



Qufora® IrriSedo Klick

- confidence to enjoy life

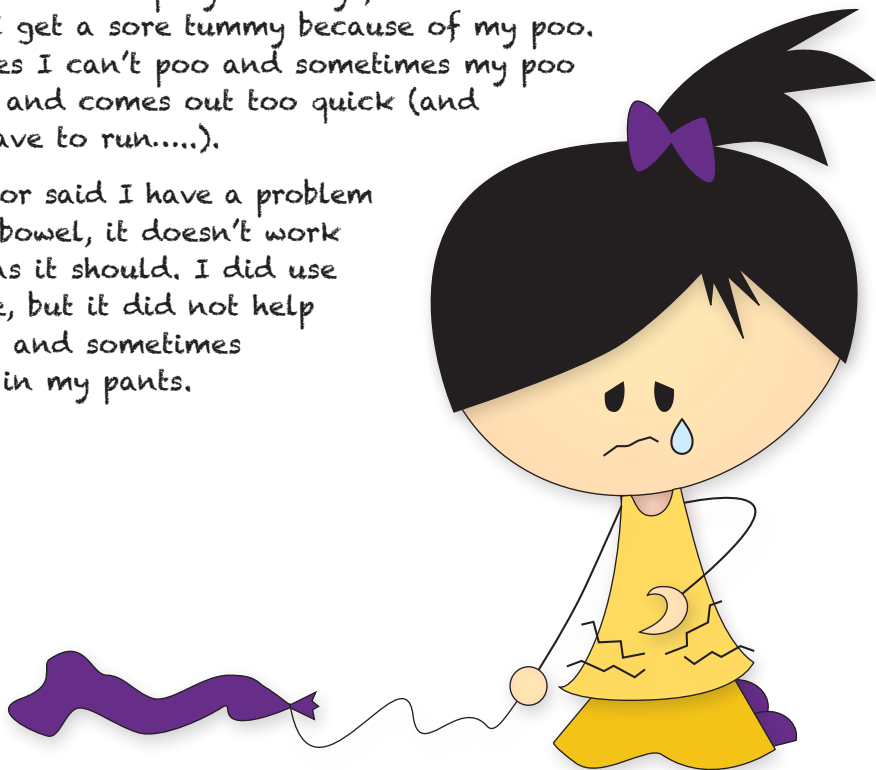
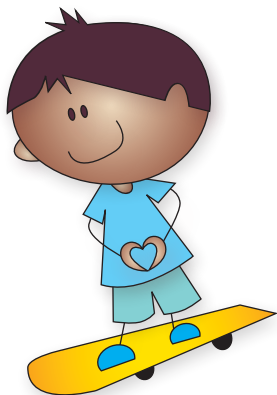
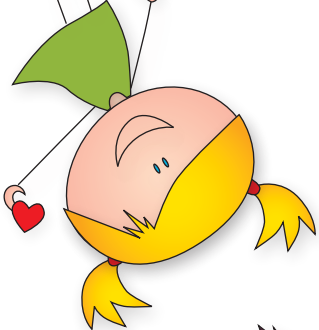
Guide
for kidz



Having a tummy problem

Hi my name is Chris, 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.



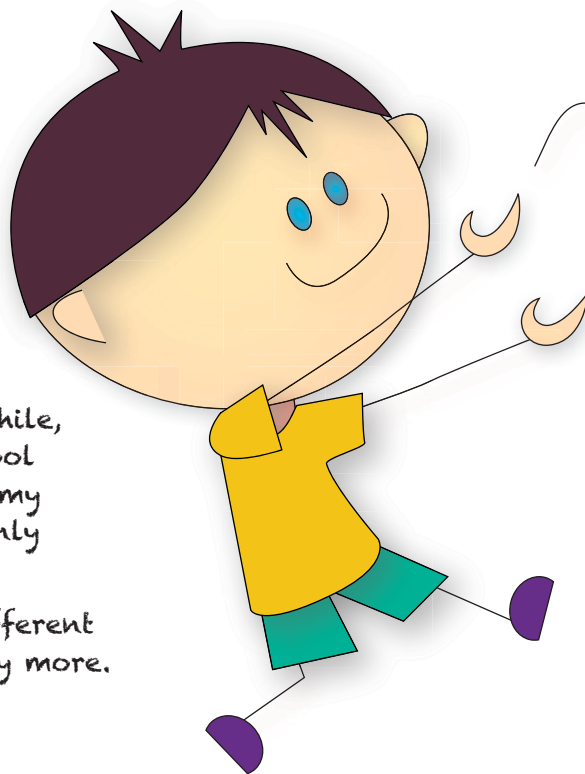
Help with Qufora®

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 15-30 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.



