

Qufora® IrriSedo Flow

Imagine the possibilities



Rectal irrigation. User guide.

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

Welcome

This booklet offers you advice and guidance on using Qufora® IrriSedo Flow. It will guide you through the irrigation process and help you get the most out of using rectal irrigation.

Instructions and general questions

Your healthcare professional will introduce you to Qufora IrriSedo Flow and teach you how to use it. As a supplement to your healthcare professional's advice, in this booklet you will find common questions and answers to help you through your irrigation process. 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 needs.

Support

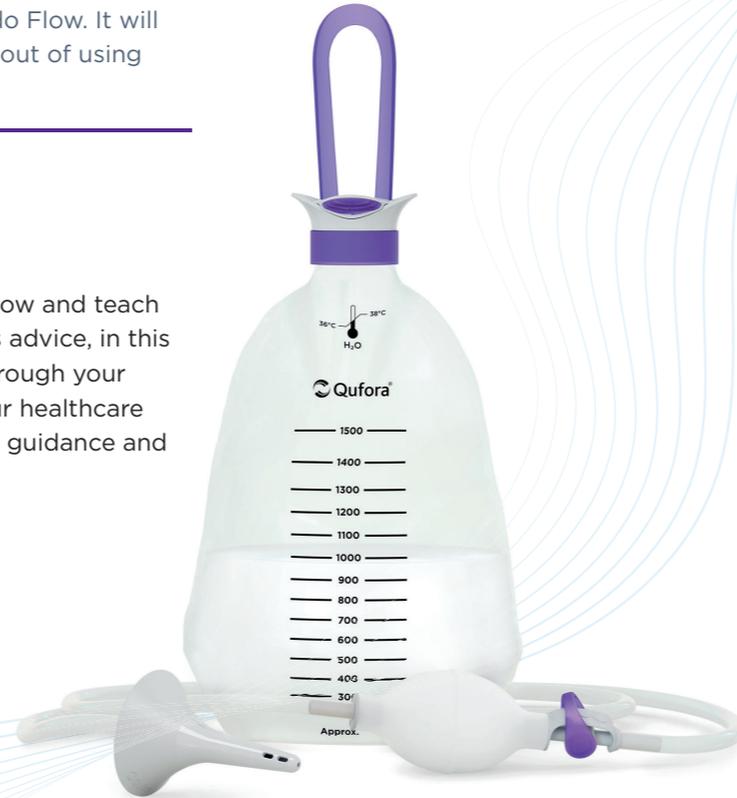
Along with your healthcare professional's advice and support we also have our myqufora support service www.myqufora.com

What is rectal irrigation?

Problems with passing stool, either as a result of incontinence or constipation, can severely affect health and quality of life. An effective solution to these problems is rectal irrigation, sometimes referred to as transanal irrigation (TAI) or bowel irrigation. It is a method that has been practiced for many hundreds of years.

During the process of irrigation, water is instilled into the rectum via the anus to help you have a bowel movement. 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 as a result allows you to gain control over your bowel movements. Every detail of Qufora IrriSedo Flow is designed for simplicity and ease of use in the rectal irrigation procedure, to support you in making bowel irrigation successful for you.



Advantages using 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



Qufora IrriSedo Flow

Discover your possibilities

Everybody is different. No two people experience their bowel problems in the same way. And your comfort and feeling of freedom will be different every day too. That's why Qufora IrriSedo Flow lets you irrigate in the way that suits your preferences and daily life. For example, you can place the water bag on the floor or on a nearby surface and use the pump to irrigate. Or hang it on the wall and let gravity do the work. The flow cone is designed for your comfort, with five outlets enabling an effective water flow and smooth insertion. During irrigation, you can even choose to adjust the water flow so it feels right for you.

It's an easy fuss free preparation. The water bag has a wide neck with a soft-grip hold for easy water filling, together with a robust handle and flip lid for easy handling.

From its practical storage box and ease to pack away, to the one quick connection to make when assembling it, Flow is designed to help give you a feeling of confidence whether irrigating in your own bathroom or out and about – see where it can take you.

Pursuing sustainability



We strive to become increasingly sustainable by minimising the environmental impact of our products and activities. Continuing to reduce resources in production and transportation has been an important part of the design process of Qufora IrriSedo Flow.

This has resulted in the following reductions over our comparable cone product:

- The flow cone is made with 10% less material
- The reduction of plastic in the packaging





When you start using Qufora IrriSedo Flow

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. Your healthcare professional 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.



Understanding your Qufora IrriSedo Flow

Before you start, it is a good idea to assemble Flow a few times and fill it with water, so you become familiar with it. Flow consists of a water bag with a pump, a water flow regulator and a flow cone.



