



qufora® IrriSedo

## Qufora® IrriSedo Bed system

Complete, controlled and  
hygienic irrigation system

## Guide for kidz

MBH

qufora®

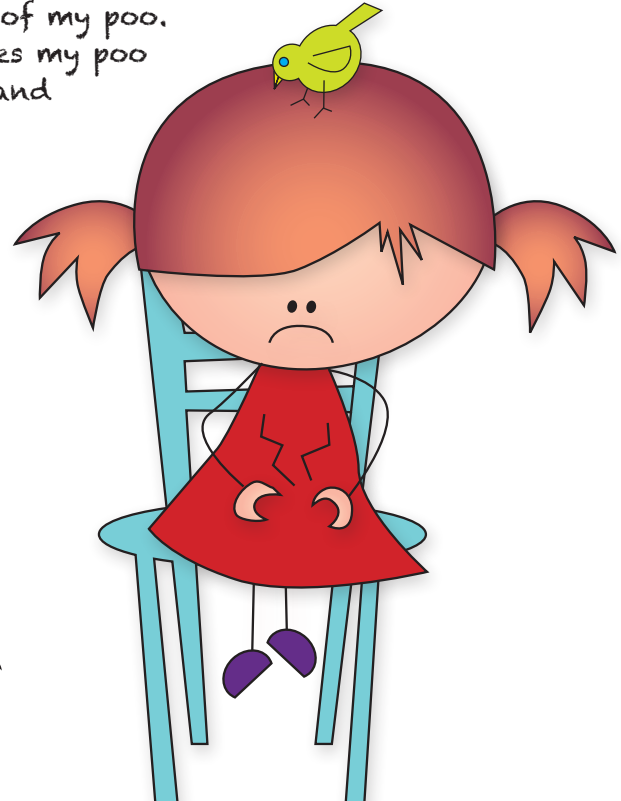
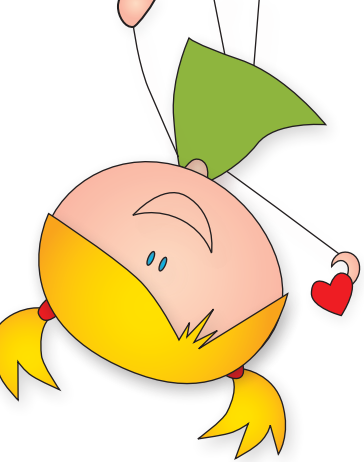


MacGregor®  
Healthcare Ltd

# Having a tummy problem

Hi my name is Izzy, 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.



