

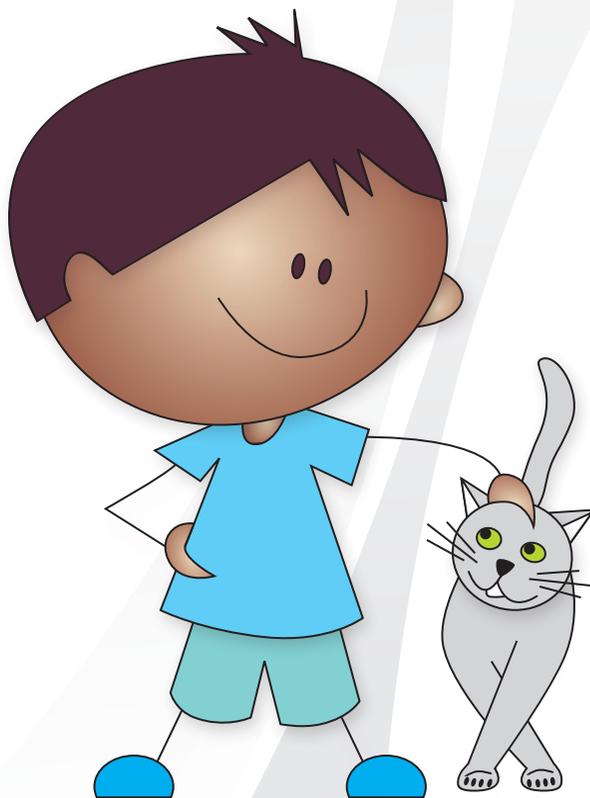


qufora® IrriSedo

Qufora® IrriSedo Cone system

Easy to use
rectal irrigation

Guide for kidz



MBH | qufora®



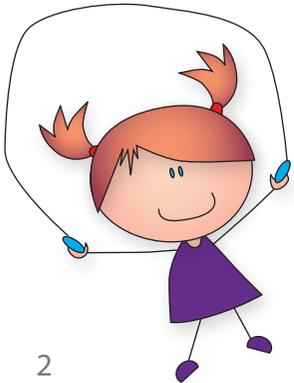
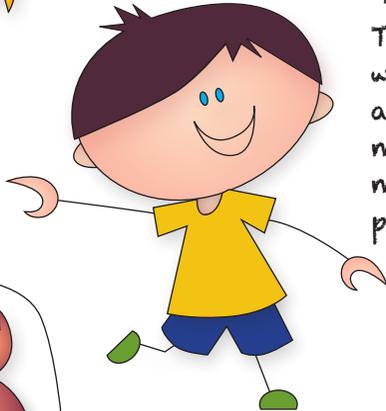
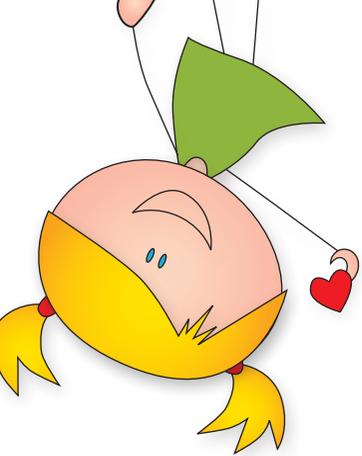
MacGregor®
Healthcare Ltd

Having a tummy problem

Hi my name is Hugh, 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 he is sad



