



qufora® IrriSedo



# Qufora® IrriSedo Mini system

Easy to use  
rectal irrigation

## Guide for kidz

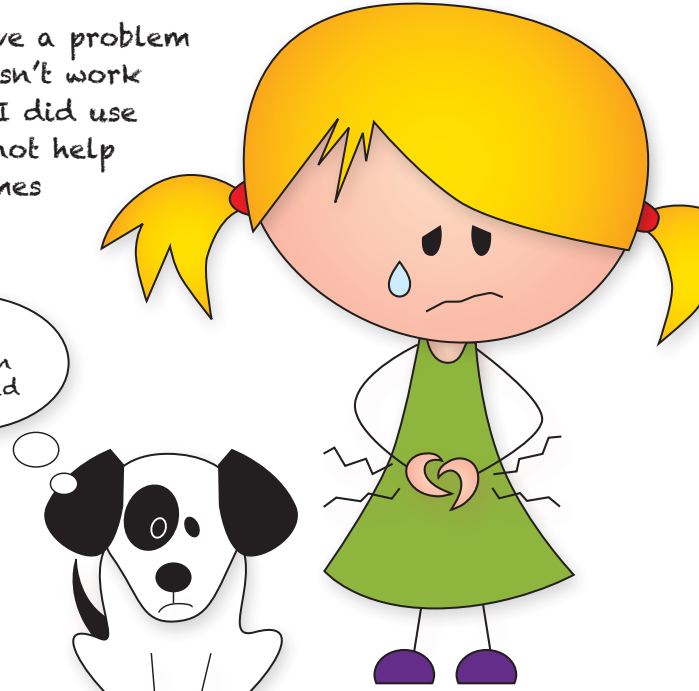
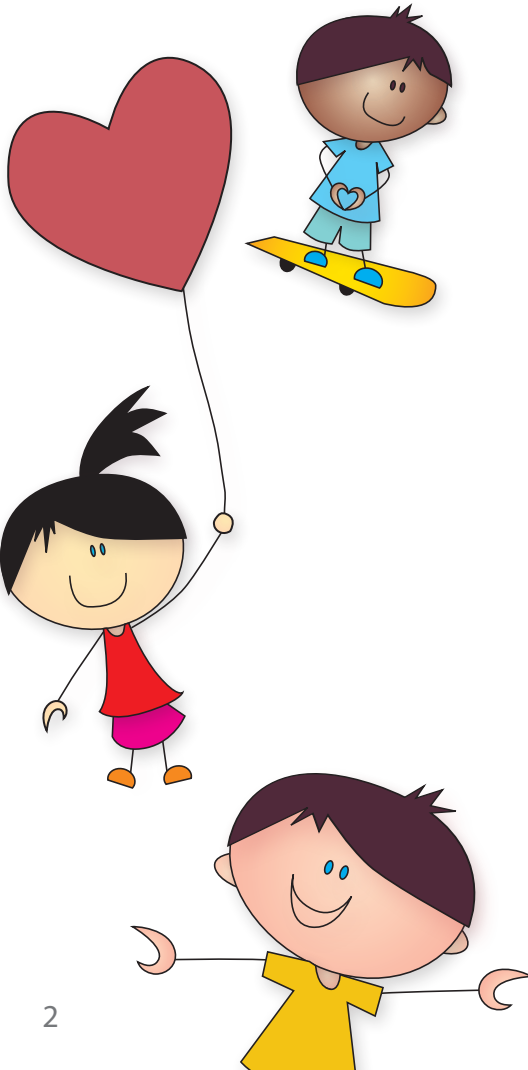


# Having a tummy problem

Hi my name is Isla, 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.