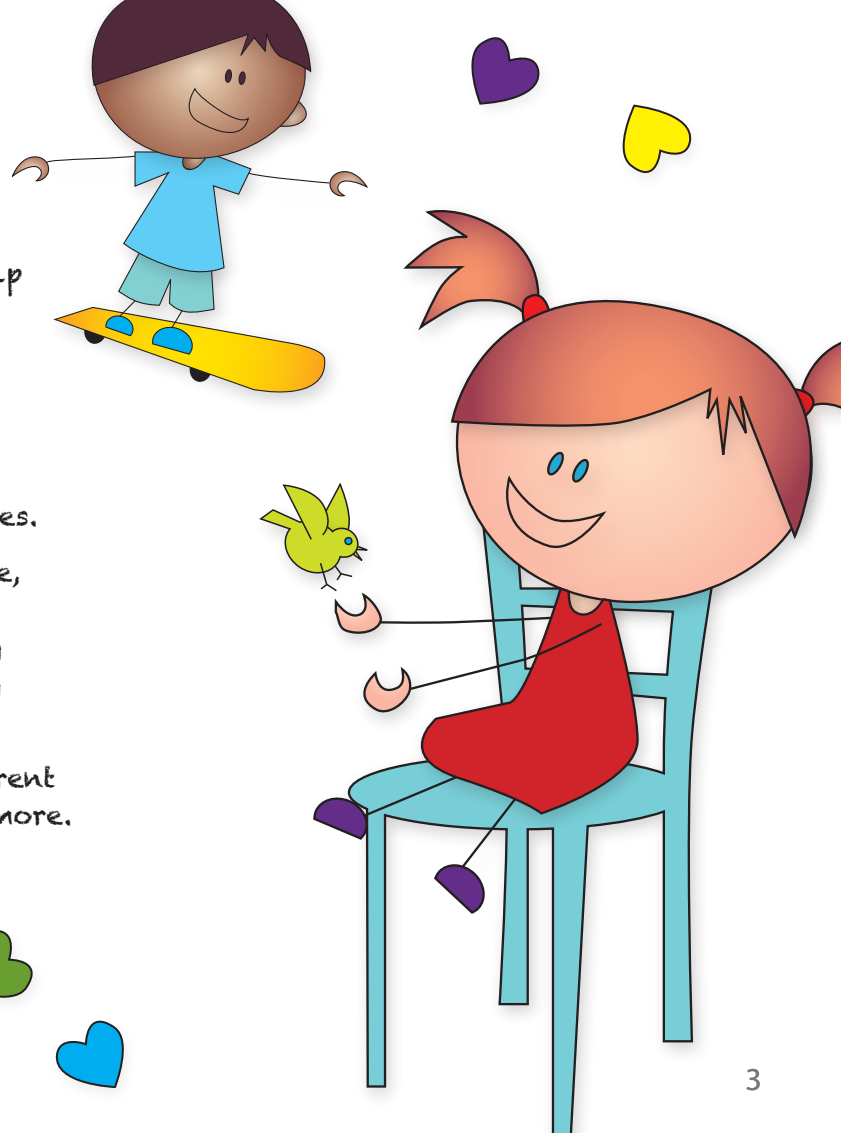
# Help with Qufora®

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.





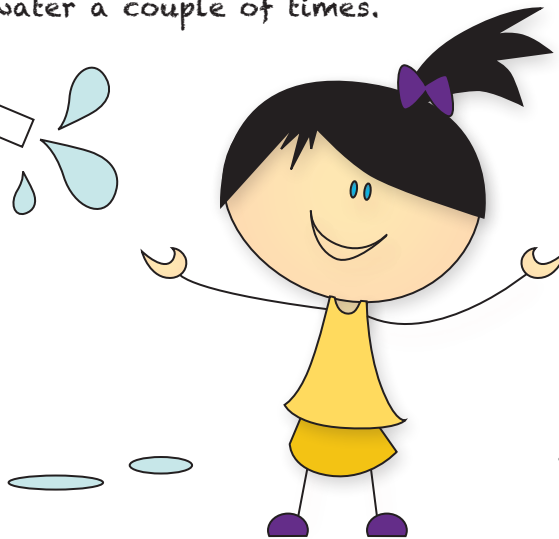
# Starting with your Qufora® IrriSedo

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.

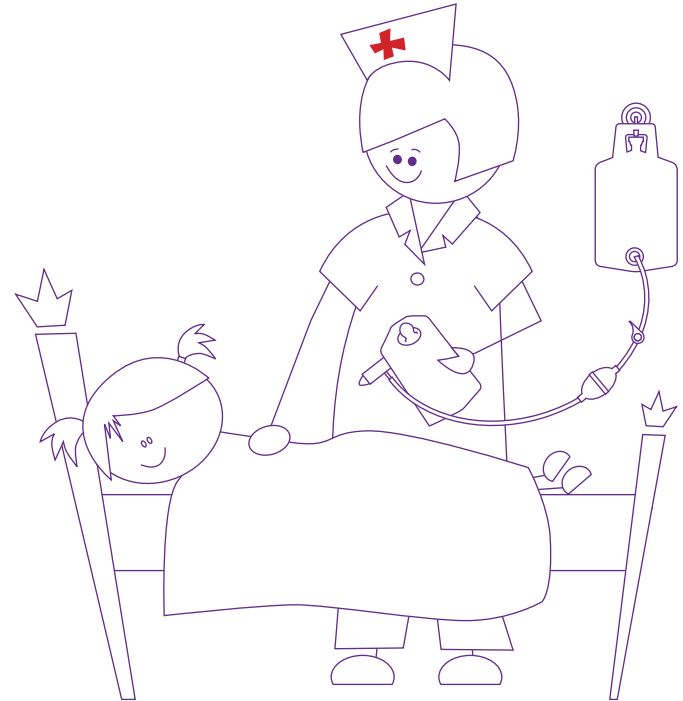
My nurse told me sometimes bowels get into a routine quickly, others take a little longer, but she said the most important thing was for me and my family not to give up as she will continue to help me.