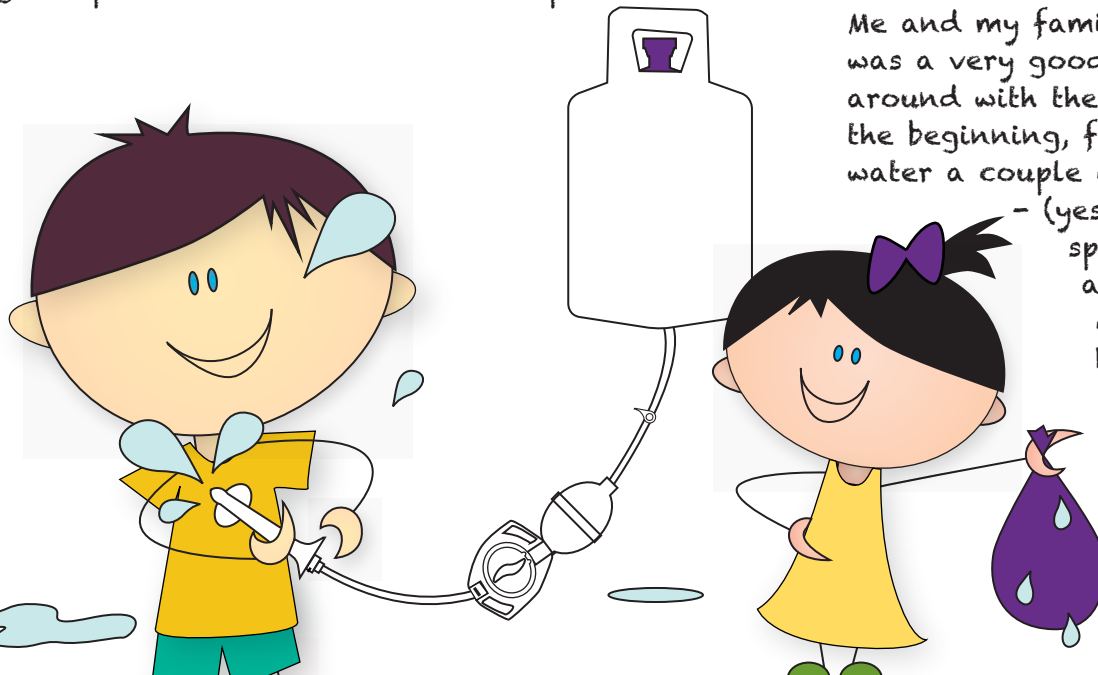
Starting with your Qufora® IrriSedo Klick

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)



