



qufora[®] IrriSedo

Qufora[®] IrriSedo Cone system

Easy to use rectal irrigation

Patient guide

MBH | **qufora**[®]



Welcome to using **Qufora**[®] IrriSedo

In this booklet we will give you advice on how to use your **Qufora**[®] IrriSedo Cone irrigation system and support you through your journey using rectal irrigation.

It is important to keep in touch with your healthcare professional, as they can give you the individual advice and support you need. Use this booklet as a supplementary guide and reference.

Guide and common questions

Your healthcare professional will explain how to use your **Qufora**[®] IrriSedo Cone system and show you how it works in practice. As a reminder we also have a guide in this booklet, plus we answer some common questions.

Also included are details about how to obtain your **Qufora**[®] IrriSedo Cone system, including **Qufora Direct**[®], the easy and discrete delivery service. They can offer you advice and support especially when you start your journey using irrigation.

Bowel progress diary

Please fill in the Irrigation progress diary which is a separate booklet your healthcare professional will give you.

Use the diary **every day** to track your progress and then you and your healthcare professional can decide the best irrigation regime for you.

What is rectal irrigation?

Rectal irrigation (sometimes called anal irrigation or trans-anal irrigation) has been practiced for many hundreds of years. Over recent years it has been more widely used as a bowel management solution.

It simply involves instilling warm tap water into the rectum via the anus and then allowing the water to be expelled, thus emptying the colon.

Studies have shown that regular rectal irrigation can be an effective solution to prevent faecal incontinence and constipation.

It can also reduce the amount of time spent on bowel management.

Rectal irrigation provides a reliable bowel management option, it is easy, quick, effective and hygienic to use, allowing you to live life to the full and not worry about your bowels.

“*It is lovely now to feel clean, comfortable, confident and most of all, in control...*”

Starting your journey using **Qufora®** IrriSedo

Many people find irrigation easy to do right from the start and their bowel symptoms are relieved very quickly. For some others this may take a little longer. Learning something new can take a bit of practice but the results will be worthwhile if you persevere.

Sometimes the bowel gets into a routine easily but for others it may require some modification e.g. the amount of water instilled, your bowel medication etc. That's why many healthcare professionals advise irrigating every day for at least the first three months.

Don't give up if the results are not what you would like immediately. It can take time. The aim is for you to eventually have the bowel routine that fits in with you, so you don't have to worry about your bowel and you can get on with your life.

Your healthcare professional will show you the system and then get you to practice with it before you do it on your own.

Understanding your Qufora® IrriSedo Cone system

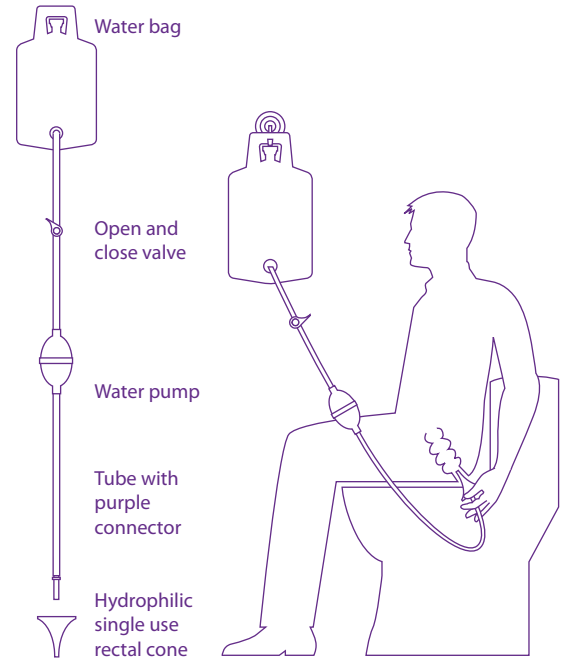
When you first start irrigating it's a good idea to put the product together and fill it with water a few times. This will help you become more familiar with it when you actually use it to irrigate your bowel.

*“I was fixed,
I was free to enjoy
my life without
incident...”*

Qufora® IrriSedo Cone system



qufora® IrriSedo



Important information

AMOUNT OF WATER FOR IRRIGATION

Only use the amount you have been advised. Generally this is around 500ml, but no more than 1000ml. 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 healthcare professional 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 healthcare professional has asked you to. This is still necessary until your bowel gets used to irrigation. Then your healthcare professional will advise you to reduce or stop it.

Important information

DRINKING WATER

Always make sure to drink the correct amount of water (adults approx 1-2 litres per day). If your water intake is too low, this may result in the irrigation water being retained and absorbed by the bowel.

OBTAINING FURTHER SUPPLIES

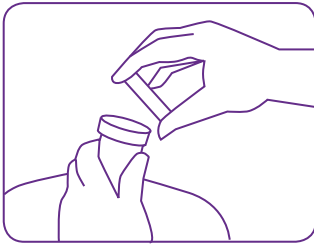
Make sure you have enough supplies (order regularly and in time, **Qufora Direct**® can call you each month to see if you need more).

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.

