put some products in your hand luggage in case of any delay in getting your hold cases. You can get a travel certificate from your product delivery service to explainproducts you may have in your hand luggage.

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.

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

0845 519 6050

direct@qufora.co.uk

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

Supporting you on your journey

We want you to have the best start using your Qufora® IrriSedo Mini 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

RE-ORDERING - when irrigating daily	**RE-ORDERING** - when irrigating every other day
1 x 53601-030 (Mini 30 irrigations) If extension tubes being used 2 x 52715-015 (15 extension tubes)	1 x 53601-015 (Mini 15 irrigations) If extension tubes being used 1 x 52715-015 (15 extension tubes)

Qufora® IrriSedo Mini system

Product	Description	Contents	Order number
	**Qufora**® IrriSedo Mini system (15 Irrigations)	1 Hand pump 1 Cone bag 15 Hydrophilic cones	53601-015
	Qufora® IrriSedo Mini system (30 Irrigations)	1 Hand pump 1 Cone bag 30 Hydrophilic cones	53601-030
	**Qufora**® IrriSedo Extension tube (15 irrigations set)	15 Extension tubes	52715-015

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