I get so sad when she is sad



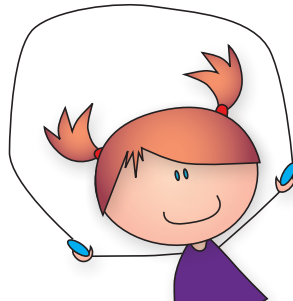
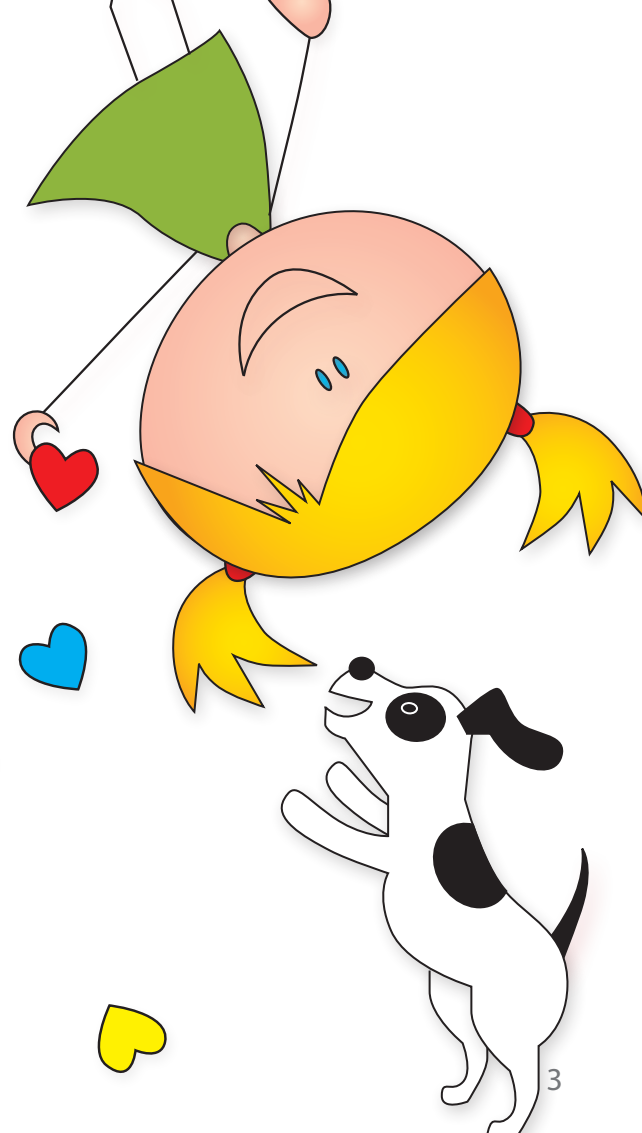
# Help with Qufora®

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.



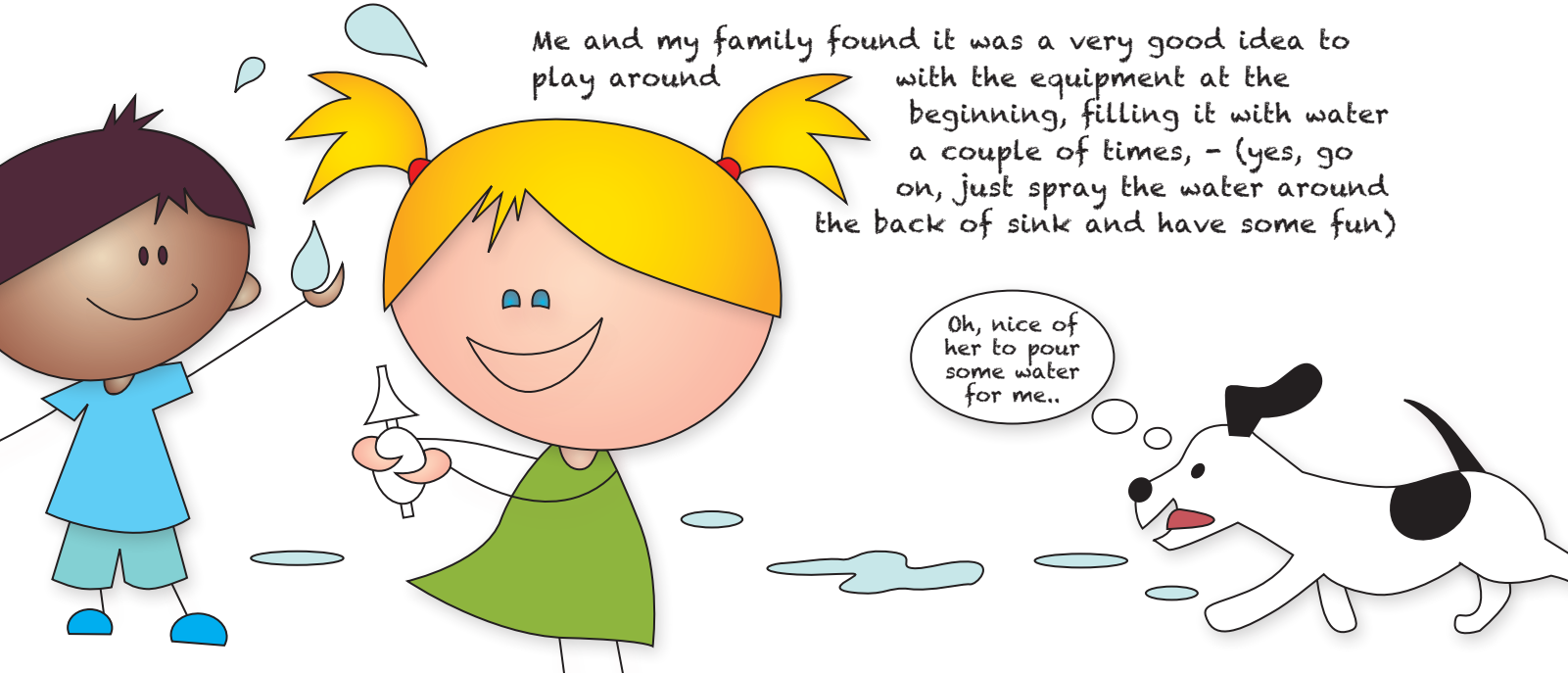
# Starting with your Qufora® IrriSedo system