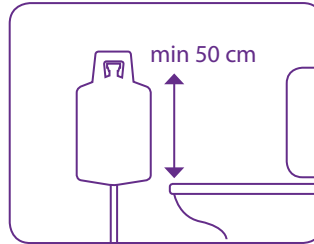
REMEMBER - DON'T GIVE UP

1



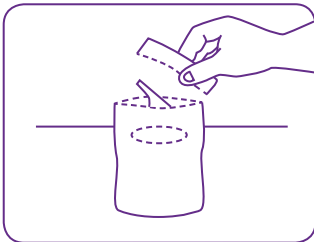
Fill the water bag with warm tap water (36° C - 38° C).

2



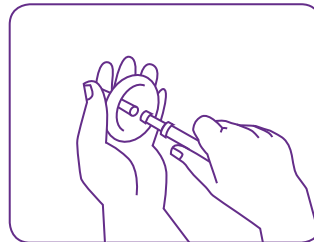
Hang the water bag at shoulder height or above (approx 50cm above toilet seat or above your head if you want to use gravity instead of the pump).

3



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

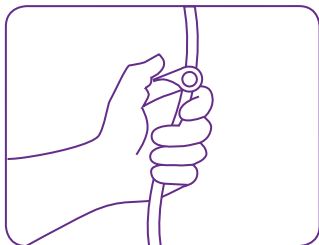
4



Attach the purple end/connector to the cone.

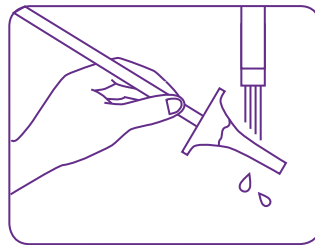
qufora® IrriSedo

5



Open the valve and compress pump so that tube and pump fills with water (turn pump other way up to fill and remove air). Then close the valve.

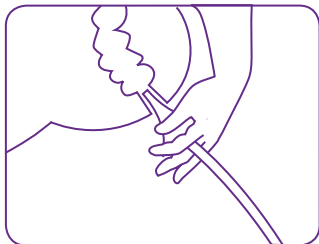
6



Wet the cone using cold or lukewarm tap water.

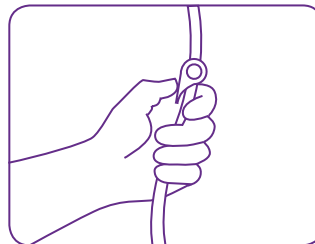
Now it is lubricated and ready to use.

7



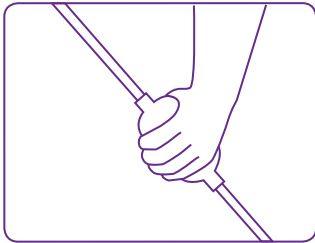
Seated on the toilet, carefully guide the cone into the rectum.

8



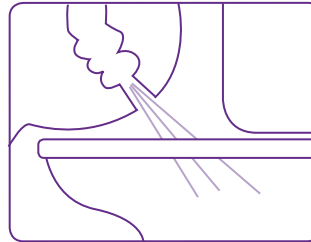
Open valve completely.

9



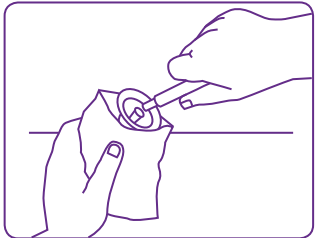
Pump water into the rectum. As advised by your healthcare professional but usually about 500ml (less in children).

10



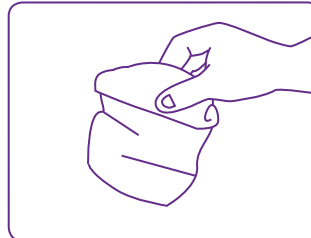
Close the valve and remove the cone. Residual water and stool will then flow into the toilet.

11



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

12



Seal the purple pouch and dispose in household waste.

An extension tube is available if you require longer tubing.

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

Common questions

Always contact your healthcare professional for medical advice but some common questions are answered below:

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

If you have excessive pain or bleeding seek immediate medical advice.

However, minor bleeding can be due to trauma from cone insertion. Remember to wet the cone 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.

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 abdomen, this can help to start the bowel moving.

Sometimes you may be dehydrated and the water absorbs into the bowel lining. If this persists contact your healthcare professional.

What if the water is not safe for drinking?

Use bottled water or cooled boiled water for irrigation too.

“Now all I was waiting for was to see good results, which I can honestly say amazed me...”

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 when the bowel is quite full. It may be resolved after using irrigation for a while.

You can try splitting the water volume e.g. if you are using 500ml, instill 250ml then remove the cone and allow the stool to evacuate, then instill the other 250ml and evacuate. Do this for about a week of irrigation, then try the whole amount again.

“ I can now go out for the day without all the obvious constant worries which can ruin the simplest of pleasures...”

How many boxes of Qufora® IrriSedo Cone do I need each month?

There are 15 single use cones and 1 water bag in each box. You can also get a box of 15 extra cones. For daily irrigation you will require one box of 15 cones with water bag and one box of 15 additional cones, per month.

If your healthcare professional decides you need to irrigate every other day, you will need one box of water bag with 15 cones per month.

Where do I get my 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 chemist.

We hope you have found this guide helpful.
You can view the instructional DVD at
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**.



