

Qufora[®] IrriSedo MiniGo Flex

Designed for you



Rectal irrigation. Guide for kidz



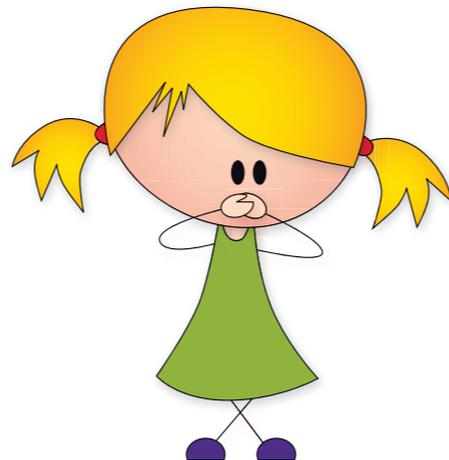
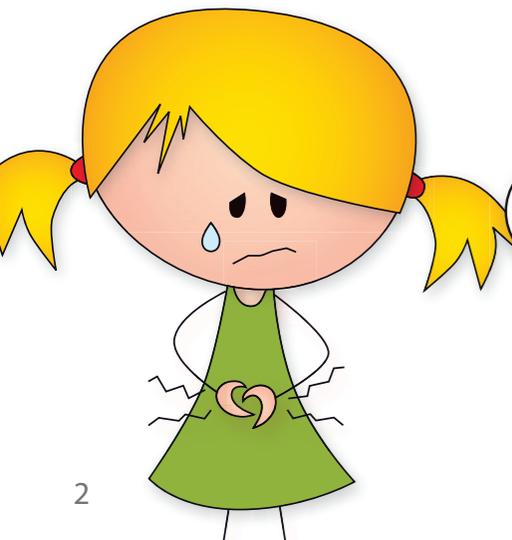
reddot winner 2021

Having a tummy problem

Hi my name is Isla, and I have a secret. Not everyone knows my secret, but I have problems with my poo. 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 she is sad



Help with Qufora Irrisedo MiniGo Flex

One day the nurse told us there is something called MiniGo Flex that can help me. She said it would be like a little shower inside my bum, which would make 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 10-15 minutes.

Now I have been doing this for a while, I can go to school and play with my friends without being worried. And I don't have to suddenly rush to the toilet now.

The best thing is...

I don't feel different from my family and my friends any more.



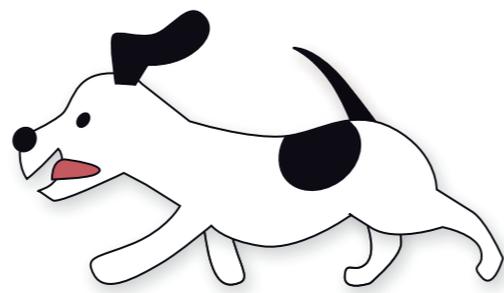
Starting with your Qufora Irrisedo MiniGo Flex

Most people find it easy to do from the very first time, but some 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 the nurse said the most important thing was for me and my family not to give up as they will continue to help me.



Me and my family found it was a very good idea to play around with MiniGo Flex at the beginning, filling it with water a couple of times - yes, go on, just spray the water around the back of the sink and have some fun!



How it Looks and how it works

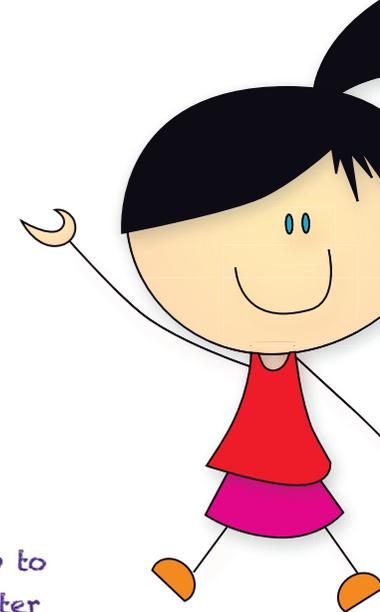
The curly cone flex tubing is fun to use, it gets longer when you insert cone flex, and then curls back again after you take it out

