



qufora® IrriSedo

# Qufora® IrriSedo Balloon system

Functional and easy  
to use rectal irrigation

## Guide for kidz

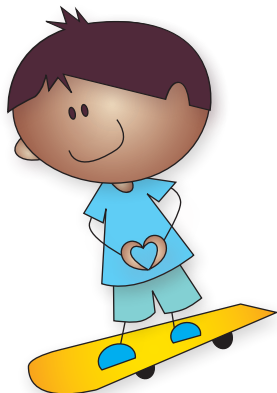
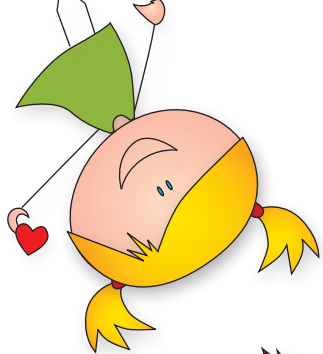


MBH

qufora®



MacGregor®  
Healthcare Ltd



## Having a tummy problem

Hi my name is Flora, and I have a secret. Not everyone knows my secret, but I have problems with my poos sometimes when I play with my friends at home or school. I get a sore tummy because of my poo. Sometimes I can't poo and sometimes my poo is runny and comes out too quick (and then I have to run.....).

The doctor said I have a problem with my bowel, it doesn't work as well as it should. I did use medicine, but it did not help me a lot and sometimes poo was in my pants.



# Help with Qufora®

One day the nurse told us there is something called Qufora® that can help me. They told me it is like getting a shower inside my bum, making the poo come out straight away.

I only have to do it once a day, and I can choose if it is, before or after school as it only takes 15 minutes.

I have been doing this now for a while, and I can now play and go to school without any worry. I can play with my friends, and I don't have to suddenly rush to the toilet.

The best thing is..... I don't feel different from my family and my friends any more.

