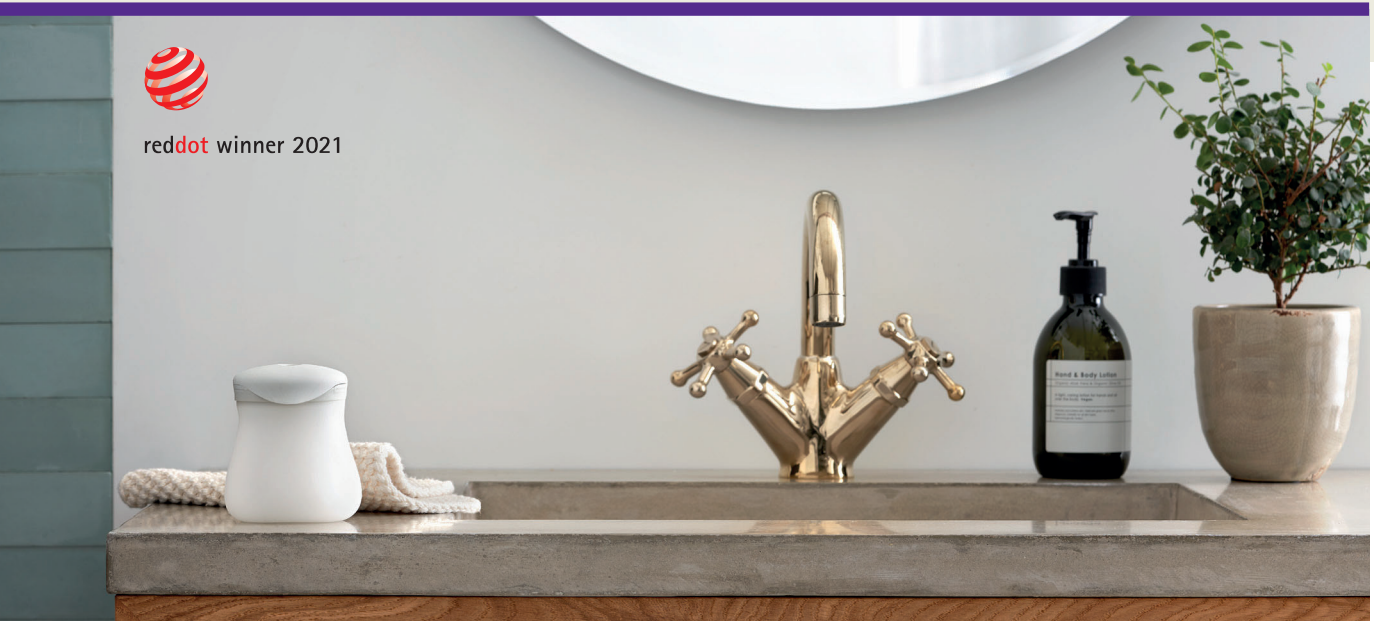
Qufora®

Qufora® IrriSedo MiniGo Flex

Designed for you



Rectal irrigation user guide

MacGregor® Healthcare Ltd

Welcome

This booklet offers you advice and guidance on using Qufora IrriSedo® MiniGo Flex. It will guide you through the irrigation process and help you get the most out of using rectal irrigation.

Instructions and general questions

Your healthcare professional will introduce you to MiniGo Flex and teach you how to use it. As a supplement to your healthcare professional's advice, in this booklet you will find common questions and answers to help you through your irrigation process. It is important that you maintain contact with your healthcare professional when you start to irrigate, as they can give you the guidance and support your needs.

Support

Along with your healthcare professional's advice and support we also have our myqufora support service www.myqufora.com



What is rectal irrigation?

Problems with passing stool, either as a result of incontinence or constipation, can severely affect health and quality of life. An effective solution to these problems is rectal irrigation, sometimes referred to as transanal irrigation (TAI) or bowel irrigation. It is a method that has been practiced for many hundreds of years.

During the process of irrigation, water is instilled into the rectum via the anus to help you have a bowel movement. Regular irrigation is a highly efficient way to help manage faecal incontinence and/or constipation conditions for 24 to 48 hours.

Irrigation lets you decide the time and place to empty your bowel and may help reduce the time you spend on the toilet. This as a result allows you to gain control over your bowel movements.

Every detail of Qufora IrriSedo MiniGo Flex is designed for simplicity and minimal effort in the rectal irrigation procedure, to support you in making rectal irrigation successful for you.

Advantages using rectal irrigation

- → Can help to achieve bowel continence
- → Helps to prevent constipation
- → May reduce time spent on the toilet
- → May reduce the risk of urinary tract infection
- → May reduce the use of and need for laxatives and antidiarrheals



Qufora IrriSedo MiniGo Flex

Designed for you

MiniGo Flex is designed to be a simple solution that fits into your everyday life. Once you get used to using it, irrigation can become part of your daily routine, allowing you to get on with the rest of your day, confident that your bowels are under control.