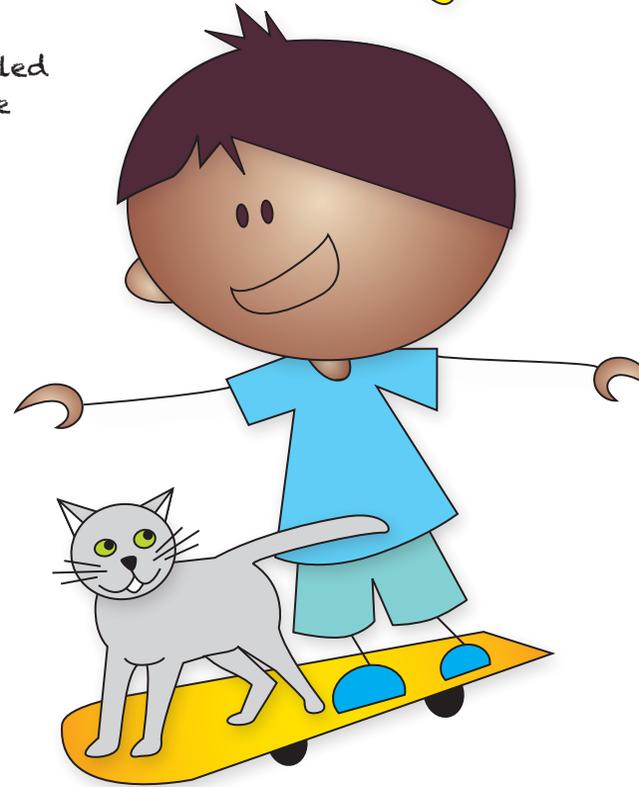
Help with Qufora[®]

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 Cone system. How it looks and how it works



Wait for 15 minutes or less

Important information (for Mum and Dad)

SQUEEZING THE PUMP

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 Cone 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!

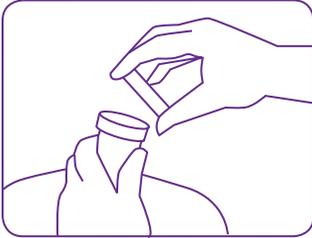
You should only start doing irrigation after assessment and training from a qualified healthcare professional.

The Cone system

- Water bag
- Tube (connects water bag and cone)
- Pump
- Hydrophilic cone (activate lubricant with water - single use)

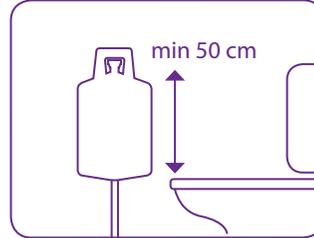
(your Mum and Dad or nurse will help)

1



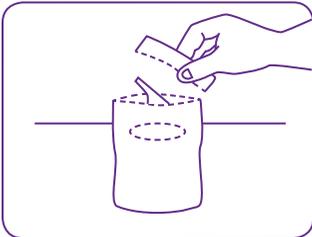
Fill the water bag with warm tap water (36° C - 38° C).

2



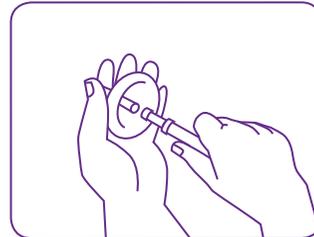
Fill the water bag to the amount your nurse has advised. Hang the water bag at shoulder height to use the pump or higher if you want to use gravity to get the water in.

3



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

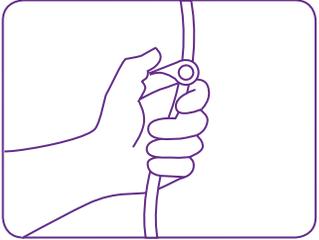
4



Attach the purple end/connector to the cone.

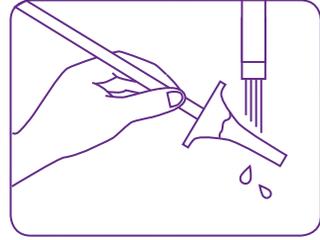
qufora® IrriSedo

5



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

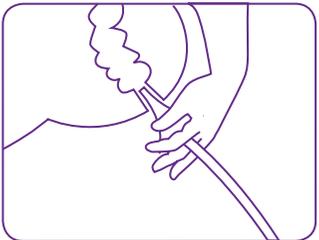
6



Wet the cone using cold or lukewarm tap water.

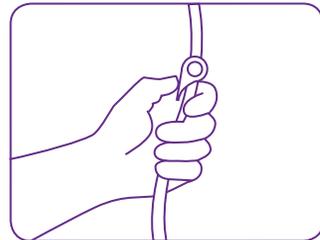
Now it is slippery and ready to use.