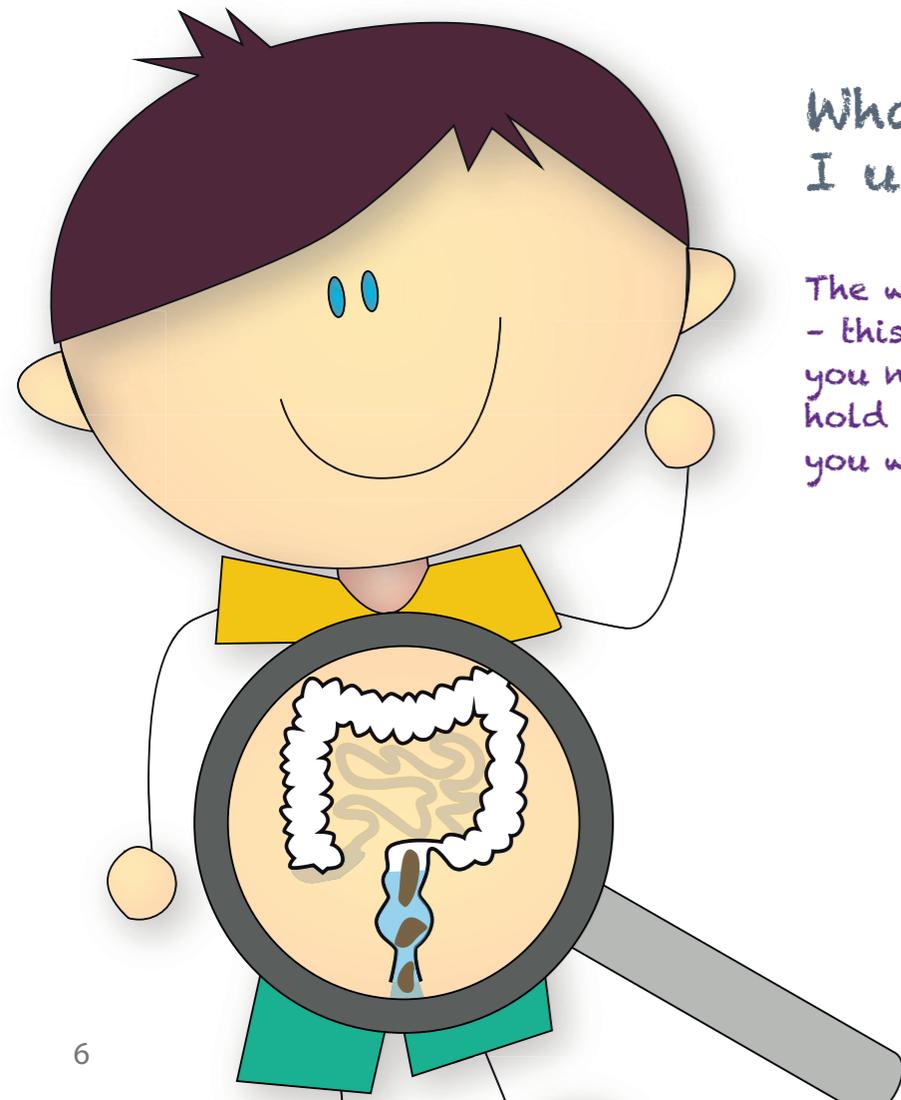
A nice smooth cone that makes water come out gently like a shower. You just have to wet it with water before you use it.



A bag, so you can throw the used cone flex out

A soft pump to fill with water





What happens when I use it?

The water will come into the bowel - this will help the poo come out. If you need help to squeeze the pump or hold it in place, the grown-up with you will help.

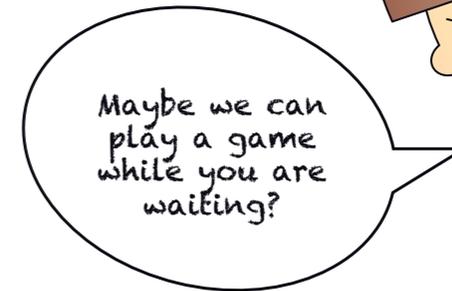


What happens when I take it out?

Wait



Wait 10-15 minutes or so. Water and poo will now come out.



Maybe we can play a game while you are waiting?

Important information (for your parents)

What if you hear a sound when you squeeze the soft pump?