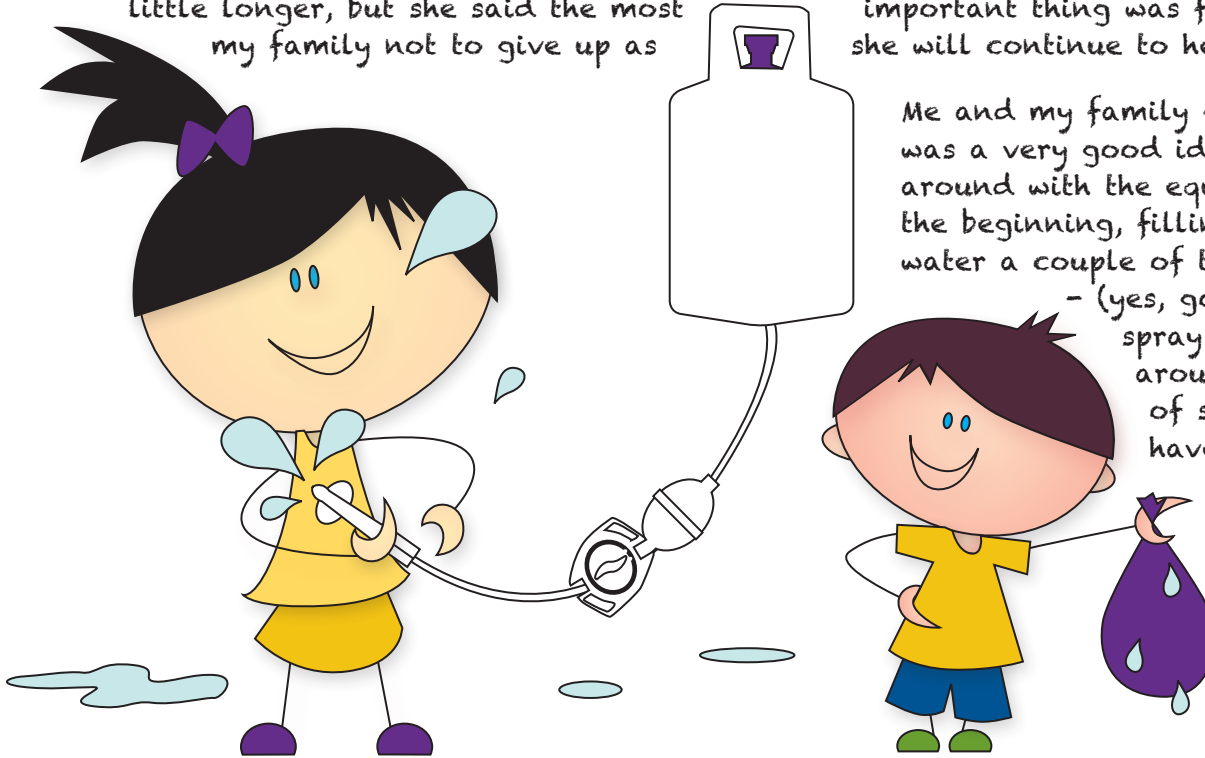


# Starting with your Qufora® IrriSedo system

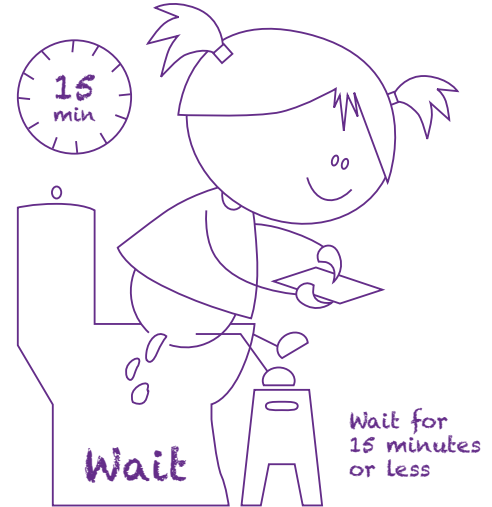
Most people find it easy to do, from the very first time, others have to practice for a while to get the hang of it.

My nurse told me sometimes bowels get into a routine quickly, others take a little longer, but she said the most important thing was for me and my family not to give up as she will continue to help me.

Me and my family found it was a very good idea to play around with the equipment at the beginning, filling it with water a couple of times,  
- (yes, go on, just spray the water around the back of sink and have some fun)



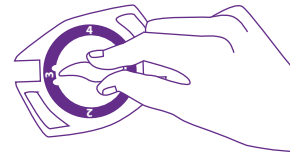
# Quifora® IrriSedo Balloon system. How it looks and how it works



## One, two, three and four (your Mum or Dad will help)

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

- ① Fill the tubes with water. Ensure you dry the system after use.
- ② Fill the balloon with water to retain the balloon in the rectum.
- ③ Water runs through the catheter into the rectum.
- ④ Deflates the balloon so the catheter is expelled or removed.



# Important information (for Mum and Dad)

## SQUEEZING THE PUMP

Only use the amount you have been advised. Only pump in the amount of water you have been told by your nurse. 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 nurse 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 nurse has asked you to. This is still necessary until your bowel gets used to irrigation. Then your nurse may advise you to change it.



## DRINKING WATER

Always make sure to drink the correct amount of water.

The recommended daily amount of fluids is:

- 6 glasses (1.2 litres) for 4 to 8 year olds
- 8 glasses (1.8 litres) for 9 to 13 year olds
- 8 glasses (1.8 litres) for 14 to 18 yr olds

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 How to do it;

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.

Put it in the disposal bag and then dispose in household waste.

## Rinse before storing

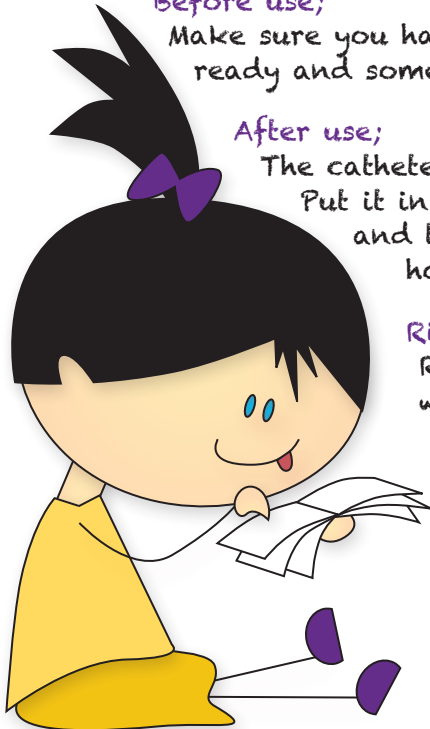
Rinse and dry the water bag, pump and tubing, store away from heat and direct sunlight.

