

# Qufora® IrriSedo Cone

- easy to use rectal irrigation



Rectal irrigation. User guide.

 **Qufora®**  
Your life. Our inspiration.

## Welcome to using Qufora IrriSedo

In this booklet we will give you advice on how to use your Qufora® IrriSedo Cone 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 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 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 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.

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.

### Advantages using rectal 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.

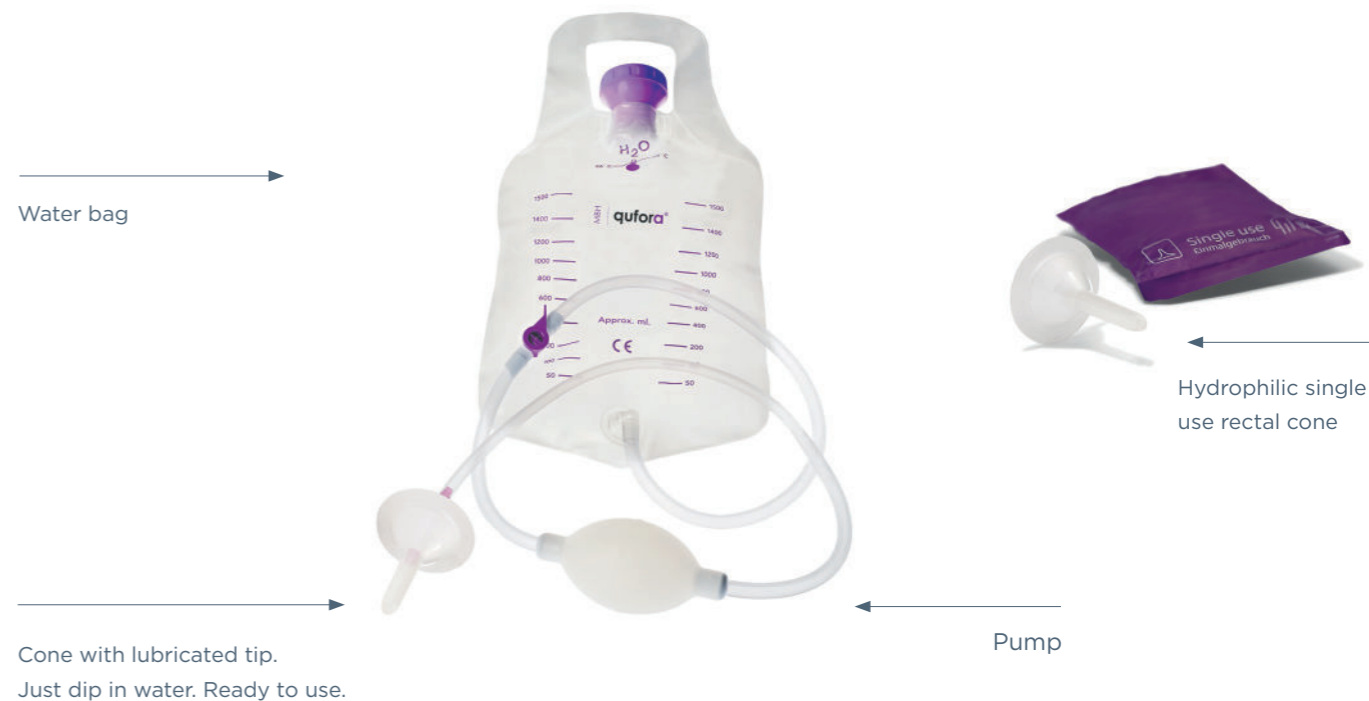
Sometimes the bowel gets into a routine easily but for others it may require some modification e.g. the amount of water instilled, your bowel medication etc. That's why many healthcare professionals advise irrigating every day for at least the first three months.

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 Cone

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.

## Qufora IrriSedo Cone





## 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.

### **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 Qufora IrriSedo Cone

Read the instructions for use and contact your healthcare professional if you need any further advice.

### **Before use**

Make sure you have your system ready and some warm tap water.

### **After use**

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

### **Rinse before storing**

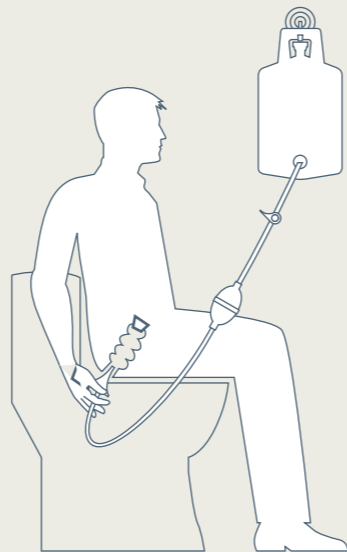
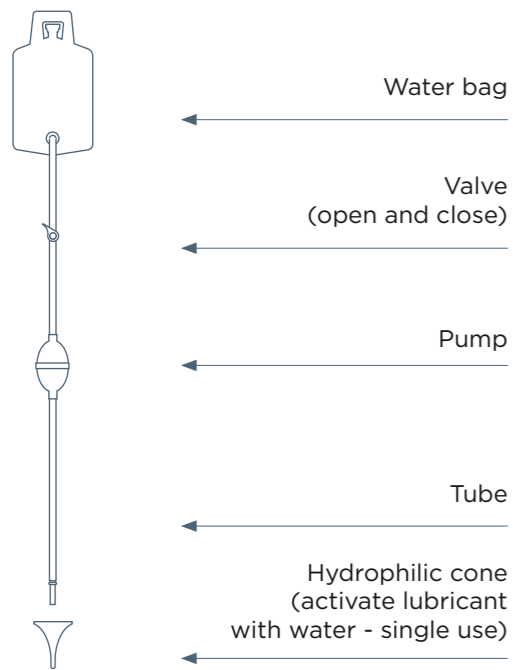
Clean the pump with lukewarm water and soap. Rinse and dry, store away from heat and direct sunlight.