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)



# Qufora® IrriSedo Bed system. How it looks and how it works



# Important information (for Mum and Dad)

## AMOUNT OF WATER FOR IRRIGATION

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 Bed How to do it;

## Before you use it;

Go through the instructions with your Mum and Dad or nurse.

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

## After you have used it;

You can throw the catheter and collecting bag in clinical waste or according to local policy.

You also have to clean the water bag and store away from heat and direct sunlight.



## Important!

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

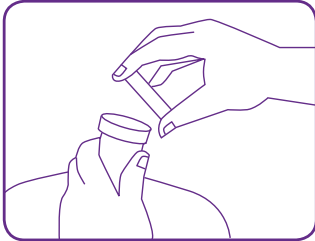
## The Bed system

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



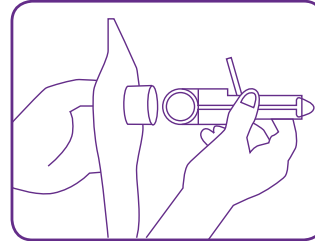
(your Mum and Dad or nurse will help)

1



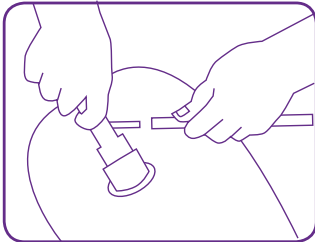
Fill the water bag with approx 100ml more water than you need to irrigate. Hang water bag at shoulder height or above.

2



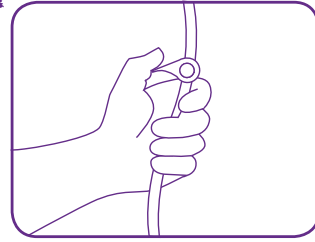
Fit the collection bag to the catheter with the insertion guide in the catheter.

3



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

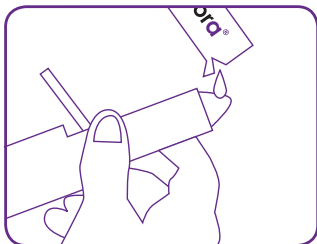
4



Open the valve and pump water to fill the tubing.

Close the valve again.

5



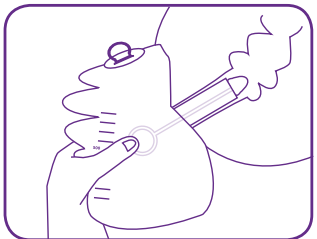
Lubricate the catheter with Qufora® lubricating gel.

6



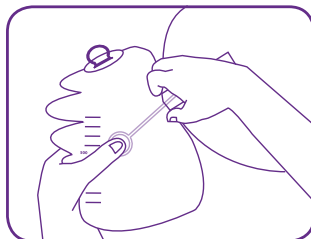
With a firm grip, hold on to the ring of the insertion guide inside the bag at the 500ml mark.

7



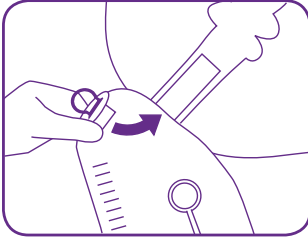
Position the patient on their left side, towards the edge of the bed. Carefully insert the catheter into the rectum with the insertion guide.

8



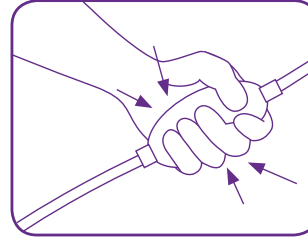
With the catheter in the rectum pull out the insertion guide and let it drop inside the collection bag.

9



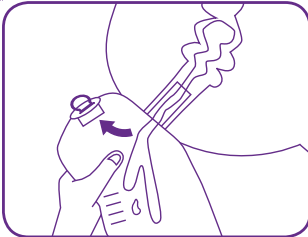
Insert the collection bag plug into the end of the catheter to seal it. Continue to support the catheter.