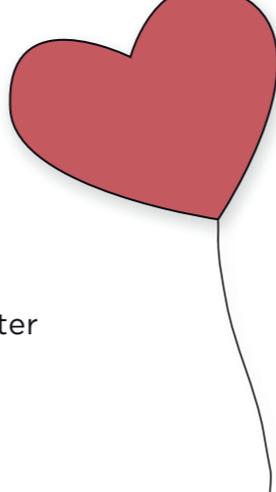
This is a clever sound that MiniGo Flex makes to remind you to fill it with water all the way up to the very top before using it.

Everyday

Make sure you use MiniGo Flex everyday or as often as your nurse advises. Remember the cone is single-use only. The soft pump can be used 30 times, equal to 1 month usage time.

Don't stop your child's medication

If you are taking any medication as part of your bowel management routine, continue to do so, until advised by your nurse. This is still necessary until your bowel gets used to irrigation. Then your nurse may advise that your child's medication be changed.



REMEMBER - don't give up

Drinking fluids

Always make sure to drink the correct amount of fluids. The recommended daily amount of fluids is 8 drinks a day. If water intake is too low, this may result in the irrigation water being retained and absorbed by the bowel.

Be persistent

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

Obtaining further supplies

Make sure you have enough product supplies. Order regularly and in plenty of time. Ordering details are at the back of this booklet.



How to use Qufora Irrisedo MiniGo Flex

Before you use it

Read the instructions with your parents or nurse. Make sure you have the soft pump and cone flex ready and some luke warm tap water.

If you need to, use a foot stool for your feet. You can lean forward a little bit, this will make it easier for the poo to come out, because it follows the shape of your body inside

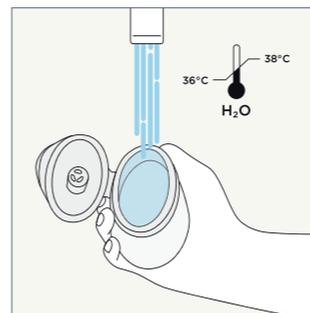


Important!

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



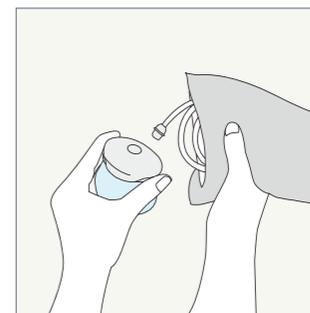
Irrigation process (your parents or nurse will help)



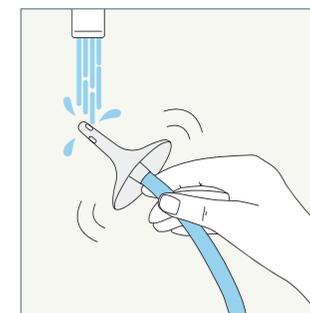
1. Open the lid and fill the pump up to the inner rim with luke warm tap water (36-38°) by holding it under the tap with the lid open.



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.

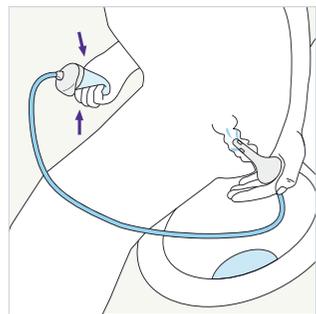


4. To activate the smooth lubricant (hydrophilic coating) on the cone flex, wet it with water up to its base for a few seconds. Gently squeeze the pump until water comes out of the cone tip to remove the air. It is now ready to use.

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



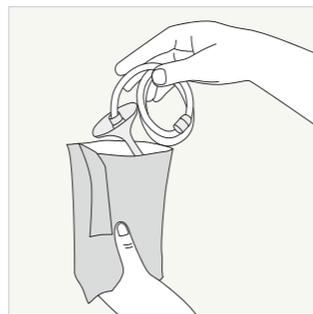
Irrigation process (your parents or nurse will help)



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.

i

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



What if...