MiniGo Flex has been designed to not look out of place in the bathroom. As well as a design that matters for discretion, the simplicity of MiniGo Flex assists in making the irrigation procedure easy. MiniGo Flex can stand upright, making it easy to prepare and move for irrigation.

Filling MiniGo Flex with water is as simple as filling an ordinary bottle direct from the tap or jug. The easy grip soft pump fits into the hand, creating an easy to squeeze pump where instillation of the water can be controlled during the irrigation procedure.

With MiniGo Flex being small to pack away and discrete to carry, irrigating away from home can be just as convenient.

Design that matters for the environment

PVC FREE

- PVC and phthalate-free, to lessen our impact on the world around us
- Reduced weight of the soft pump and cone over our comparable product, which helps minimise the impact on the environment by more efficient transportation
- Re-designed the box to also serve as storage for the products between irrigations, reducing the amount of extra packaging included, which helps reduce the amount of waste





When you start using Qufora IrriSedo MiniGo Flex

When starting to use irrigation some people find they get great results straight away and some find it takes a little time to adjust to the process. However, with a little patience and regular use, you will soon find that your persistence is worth it.

If you are taking any medication as part of your bowel management routine, you should continue to do so until advised by your healthcare professional. Your healthcare professional will also give you advice as to how frequently you should irrigate. A common routine would be to irrigate every day, especially when establishing a routine that works for you.

Understanding your Qufora IrriSedo MiniGo Flex

Before you start, it is a good idea to put MiniGo Flex together and fill it with water, so you become familiar with it. MiniGo Flex consists of a soft pump and a rectal cone flex:



Soft pump
can be used 30 times
(equal to 1 month usage time*)



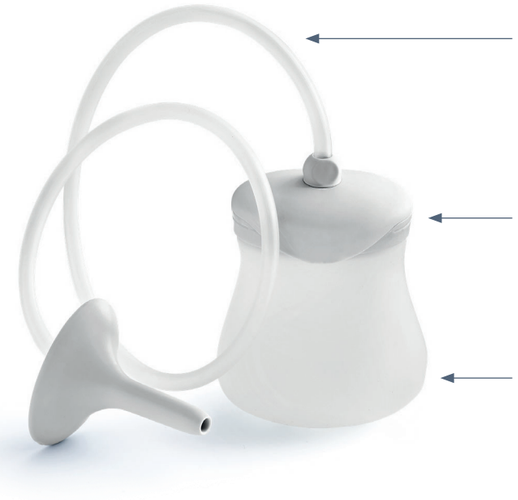
Rectal cone flex
single-use,
use a new cone flex every time

Be persistent

Don’t give up if the results do not match your expectations straight away. The idea is to get into a routine, so you can feel confident about irrigation and get on with your life - outside the bathroom.

*when used for irrigation every day.

Details make the difference



Oval-shaped ’ready lubricated (just dip in water)’ cone, with rounded tip

- **Easy** to attach to and remove from the soft pump
- **Oval design** to fit with the buttock shape
- **Smooth** insertion and removal with the activated lubrication

Flip lid

- **Easy to open and fill** with water just like a bottle. You can see when it’s filled to the top and you can hear when it is safely closed

Soft pump

- **Easy to squeeze** soft pump that can be squeezed more than once, and the one-way valve prevents backflow into the soft pump
- **Holds enough water for the irrigation** with up to 160ml of water can be instilled into the bowel without the need to refill the soft pump

Pouch for the single-use cone flex

- **Hygienic handling** of the cone flex
- **Handy disposal bag** for the cone flex after irrigation



Box

- **Storage** of your products between irrigations



Important information

Daily use
Make sure you use MiniGo Flex daily or as often as your healthcare professional advises. Remember the cone is single-use only. The soft pump can be used 30 times (equal to 1 month usage time*).

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. Once a routine is established your healthcare professional can advise on whether to reduce or stop your medication.

Order further supplies
Make sure you have enough product supplies. Order regularly and in plenty of time. Ordering details are at the back of this booklet.

*when used for irrigation every day.



How to use Qufora IrriSedo MiniGo Flex

The following pages will take you through the key steps of the irrigation process.

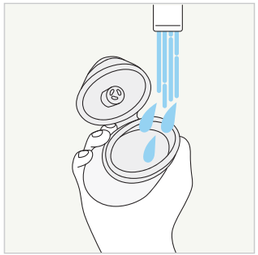
Important information

Only use irrigation as agreed with a qualified healthcare professional and after undergoing thorough training.

Read the instructions for use included in the box carefully before you start. If in doubt, contact your healthcare professional for further assistance in guiding you through the irrigation process.