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)



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

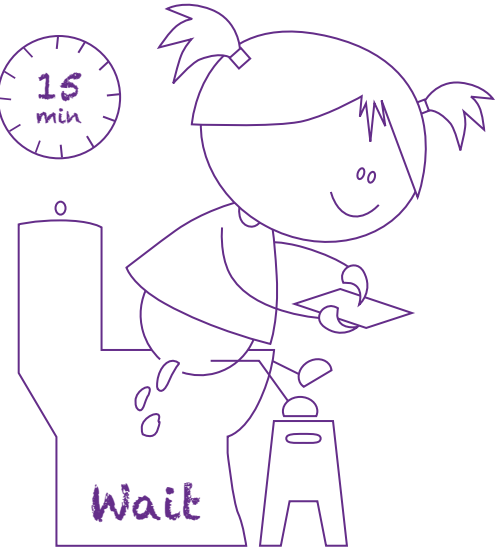
A nice smooth cone.  
You just have to dip it in  
water before you use it



A pump to fill  
with water



A bag, so you  
can throw the  
used cone out



Wait for 15 minutes or less

Now you can  
play a game  
for 10 to  
15 minutes

# Important information (for Mum and Dad)

## 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 inside the bowel.

## 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 Mini 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 cone out in the little purple bag afterwards and put it in the bin.

You also have to clean the pump with luke warm water and soap. Put it somewhere to dry 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 Mini system

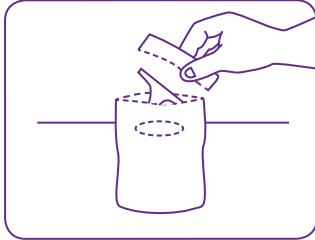
- Hand Pump (holds 90mls of water)
- Hydrophilic cones (active lubricant with water - single use)

(Please note the pump has a non-return valve which prevents the return of soiled water into the pump)



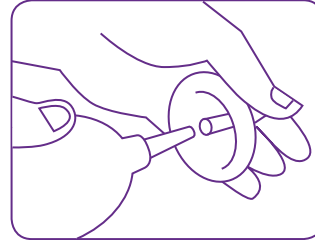
(your Mum and Dad or nurse will help)

1



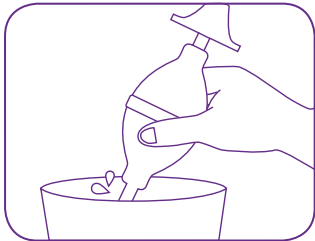
Tear off the edge of the purple pouch. Remove the sticker and secure the pouch to a dry surface.

2



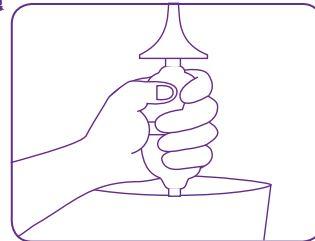
Assemble the Qufora® Mini system by pushing the cone and the purple pump tip together.

