

# Qufora<sup>®</sup> IrriSedo Mini

Simple to use bowel irrigation



Bowel irrigation. User Guide.

 **Qufora<sup>®</sup>**  
Your life. Our inspiration.

# Welcome to using Qufora IrriSedo

In this booklet we will give you advice on how to use your Qufora® IrriSedo Mini and support you through your journey using bowel 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 Mini 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.



## What is bowel irrigation?

Bowel 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 lukewarm 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.

Bowel 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.

### Advantages using bowel irrigation

- Helps achieve bowel continence
- Helps prevent constipation and related problems
- May reduce time spent on the toilet
- Reduces the risk of urinary tract infection
- May reduce the use of and need for laxatives

## 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 Mini

When you first start irrigating its 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.

# Qufora IrriSedo Mini



→  
Pump



←  
Cone with lubricated tip.  
Just dip in water. Ready to use.

→  
Hydrophilic single  
use rectal cone





## Important information

### **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 into the rectum.

### **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.

### **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**

To ensure you have enough supplies, order regularly and in plenty of time.

### **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

## How to use the system

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 warm tap water.

### **After use**

The cone is single use, so dispose in the cone pouch in household waste.

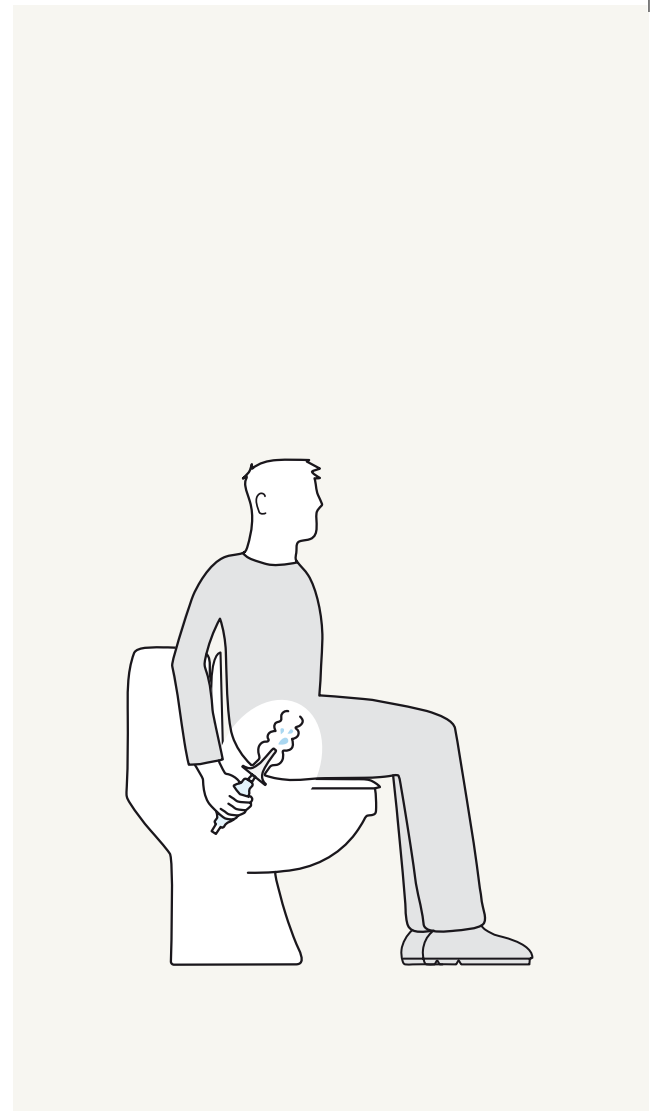
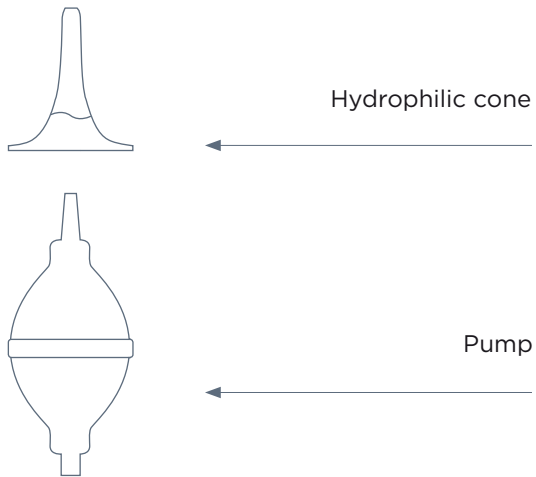
### **Rinse before storing**

Empty the pump of any residual water. If required, clean the outside of the pump with luke warm water and mild soap, and dry with a lint-free cloth.

**i**

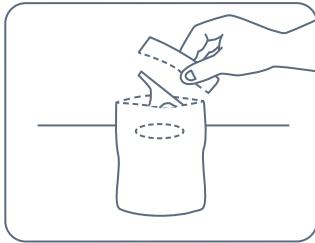
Only use irrigation as agreed with a qualified healthcare professional and after undergoing thorough training.