How it looks and how it works



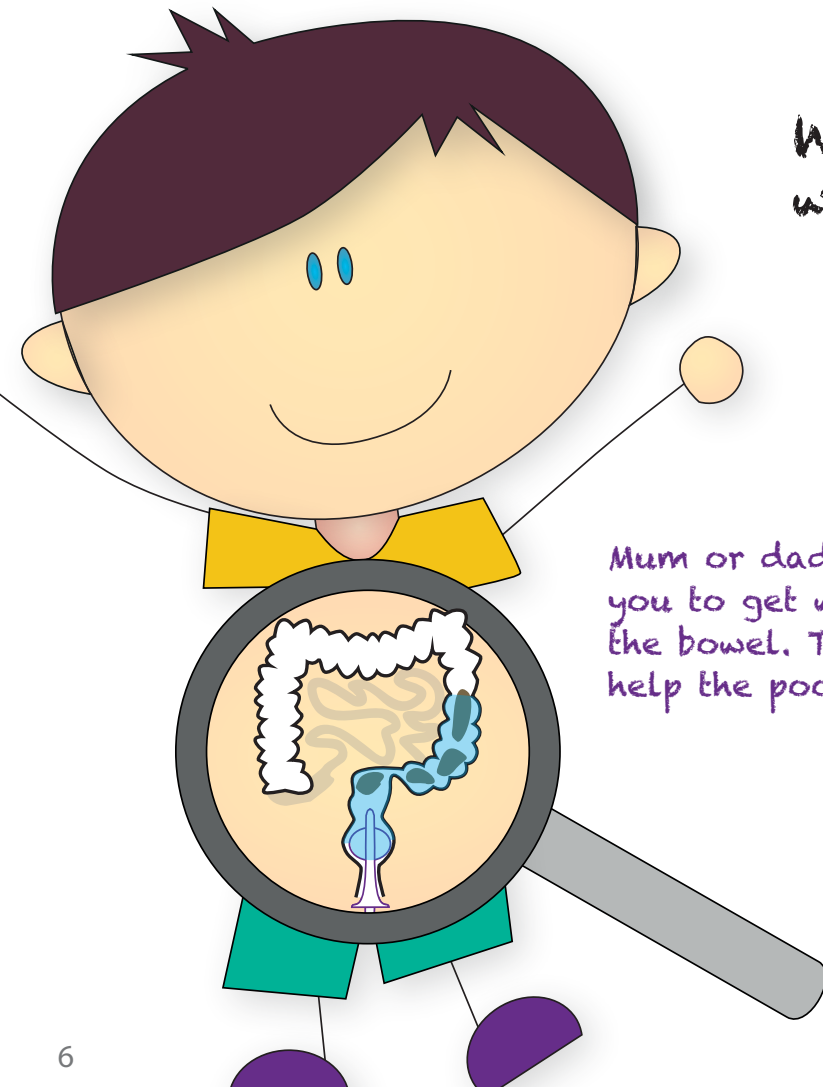
Turn the control to one, two, three and four (your Mum and Dad can help)

The system works by turning the control unit step by step in a clockwise position
See below what each of the control unit numbers do

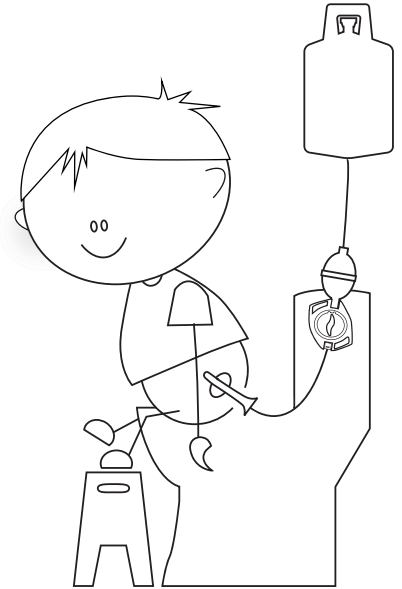
- ① Use pump to prepare the system. Fill up tubes, pump and catheter with water, this empties the system of air.
- ② When the catheter is in the rectum, use the pump to inflate the balloon and create a watertight seal.
- ③ Use pump or gravity to instill water into the rectum.
- ④ The balloon will deflate and the catheter can be removed from the rectum.

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

What happens
when I use the catheter



Mum or dad will help
you to get water into
the bowel. This will
help the poo come out.