10



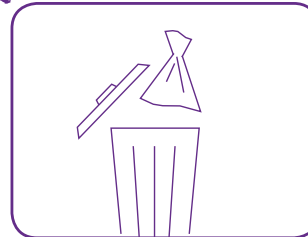
Open the valve and use the pump to instill water into the rectum.

11



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

12



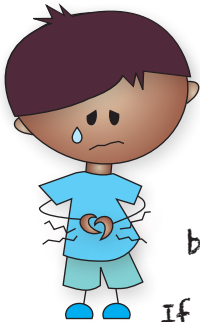
Steps 9-11 can be repeated until the desired amount of water has been instilled and removed. Remove the catheter carefully. Safely dispose of catheter and collection bag in clinical waste or according to local policy.

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

# What if...

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

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



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

That's why the nurse should always remember to put gel on the catheter before you use it, so its slippy.

Try to relax as the catheter goes in.

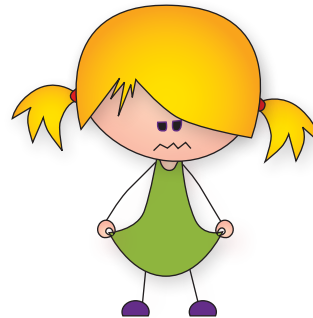
If a little bleeding carries on you need to tell your nurse.

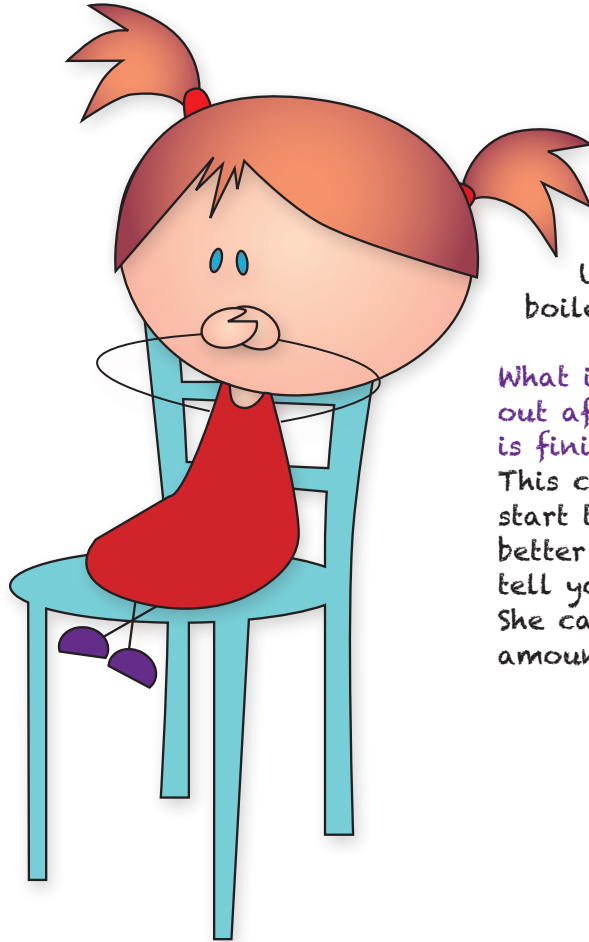
What if the water leaks out as I'm pumping it into the bowel?

The nurse can adjust the catheter position to stop the water leaking or can put less water in each time.

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 amount of water used.



# For Mum and Dad

How many boxes of Qufora® Irrisedo Bed do you need each month?  
Daily irrigation  
Two boxes of 15 irrigation per month.

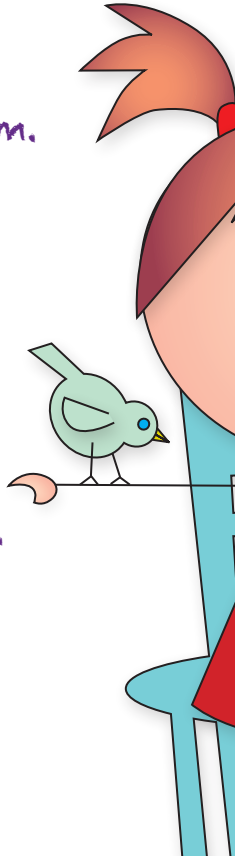
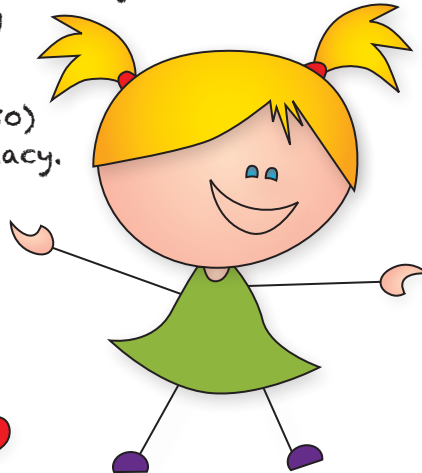
Alternate day irrigation  
One box of 15 irrigation per month.