The procedure generally takes 15 to 30 minutes.



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

## The system components



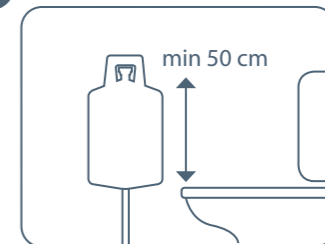
## Irrigation process

1



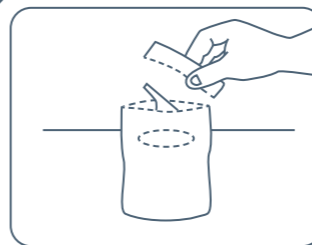
Fill the water bag with warm tap water (36° C - 38° C).

2



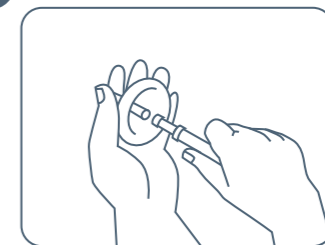
Hang the water bag at shoulder height or above (approx. 50cm above toilet seat or above your head if you want to use gravity instead of the pump).

3



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

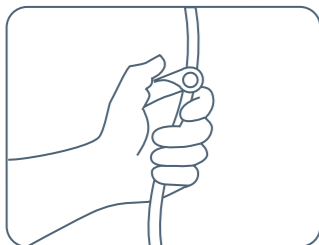
4



Attach the purple end/connector to the cone.

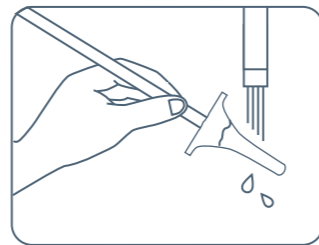


5



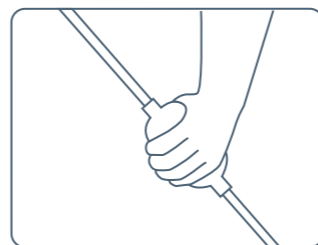
Open the valve and compress pump so that tube and pump fills with water (turn pump other way up to fill and remove air). Then close the valve.

6



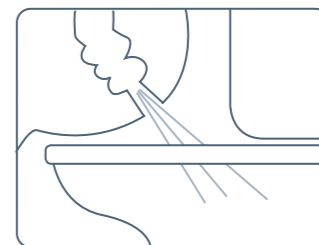
Wet the cone using cold or lukewarm tap water.  
  
Now it is lubricated and ready to use.

9



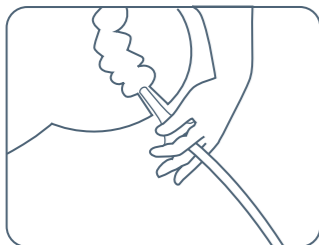
Pump water into the rectum. As advised by your healthcare professional but usually about 500ml (less in children).

10



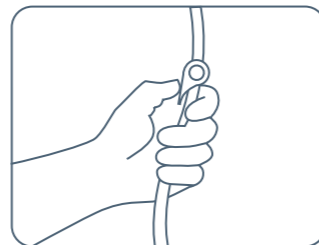
Close the valve and remove the cone. Residual water and stool will then flow into the toilet.

7



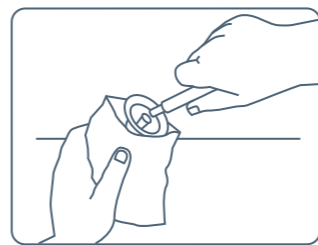
Seated on the toilet, carefully guide the cone into the rectum.

8



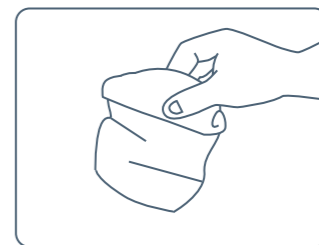
Open valve completely.

11



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

12



Seal the purple pouch and dispose in household waste.

**Cleaning and storage:** If required, clean all external surfaces of the water bag, tubing and pump with luke warm water and mild soap, and dry with a lint-free cloth. Empty the water bag and hang it to dry with the lid open. Store with lid open.

## 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.

## Common questions

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 from your chemist.

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.

“

The help of your team has been invaluable.  
It is a joy to pick up the phone to them.  
They always give their name and then listen  
carefully...

## 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<sup>®</sup>) or your local pharmacy. Qufora Direct<sup>®</sup> 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<sup>®</sup>**



0800 612 6050



direct@qufora.co.uk

## Supporting you on your journey

We want you to have the best start using your Qufora IrriSedo Cone. Our friendly myqufora team are here to answer all of your questions no matter how big or small. Visit [www.myqufora.com](http://www.myqufora.com) to access useful product videos, frequently asked questions or just live chat with us.

 **myqufora<sup>®</sup>**



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advice@myqufora.com



[www.myqufora.com](http://www.myqufora.com)

## Ordering information

Suggested monthly ordering:

### Irrigating daily

- 1 cone system (15 irrigations)
- 1 accessory set

### Irrigating every other day

- 1 cone system (15 irrigations)

| Order code | Product       | Contents   |
|------------|---------------|--|
| 53502-005  | Starter set   | 1 x 1500 ml water bag with pump, 1 x Cone bag, 1 x Hook, 5 x Hydrophilic cones |
| 53503-015  | Cone system   | 1 x 1500 ml waterbag with pump, 1 x Cone bag, 15 x Hydrophilic cones           |
| 52601-015  | Accessory set | 15 x Hydrophilic cones   |

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