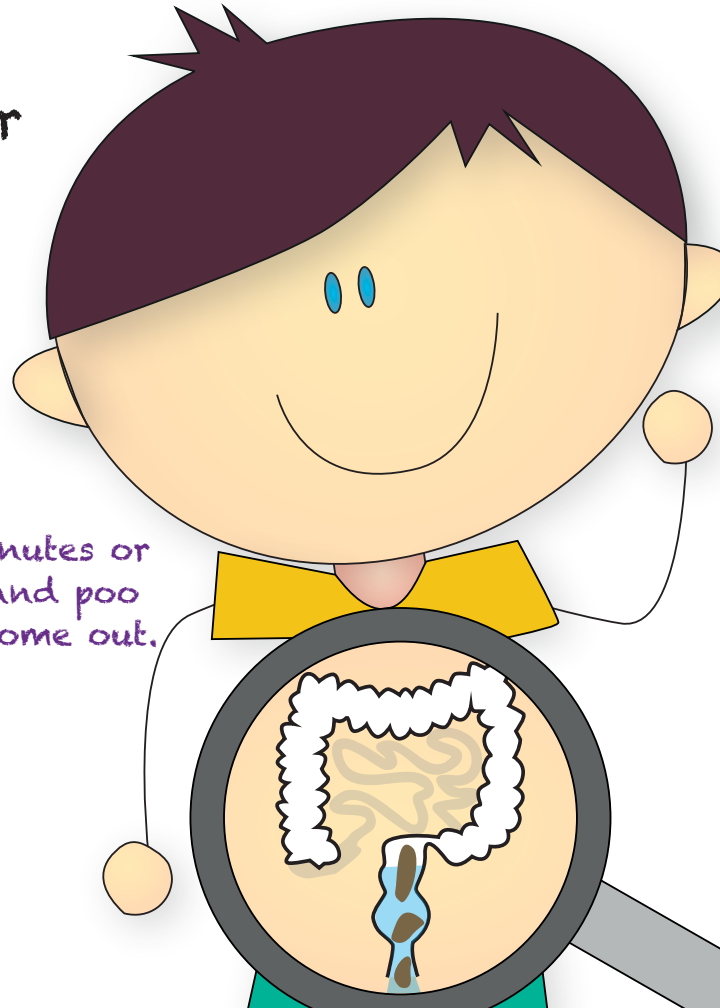


What happens when I take out the catheter

Wait



Wait 15 minutes or
so. Water and poo
will now come out.



Important information (for Mum and Dad)

INFLATING THE CATHETER BALLOON

Squeeze the pump to inflate the catheter balloon as advised by your healthcare professional, usually once or twice.

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 or text 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 Klick 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 luke 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.

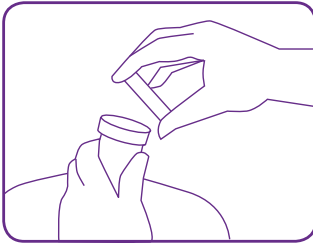
Klick Components

- Water bag
- Control unit
- Pump
- Click tube
- Coated catheter with silicone balloon
- Sticky straps (if needed)



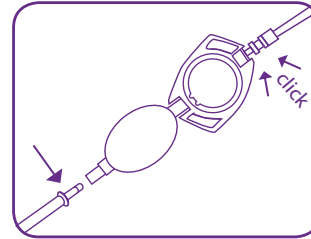
Follow the steps (Mum and Dad can help you)

1



Fill the water bag with the amount of luke warm tap water advised by your healthcare professional and an extra 300 ml for preparing the system.

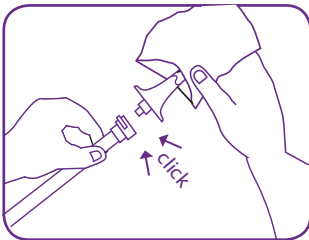
2



Connect the water bag tube to the pump.

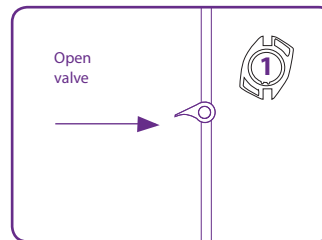
Connect the click tube to the control unit using the click connector.

3



Connect the other end of the click tube to the catheter using the click connector.

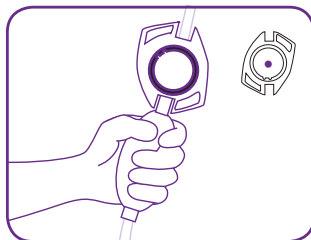
4



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

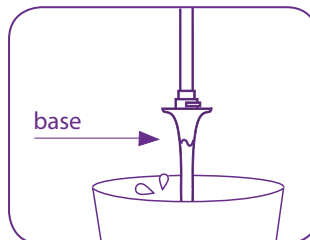
Follow the steps (Mum and Dad can help you)

5



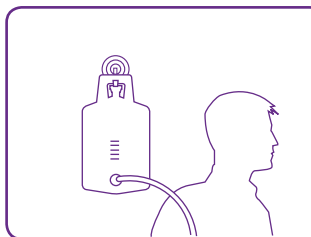
Pump water into the system, squeezing the pump. Make sure to hold the pump with the control unit pointing upwards. When the pump is full of water so that no air is left and water comes out of the tip of the catheter, stop the flow of water by turning the control unit to a dot.

6



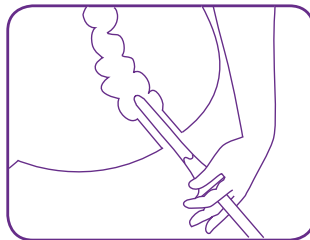
Wet the catheter with water up to its base to activate the lubrication.