## Important!

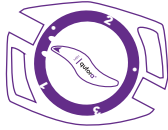
You should only start doing irrigation after assessment and training from a qualified healthcare professional.

## The Balloon system

- Water bag
- Control unit
- Pump
- Tube
- Coated catheter with silicone balloon (available in regular and small)
- Sticky straps (if needed)





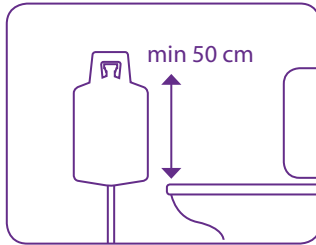


### Control unit

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

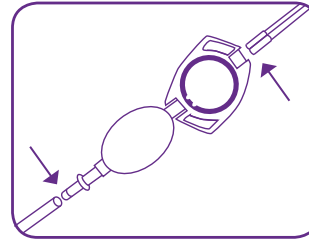
**qufora®** IrriSedo

1



Fill the water bag to the amount your nurse has advised. Hang the water bag at shoulder height to use the pump or higher if you want to use gravity to get the water in.

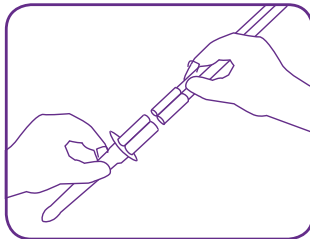
2



Connect water bag tube to the pump.

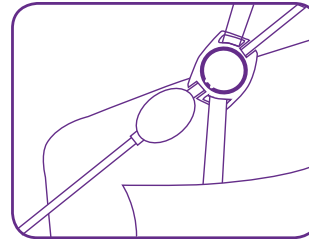
Connect the white end of the catheter-tube to the control unit.

3



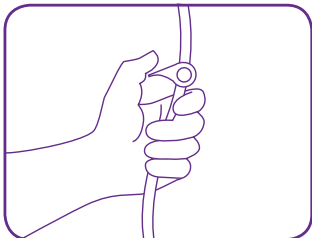
Connect the grey end of the tube to the catheter.

4



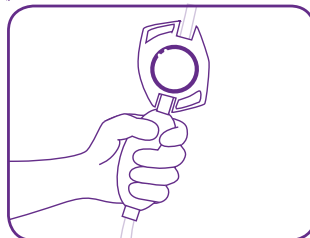
If required attach the control unit to the thigh using the sticky straps.

5



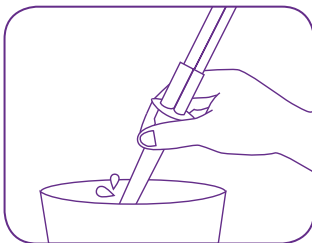
Turn control unit to position 1. Open the valve on the water bag.

6



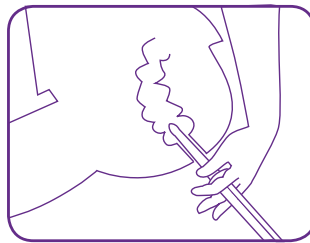
Pump water into the pump and tubes so that the air is removed. Turn control unit to the dot position between 1 and 2.

7



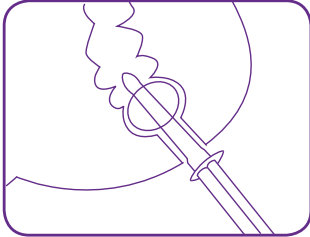
Dip the catheter in water to make it slippery and ready to use.

8



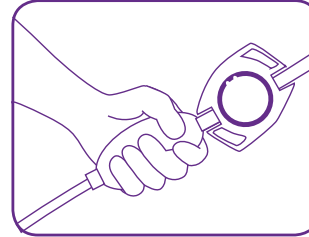
Gently insert the catheter into the rectum.