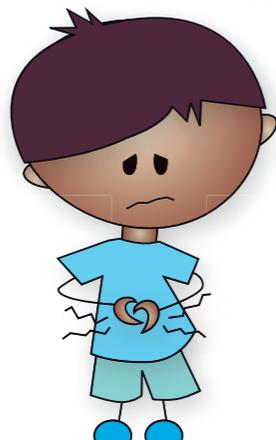
Tell your parents or nurse if something is not right

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. Try coughing and massaging your tummy - this can help to get the poo moving. So can rocking backwards and forwards. Make sure you have had enough to drink. Tell your nurse if it keeps happening.



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. They can adjust the amount of water used.

What if the water is not safe for drinking?

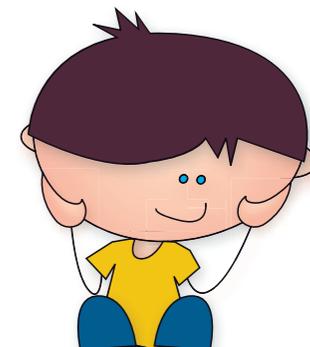
Use bottled water or cooled boiled water at a luke warm temperature.



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

If you have lots of tummy pain and it's really sore, get to the doctor or nurse as soon as possible. A little bit of bleeding can happen when the cone is inserted.

That's why you should always remember to dip the cone in water before you use it, so it's slippery. You should guide it into 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.



How to obtain your supplies



Ask your GP or prescribing nurse for a prescription. 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.

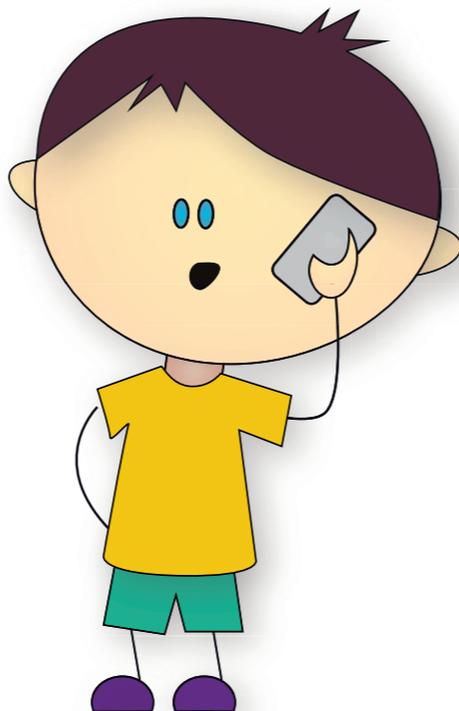
qufora direct[®]



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.



0800 612 9080



advice@myqufora.com



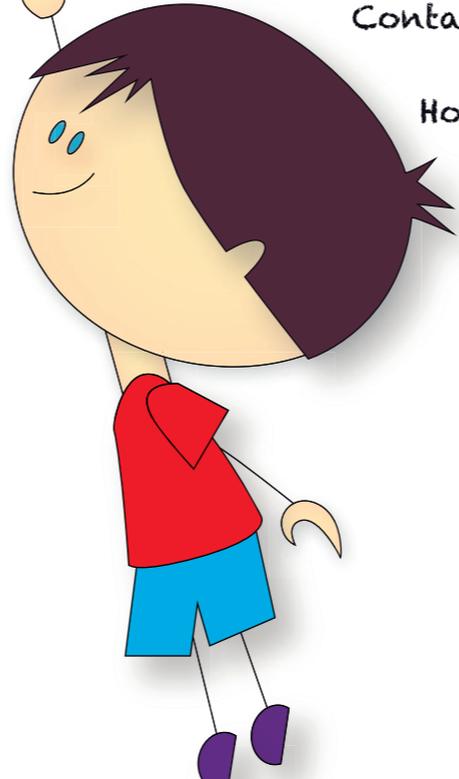
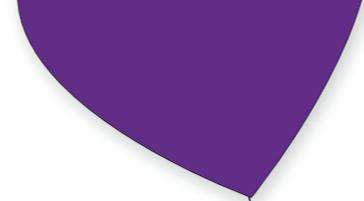
www.myqufora.com





Sometimes it helps to write it down

For small notes or big fantastic ideas: _____



Nurse name: _____

Contact number: _____

How often to irrigate: _____



Ordering information



Suggested ordering:

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

Qufora IrriSedo MiniGo Flex small

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

Qufora IrriSedo MiniGo Flex

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

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