7



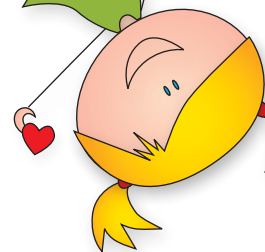
Hang or place the water bag no higher than shoulder height relative to your sitting position. Now you are able to instill water by using gravity or pump.

8

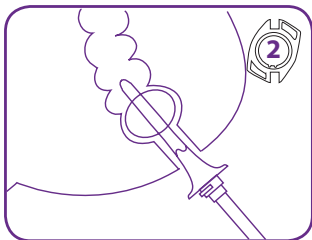


Sit on or over the toilet and if required, attach the control unit strap to the thigh. Gently insert the catheter into the rectum.

Follow the steps (Mum and Dad can help you)

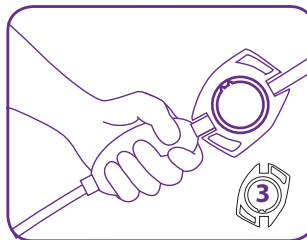


9



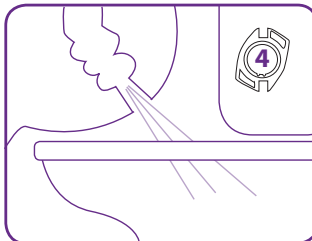
Turn the control unit to position 2. Compress the pump 1-2 times or as advised by your health care professional to inflate the balloon with water.

10



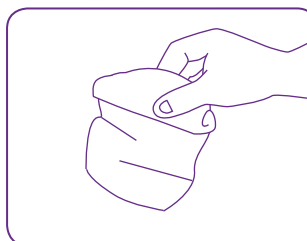
Turn the control unit to position 3. Pump water slowly into the bowel or let the water flow using gravity. To stop or pause the flow of water, turn the control unit to a dot.

11



Turn the control unit to position 4 and close the valve. 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



Click off the catheter and discard it in the catheter pouch. Dispose of it in household waste.

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?

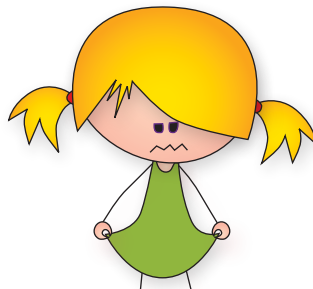


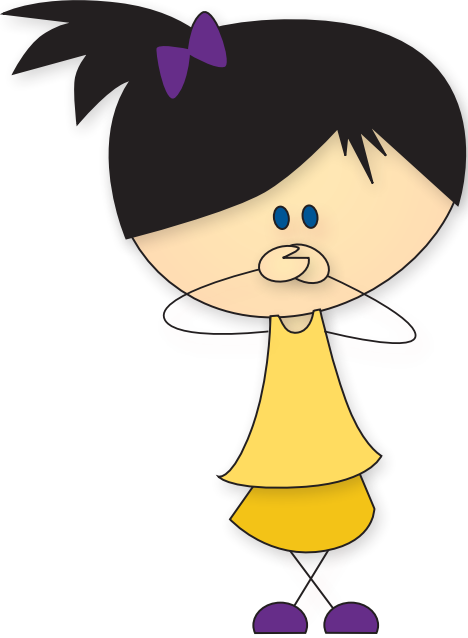
If you have lots of tummy pain and it's really sore get to the doctor or nurse as soon as possible. A little bit of bleeding can happen when the catheter is inserted.

That's why you should always remember to dip the catheter in water before you use it, so it's 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 inflated.





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 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.

WHAT TYPE OF WATER CAN I USE FOR IRRIGATION?

Luke warm tap water, if unsure of tap water safety, use bottled water or cooled boiled water.