7



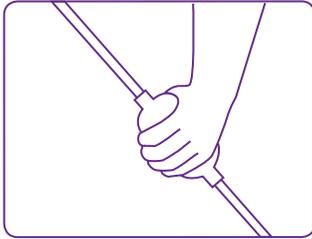
Seated on the toilet, carefully guide the cone into the rectum.

8



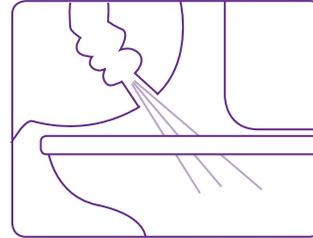
Open valve completely.

9



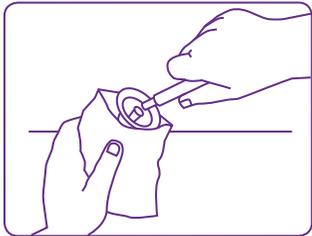
Pump water into the rectum. As advised by your healthcare professional.

10



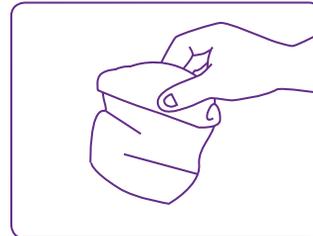
Close the valve and remove the cone. Residual water and stool will then flow into the toilet.

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. Wash and dry the pump, ensuring you empty any remaining water and dry the tubing on the outside.

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.

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.

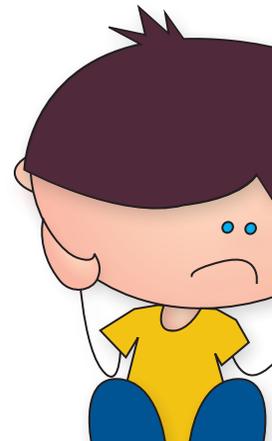
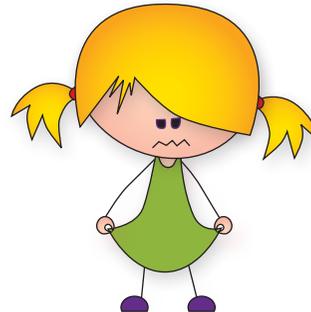
Thats why you should always remember to dip the cone in water before you use it, so its slippery. you should put it in the rectum slowly and gently. Try to relax as the cone goes in. If a little bleeding carries on you need to tell your nurse.

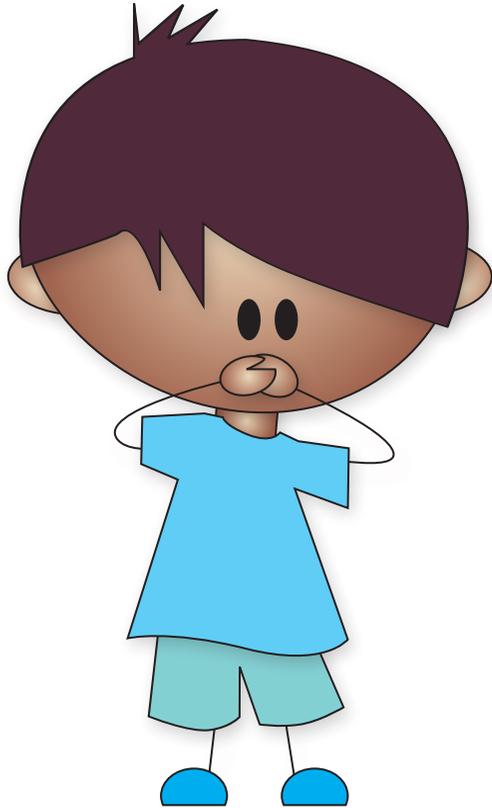
What if the water leaks out as I'm pumping it into the bowel?

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 then adjust the
amount of water used.



For Mum and Dad

How many boxes of Qufora® Irrisedo Cone do you need each month?

