

Qufora[®] IrriSedo MiniGo Flex

Designed for you



Rectal irrigation. User guide.



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Welcome to using Qufora Irrisedo MiniGo Flex

This booklet complements your healthcare professionals' advice and teaching, helping you get the most out of rectal irrigation with Qufora Irrisedo MiniGo Flex. You will get to know MiniGo Flex, be guided step-by-step through the irrigation process and find answers to common questions.

You are not alone, and it is important that you maintain contact with your healthcare professional when you start to irrigate as they can provide you with guidance and support your individual needs.



Diary

A Qufora diary is available for you and your healthcare professional to keep track of your progress and to find the best routine for you.



Qufora IrriSedo MiniGo Flex

Designed for you

Qufora IrriSedo MiniGo Flex is a simple rectal irrigation solution that is designed to fit into your everyday life, giving you a quick and effective bowel management solution.

It has an award-winning design that makes it quick and simple to use. Filling MiniGo Flex with water is just like filling a water bottle from the tap, you can see when it is filled to the top.

With curly tubing and an all-in-one cone flex solution, it is easy to handle and connect. The soft pump fits naturally into the shape of the hand, making it easy to hold and squeeze.

Featuring our most advanced and comfortable cone design, the cone flex has a round tip for smooth insertion and removal.

Its subtle design fits right into your bathroom, and with MiniGo Flex being easy to pack away and discreet to carry, you can take it anywhere.

Designed for you and your lifestyle.



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From design to colour scheme to materiality, Qufora IrriSedo MiniGo radiates that calming gentleness which is so vital for its use
// Red Dot



Design that matters

We strive to make progress in areas where we can have the most immediate impact.

That is why through design-thinking in material choices and packaging, MiniGo Flex is:

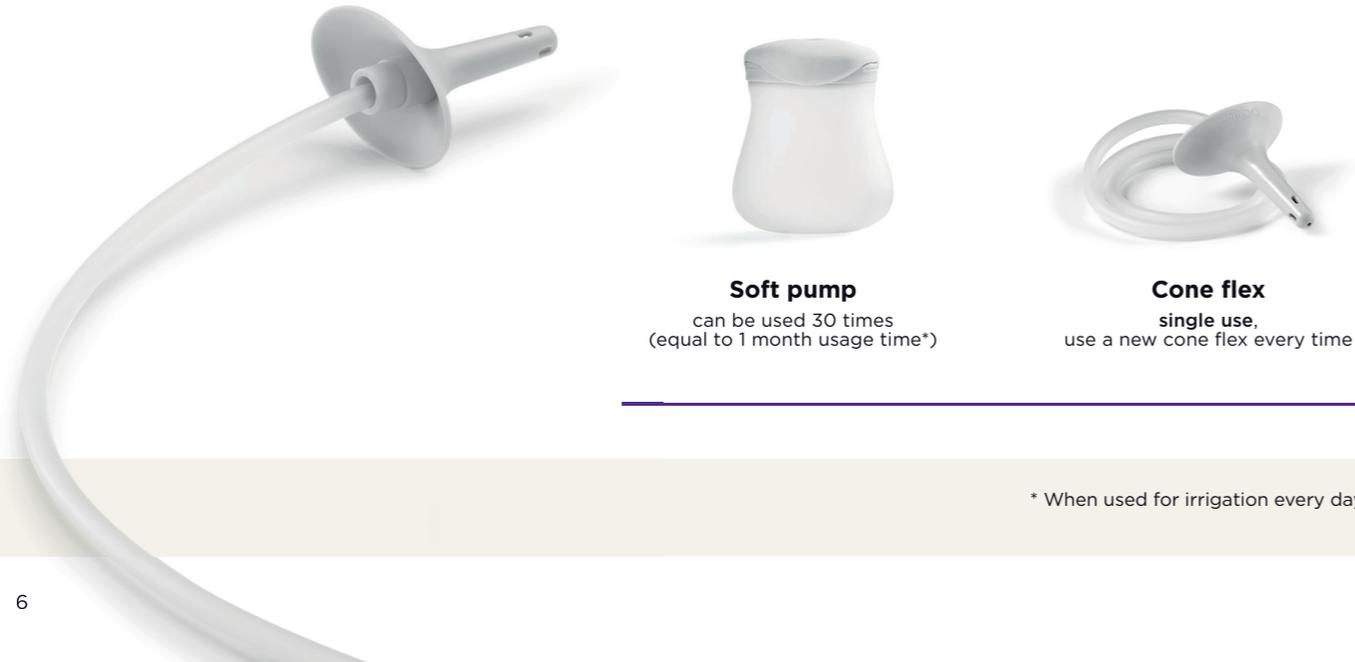
- › PVC and phthalate-free
- › We use only the minimum amount of packaging needed to deliver the product to you safely, and the box can also be used as storage between irrigations



Qufora IrriSedo MiniGo Flex at a glance

MiniGo Flex consists of a soft pump and a rectal cone 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.