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).



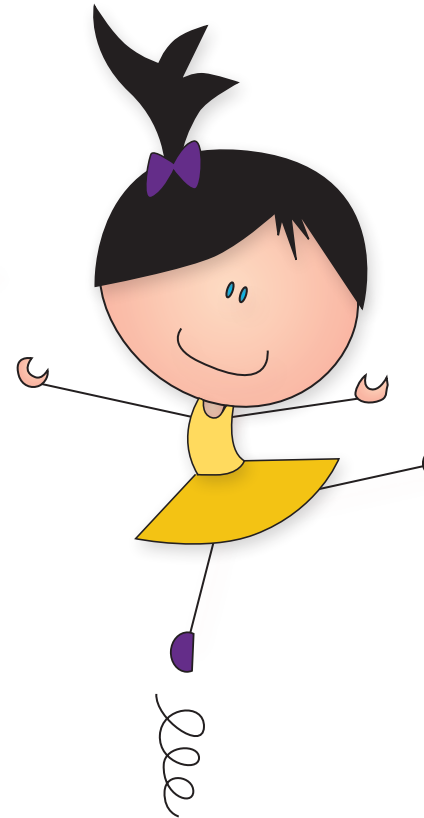
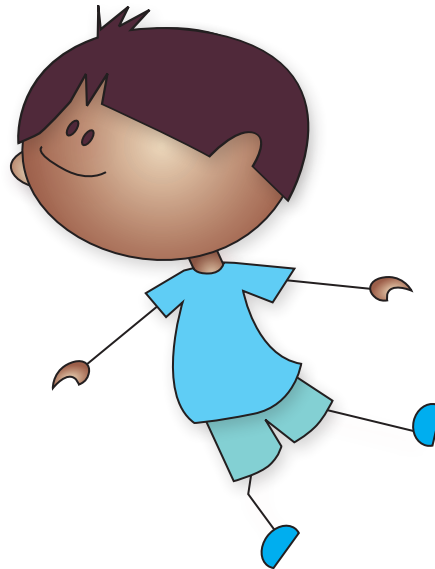
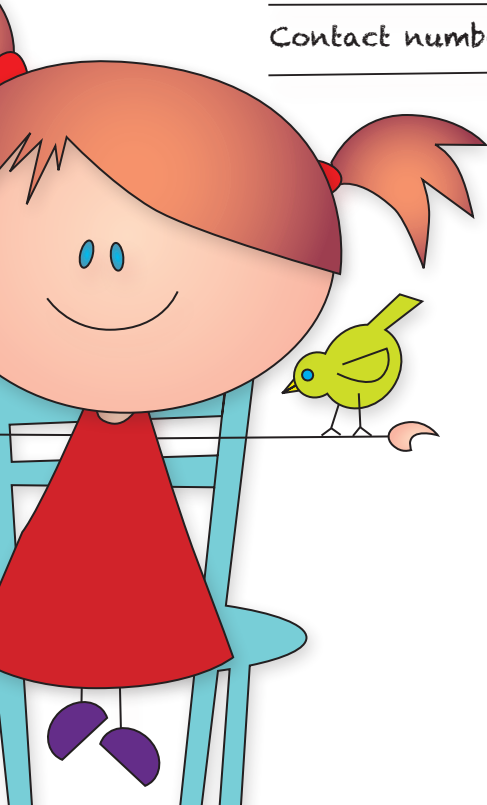


How often to irrigate: \_\_\_\_\_


Amount of water to irrigate: \_\_\_\_\_

Nurse name: \_\_\_\_\_

Contact number: \_\_\_\_\_



## Qufora® IrriSedo 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

### 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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