Sometimes it helps to write it down



For small notes or big fantastic ideas: _____



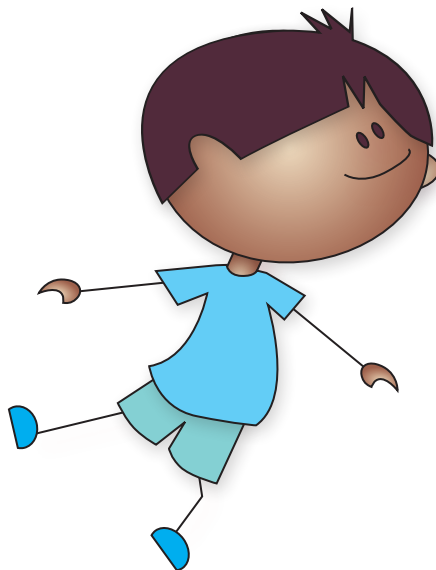
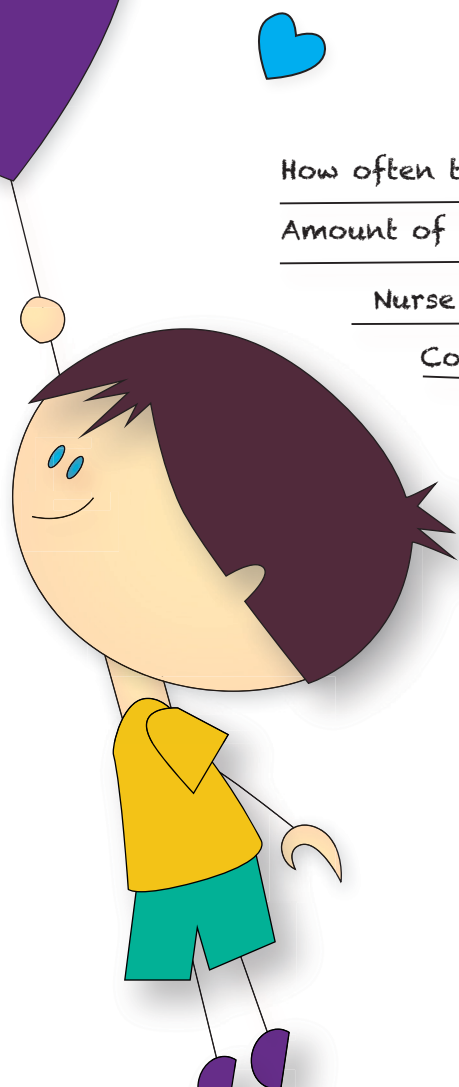


How often to irrigate: _____

Amount of water to irrigate: _____

Nurse name: _____

Contact number: _____





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.



0845 519 6050



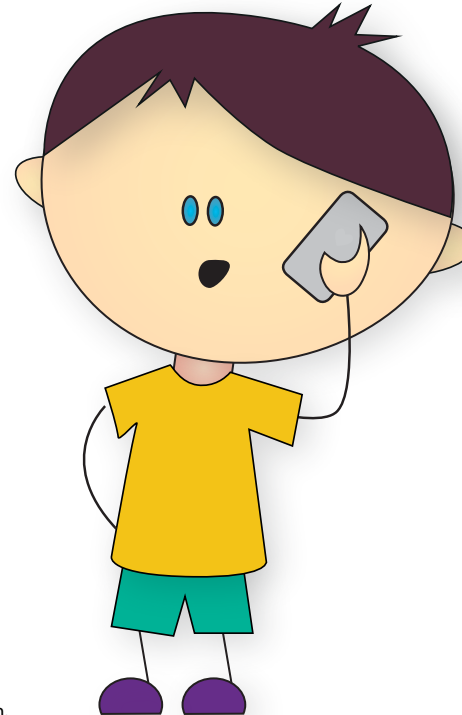
direct@qufora.co.uk



qufora direct®

team taking care of your supplies

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Supporting you on your journey

We want you to have the best start using your Qufora® IrrisEdo Klick 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.



0845 519 2040

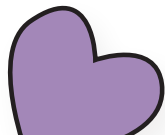


advice@myqufora.com



 **myqufora®**

team supporting your journey



Suggested ordering

FIRST MONTH

- daily use

1 starter set
2 catheter sets

RE-ORDERING

- when irrigating daily

2 catheter sets per month
1 control unit every 3 months

RE-ORDERING

- when irrigating every other day

1 catheter set per month
1 control unit every 6 months

Qufora® IrriSedo Klick

Order code	Product	Contents
QKSTART	Starter set	5 x rectal balloon catheters, 1 x click tube, 1 x control unit with pump and velcro strap, 1 x water bag, 1 x hook, 1 x toilet bag
QKCATH	Catheter set	15 x rectal balloon catheters, 1x click tube, 1 x water bag
QKCONTROL	Control unit	1 x control unit with pump and velcro strap



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MacGregor Healthcare Ltd
www.macgregorhealthcare.com
info@macgregorhealthcare.com
Tel: 0845 519 2040