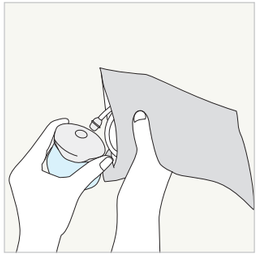
Step by step instructions



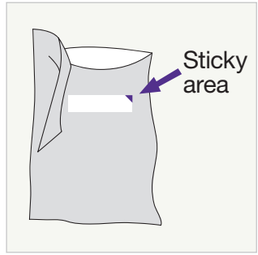
1.
Wash and dry your hands. Open the flip lid and fill the soft pump up to the inner rim with luke warm tap water (36-38°C) by holding it under the tap with the lid open, or fill using a jug.



2.
Once the soft pump is filled to the inner rim, hold onto the top part of the pump and press down on the lid until you hear the click sound.



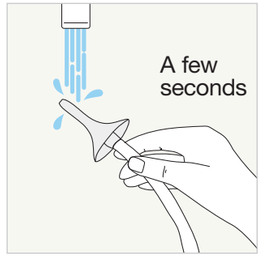
3.
Open the cone flex pouch at the perforated line. Whilst the cone flex is still in the pouch press the end of the tube firmly to the small round opening on the lid to assemble your system.



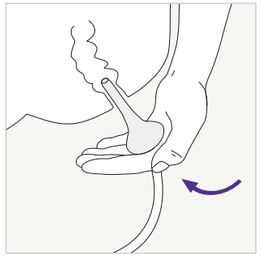
4.
Attach the empty pouch to a surface using the sticky area on the back of the pouch.

Before use always read the 'Instructions for use' document included with the product

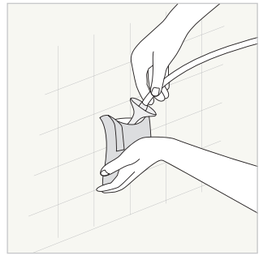
Step by step instructions



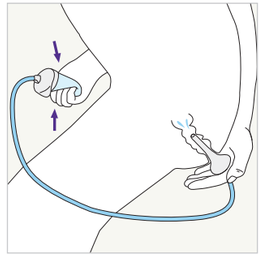
5.
To activate the lubrication on the cone flex, wet the cone flex with water up to its base. Gently squeeze the pump until water comes out of the cone flex tip to remove the air. It is now ready to use.



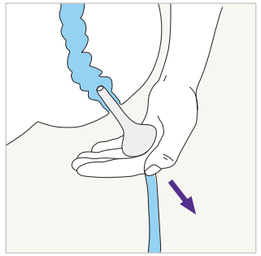
6.
Sit on or over the toilet. Carefully guide the cone flex up to its base into the rectum.



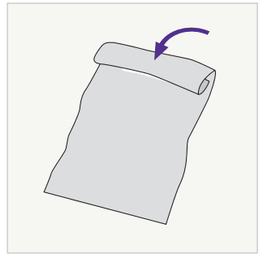
9.
Place the used cone flex into the pouch and separate the two parts.



7.
Now the cone flex is in place, gently squeeze the pump to instil water into the rectum.
The pump can be squeezed several times to instil the water.



8.
Remove the cone flex from the rectum. Faecal matter and water will be expelled into the toilet.



10.
The pouch can be folded and sealed using the sticky area, then disposed of in household waste.

The cone flex is single-use and must not be used again.

Cleaning and storage

- **Empty** the pump of any residual water.
- **Clean** the outside of the soft pump with mild soapy luke warm water, rinse and dry.
- **Store** with the flip lid open, in a dry and ventilated place between 0 and 30°C, and away from direct sunlight and heat.
- **Wash and dry your hands.**

Common questions

What if the water leaks out as I am pumping it into the bowel?
Ensure that the cone tip is inserted far enough into the rectum and support it firmly with your hand to prevent leakage.

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 movements. Sometimes you may be dehydrated, and the water is absorbed in your bowels. If this persists, contact your healthcare professional.

What if you hear a sound when you squeeze the soft pump?
If you hear a sound when you squeeze the soft pump, it is the sound of air in the soft pump acting as a reminder to fill it with water all the way up to the rim prior to using.

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. It may be resolved after using irrigation for a while. Should this not resolve, talk to your healthcare professional for further advice.

What if the tap water is not safe for drinking?
It is advisable to use bottled water or cooled boiled water at a luke warm temperature.

What if I have any pain or bleeding when I insert the cone?
Minor bleeding can be due to trauma from cone insertion. Remember to wet the cone in water 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. **If you have excessive pain or bleeding, seek immediate medical advice.**

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®

0800 612 6050

direct@qufora.co.uk

Supporting you on your journey

We want you to have the best start using your Qufora IrriSedo MiniGo Flex. 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®

0800 612 9080

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www.myqufora.com

Qufora®
Your life. Our inspiration.

Ordering information



Suggested ordering:

Irrigating every day	1 set a month
Irrigating every other day	1 set every second month

Order code	Product	Contents
QMGOFLEX	Qufora IrriSedo MiniGo Flex irrigation set	1 x soft pump, 30 x single-use cones flex

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