## The system components



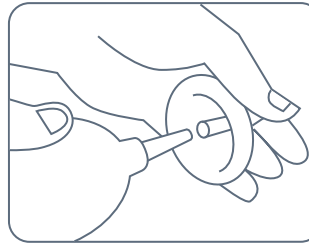
## Irrigation process

1



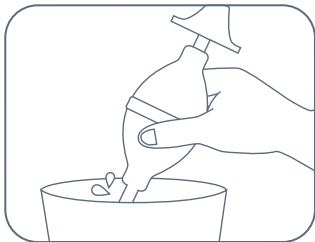
Tear off the edge of the pouch. Remove the sticker and secure the pouch to a dry surface.

2



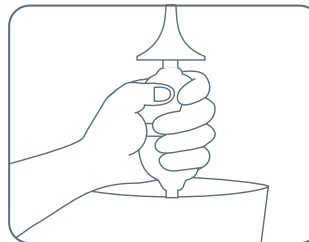
Assemble the Qufora Mini by pushing the cone and the purple pump tip together.

3



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

4

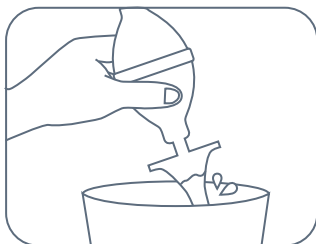


Now squeeze and release the pump until you fill it completely with the water. (Gentle pumps as it fills to avoid spills)



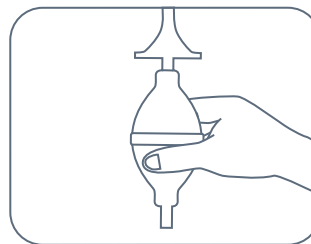
Before use always consult the 'Instructions for use' document delivered with the product

5



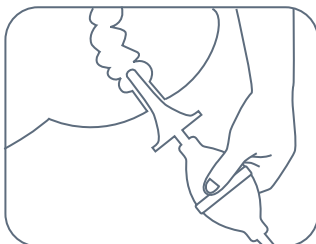
Turn the system upside down and dip the cone tip into the water to activate the lubricant. Now it is ready to use.

6



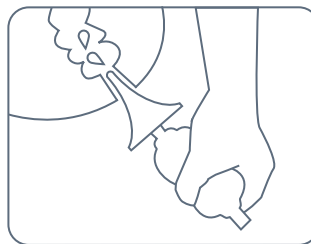
Ensure the pump is completely full with water and hold upright before insertion into the rectum.

7



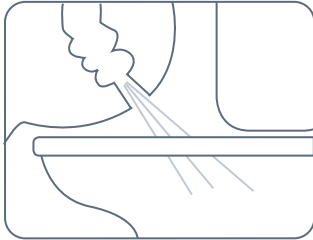
Seated on the toilet, carefully insert the cone into the rectum.

8



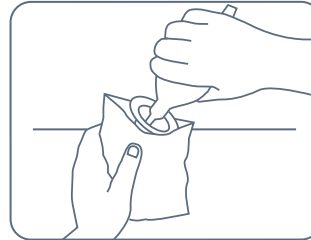
Gently compress the pump completely to instill water into the rectum. Do not compress again.

9



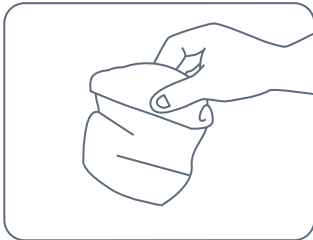
Remove the cone and residual water and stool will be expelled.

10



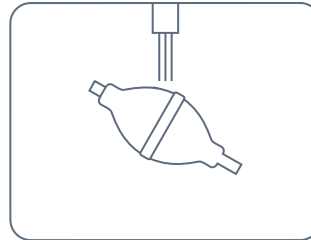
Twist the cone off the pump and dispose of cone in the cone pouch.

11



Seal the pouch and dispose in household waste.

12



Wash the pump with warm water and dry.

**Cleaning and storage:** Empty the pump of any residual water. If required, clean the outside of the pump with luke warm water and mild soap, and dry with a lint-free cloth.

## 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?

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

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.

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.





# How to obtain your product supplies

## **Order further supplies**

Ordering supplies regularly and in plenty of time ensures you have enough products as needed. Ordering details are at the back of this booklet.

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## Ordering information

Suggested monthly ordering:

### Irrigating daily

- 1 set Mini 30 irrigations  
If extension tubes being used  
2 sets of extension tubes

### Irrigating every other day

- 1 set Mini 15 irrigations  
If extension tubes being used  
1 set of extension tubes

Order code	Product	Contents
53601-015	Mini 15 irrigations	1 x hand pump, 15 x hydrophilic cones, 1 x cone bag
53601-030	Mini 30 Irrigations	1 x hand pump, 30 x hydrophilic cones, 1 x cone bag
52715-015	Extension tube 15 irrigations	15 x extension tubes



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