9



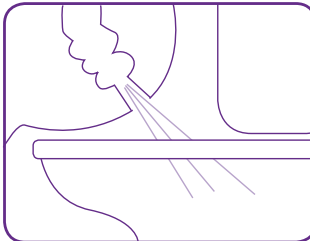
Turn control unit to position 2. Squeeze the pump fully once to inflate the balloon. You can use one more pump if necessary. Turn the control unit to the dot position between 2 and 3.

10



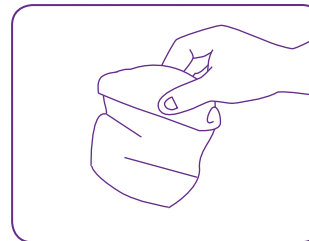
Turn control unit to position 3. Pump water slowly into the bowel. Your healthcare professional will tell you how much water to use.

11



Turn control unit to position 4. This will deflate the catheter. Remain seated on the toilet and gently remove the catheter. Water and stool will now flow from the bowel.

12



Seal the pouch and dispose in house-hold waste. Wash and dry the pump, ensuring you empty any remaining water and dry the tubing on the outside.

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

# What if...

Tell your Mum and Dad or nurse if something is not right

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



If you have lots of tummy pain and its really sore get to the doctor or nurse as soon as possible. A little bit of bleeding can happen when the catheter is inserted.

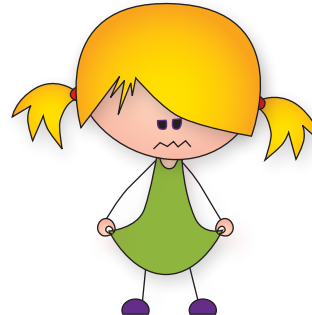
Thats why you should always remember to dip the catheter in water before you use it, so its slippery. you should put it in the rectum slowly and gently. Try to relax as the catheter goes in. If a little bleeding carries on you need to tell your nurse.

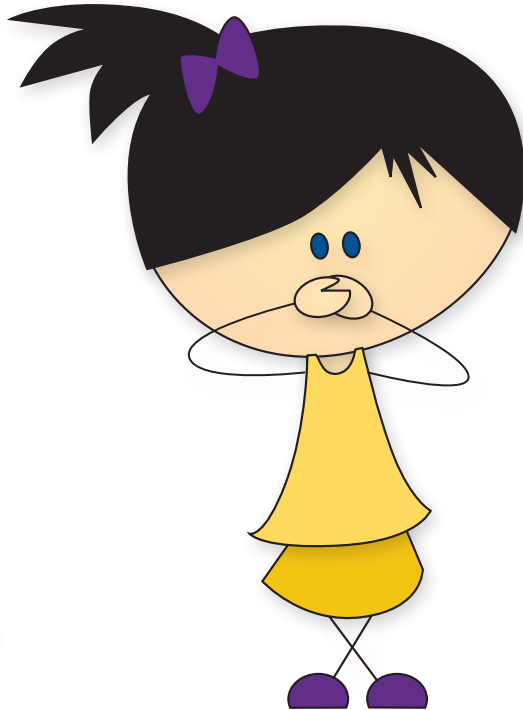
What if the water leaks out as I'm pumping it into the bowel?

Make sure you have inserted the catheter high enough into the rectum and support it firmly with your hand until the balloon is blown up.

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 tummy, this can help to start the poo moving. Make sure you have had enough to drink. Tell your nurse if it keeps happening.





What if the water is not safe for drinking?  
Use bottled water or cooled boiled water  
for irrigation too.

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

This can happen when you first  
start to irrigate. It should get  
better each time you do  
it but tell your nurse if it  
doesn't. She can then adjust  
the water used.



# For Mum and Dad

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

Irrigating every day;  
1 base set every 3 months.  
2 accessory sets per month.

Irrigating every other day;  
1 base set every 6 months.  
1 accessory set per month.