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

Cone flex
single use,
use a new cone flex every time

* When used for irrigation every day

Details that make the difference

Cone flex

- Advanced cone design for comfort and water flow with a gentle shower effect
- Oval cone shape fits the body and provides a good seal
- Ready lubricated for smooth insertion and removal, just dip in water for a few seconds

Soft pump

- Easy to fill and you hear an audible click when the flip lid is securely closed
- Easy to grip and squeeze

Pouch for the single-use cone flex

- Hygienic handling of the cone flex when preparing for irrigation
- Handy disposal bag for the cone flex afterwards

Box

- Instructions for use illustrations inside the lid
- Storage option for your product between irrigations





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. They can give you advice on the frequency of irrigating. A common routine would be to irrigate every day, until a routine is established that works for you.

Be persistent

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

What is rectal irrigation?

During the process of irrigation, water is instilled into the rectum via the anus to help you have a bowel movement.



Advantages using rectal irrigation

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 allows you to gain control over your bowel movements.



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 antidiarrhoeals

How to use Qufora IrriSedo MiniGo Flex

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



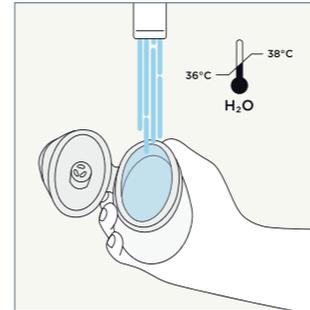
Important information

Irrigation should only be used following assessment with a qualified healthcare professional and after undergoing thorough training.

Look at the 'instructions for use' illustrations inside the lid of the box before you start, and if you need more information visit www.qufora.com/ifu. If in doubt, contact your healthcare professional for further assistance in guiding you through the irrigation process.



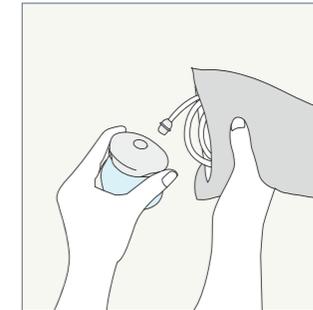
Irrigation process



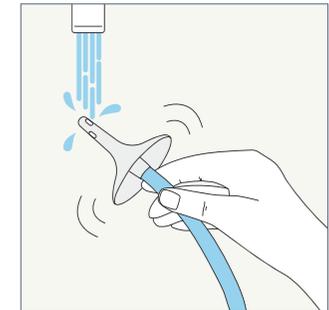
1. Open the lid and fill the pump up to the inner rim with luke warm tap water (36-38°) by holding it under the tap with the lid open.



2. Once the 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.



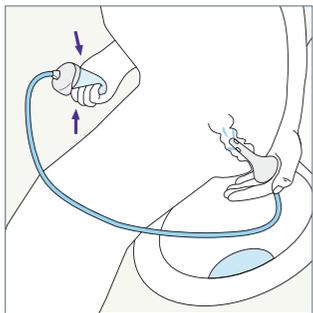
4. To activate the smooth lubricant (hydrophilic coating) on the cone flex, wet it with water up to its base for a few seconds. Gently squeeze the pump until water comes out of the cone tip to remove the air. It is now ready to use.



After you have been using MiniGo Flex regularly, you may find your own way of closing the lid.



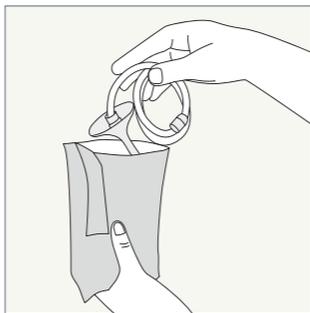
Before use always consult the 'Instructions for use' document delivered with the product.



5. Sit on or over the toilet. Carefully guide the cone flex up to its base into the rectum. Now the cone flex is in place, gently squeeze the pump to instil water into the rectum.



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



7. Place the used cone flex into the pouch. The pouch can be folded and sealed using the sticky area, then disposed of in household waste.

Please note that the cone flex is single-use only and must not be used again.

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The picture shows insertion of the cone flex from the back, by reaching behind to guide it into the rectum. To find your most comfortable position, you may prefer to insert it from the front, by guiding it between your legs and then into the rectum.



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. Store with the lid open.

Scan to watch the video and learn more



Common questions

What if the water leaks out as I am instilling 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 flex?

Minor bleeding can be due to trauma from cone insertion. Remember to wet the cone flex in water to activate the lubricating gel and insert the cone flex 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®



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www.myqufora.com

Ordering information



Suggested ordering:

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

Qufora IrriSedo MiniGo Flex

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

Qufora IrriSedo MiniGo Flex small

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

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