Irrigating daily:

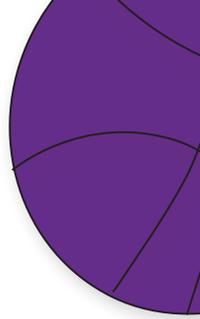
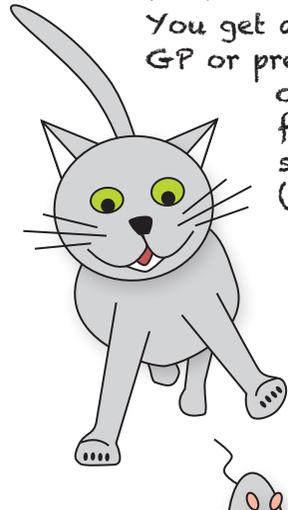
1 Cone System including water bag, cones and pump plus 1 box of 15 Cones.

Irrigating every other day:

1 Cone System including water bag, cones and pump.

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)

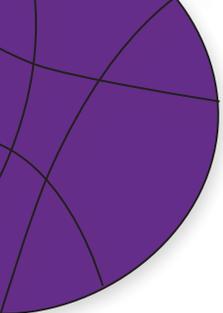


We hope you have found this guide helpful. You can watch a video of how to do it at: www.macgregorhealthcare.com.

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.



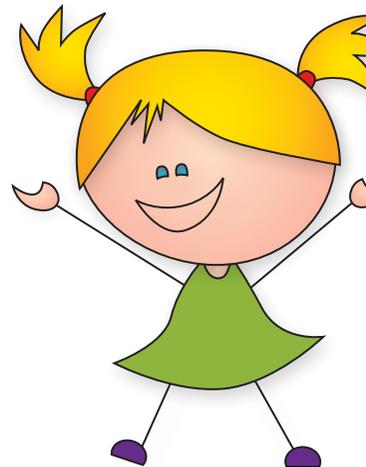
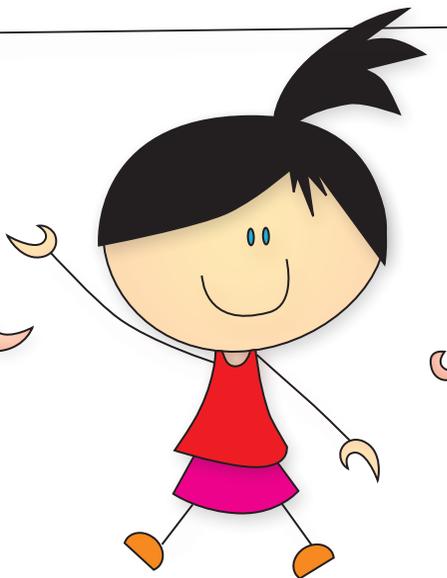


How often to irrigate:

Amount of water to irrigate:

Nurse name:

Contact number:



Handwritten signature

Qufora® IrriSedo Cone system

Product	Description	Contents	Order number
	Qufora® IrriSedo Cone system – Starter Set (5 irrigations)	1 Water bag with pump 1 Cone bag, 1 hook 5 Hydrophilic cones	QTS
	Qufora® IrriSedo Cone system (15 irrigations)	1 Water bag with pump 1 Cone bag 15 Hydrophilic cones	QTM
	Qufora® IrriSedo Cone system – Accessory Set (15 hydrophilic cones)	15 Hydrophilic cones	52601-015
	Qufora® IrriSedo Extension tube (15 irrigations)	15 Extension tubes	52715-015

160502

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®

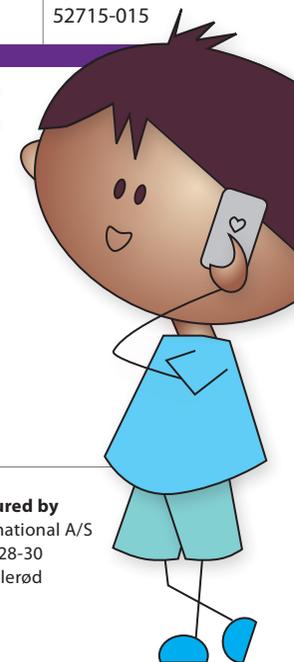
Free delivery to your home and discreetly packaged.
Its the easy way to get your Qufora® supplies.

Call: 0845 519 60 50

Email: direct@qufora.co.uk

Qufora Direct® is operated by Rapidcare® part of Koppa Company Ltd - please see our Privacy statement for further information.

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