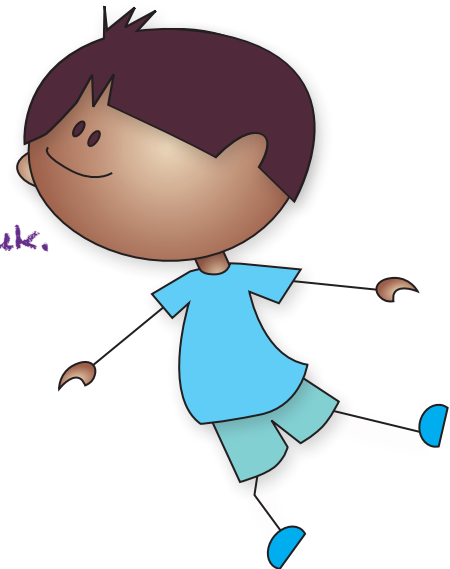
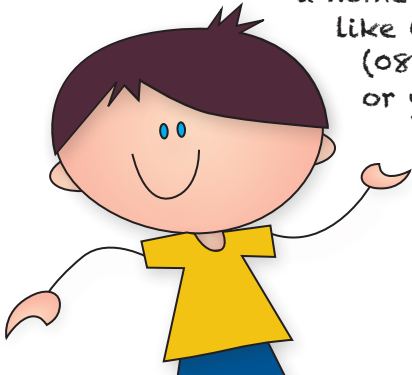
Where do you get supplies?

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 pharmacy.

We hope you have found this  
guide helpful. You can watch  
a video of how to do it at:  
[www.macgregorhealthcare.com](http://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](mailto:info@qufora.co.uk).

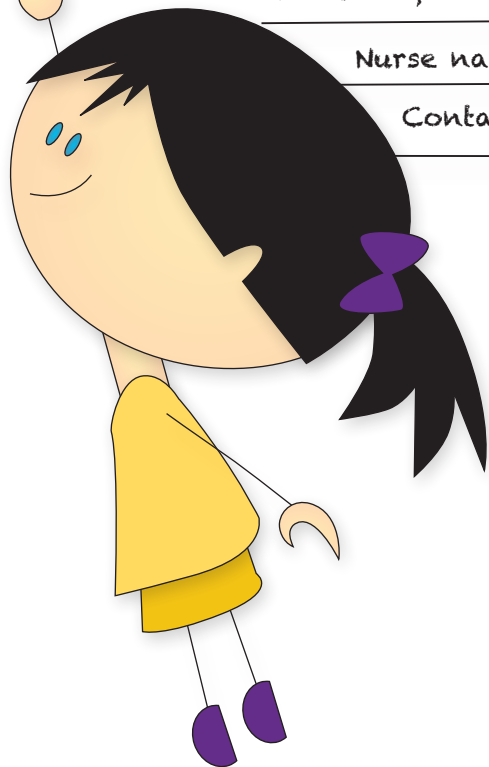


How often to irrigate:


Amount of water to irrigate:

Nurse name:

Contact number:



## 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.

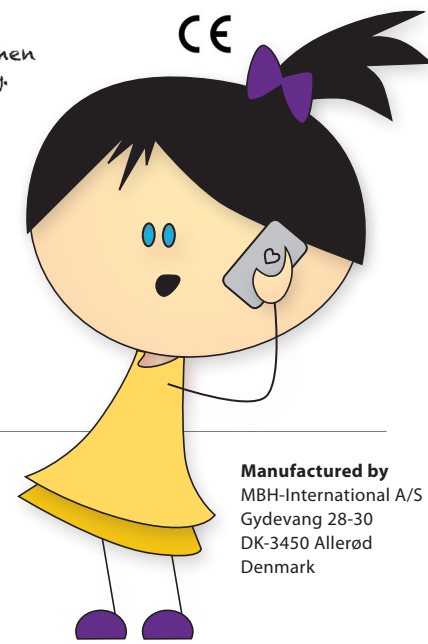
### Qufora Direct®

Free delivery to your home and discreetly packaged.  
Its the easy way to get your Qufora® supplies.

Call: 0845 519 60 50

Email: [direct@qufora.co.uk](mailto:direct@qufora.co.uk)

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