3



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

4



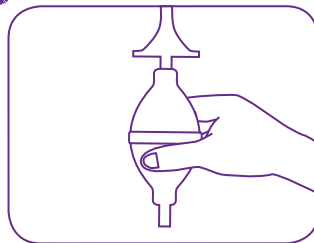
Now squeeze and release the pump until you fill it right up with the water. (Gentle pumps as it fills to avoid spills)

5



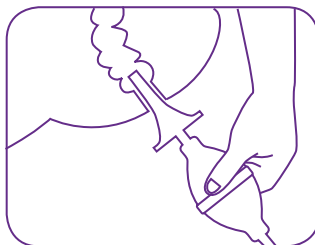
Turn the system upside down and dip the cone tip into the water to get the slippery surface to work. Now it is ready to use.

6



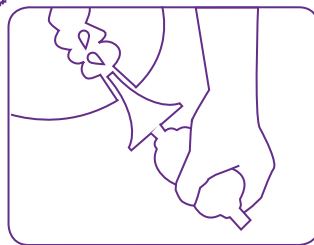
Ensure the pump is completely full with water and hold upright before insertion into the rectum.

7



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

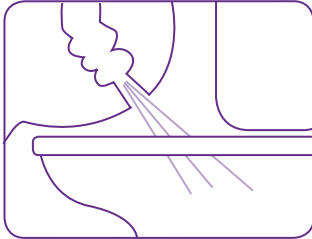
8



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

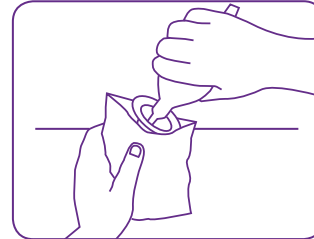
Do not squeeze again.

9



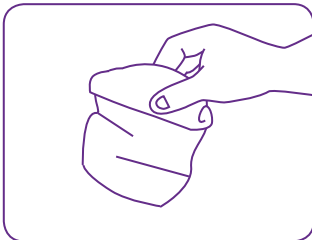
Remove the cone and then the water and poo will come out. This can take up to 15 minutes.

10



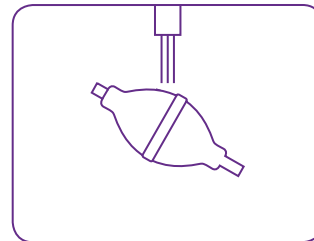
Twist the cone off the pump and dispose of cone in the purple cone pouch.

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.

# 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 cone?



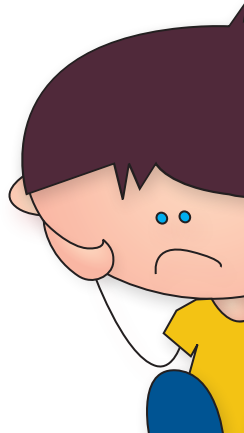
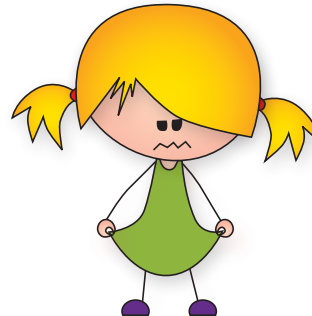
If you have lots of tummy pain and its really sore get to the doctor or nurse as soon as possible. A little bit of bleeding can happen when the cone is inserted.

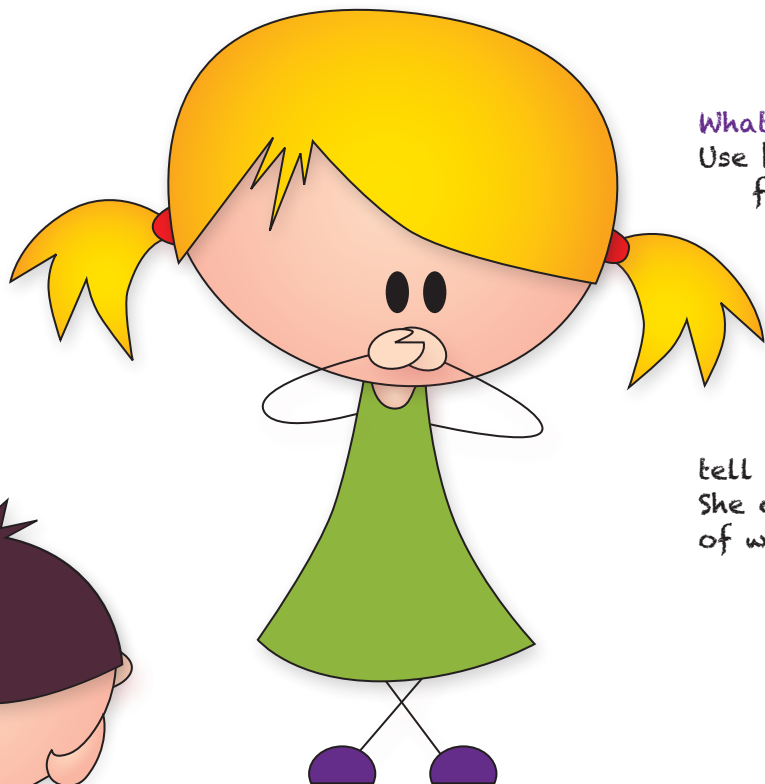
Thats why you should always remember to dip the cone in water before you use it, so its slippery. You should put it in the rectum slowly and gently. Try to relax as the cone goes in. If a little bleeding carries on you need to tell your nurse.

What if the water leaks out as I'm pumping it into the bowel?  
Make sure you have inserted the 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 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 adjust the amount  
of water used.







## For Mum and Dad

How many boxes of Qufora® Irrisedo Mini do you need each month?  
Irrigating daily - one box of 30 cones per month.

Irrigating every other day - one box of 15 cones 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).



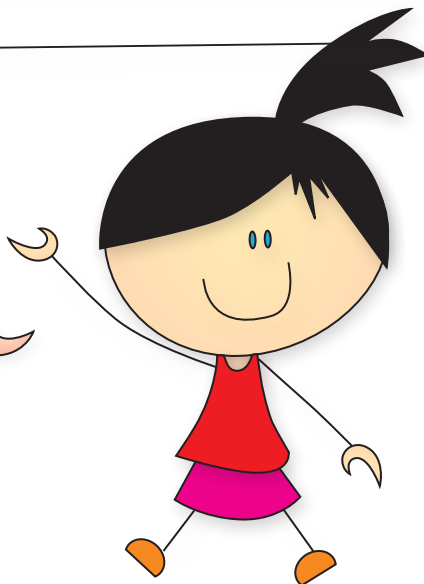
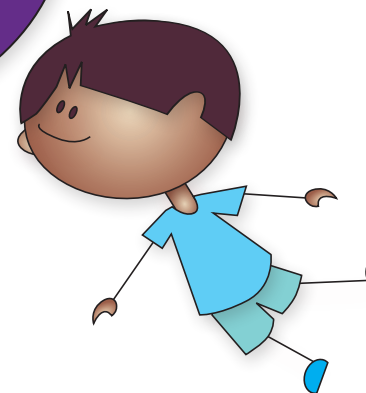
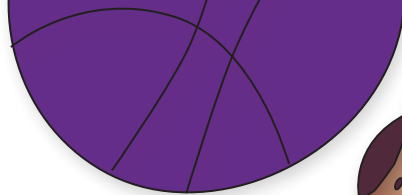


How often to irrigate:



Amount of water to irrigate:

Nurse name:

Contact number:



## Qufora® IrriSedo Mini system

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

160407

### 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.

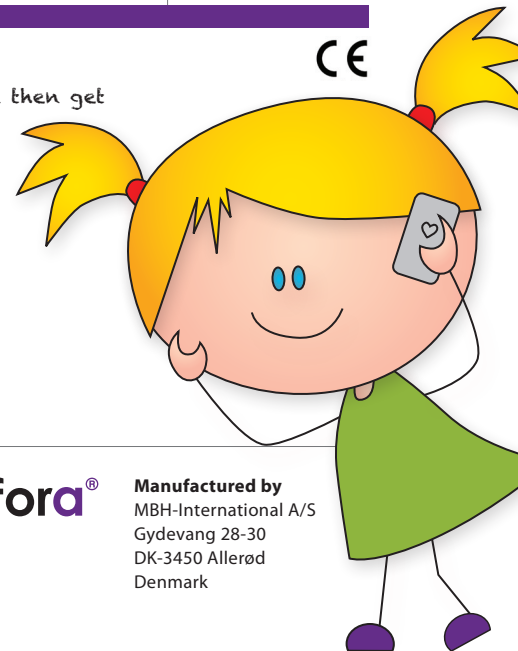
### Qufora Direct®

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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