Water bag with pump and water flow regulator
can be used 30 times*



Flow cone
single-use, use a new cone every time

*equal to 1 month usage time when used for irrigation every day.

Daily use

Make sure you use Qufora IrriSedo Flow daily or as often as your healthcare professional advises.

The water bag with pump and water flow regulator can be used 30 times*. Remember the cone is single-use only.



Details make the difference

Water bag

- **Hanging or standing** – use the handle to hang up the bag and let gravity do the work. Or let it stand on the floor or on a nearby surface.
- **Easy to fill** – wide neck makes it easy to fill and empty. Simply flip the lid to open and close.
- **Practical** – convenient handle for carrying it and robust for hanging it up.
- **Easy to read scale** – showing the amount of water used.

Compact pump

- **Light-weight** – easy to hold and squeeze. A one-way valve prevents backflow back into the pump.
- **One-handed control** - with the pump and water flow regulator.

Water flow regulator

- **Personalised water flow** – when using gravity you can choose to adjust the flow of water so it feels right for you.

Flow cone

- **Easy set up** – just one connection. Feel the flow cone and tube come together to know they are safely connected.
- **Smooth** – ready lubricated, just dip in water.
- **Comfort** – soft round flexible tip for comfortable insertion and removal, and firm base for comfortable holding of the cone in place.
- **Effective water flow** – five water outlets for a multi-directional water flow.

Pouch for single-use cone

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

Box and trays

- **Storage** - the removable water bag tray inside the box is water-repellant and can be used for storage inside a cupboard or drawer.



How to use Qufora IrriSedo Flow

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



Important information

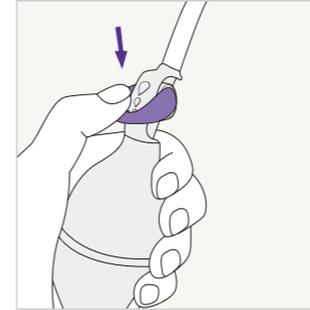
Irrigation should only be used following assessment with a qualified healthcare professional and undergoing thorough training.

Read the instructions for use included in the box carefully before you start. If in doubt, contact your healthcare professional for further assistance in guiding you through the irrigation process.

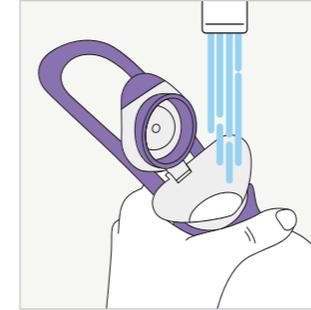


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Irrigation process



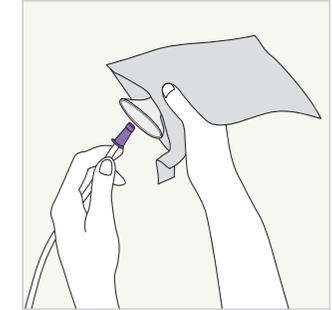
1. Make sure the water flow regulator is closed.



2. Fill the water bag with luke warm tap water (36-38° C). You will need more water than you need for your irrigation to prepare your system, approximately 100-300 ml water. Once the water bag is filled, press down on the flip lid until it is closed.



3. Place the water bag anywhere between floor and shoulder height. It can be placed on the floor or hanging by the handle.

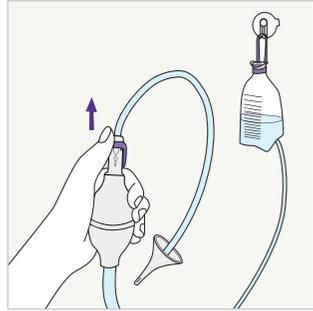


4. Open the cone pouch at the perforated line. Whilst the cone is still in the pouch press the cone firmly onto the tube connector to assemble your system. Attach the empty pouch to a surface using the sticky area on the back of the pouch.

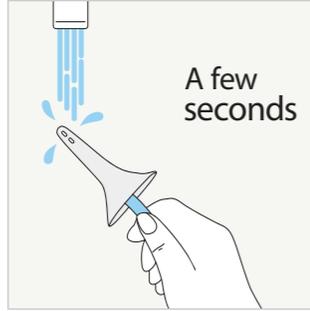


Before use always consult the 'Instructions for use' document delivered with the product.

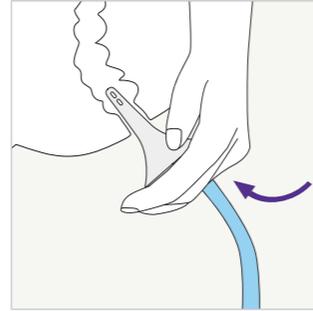
Irrigation process



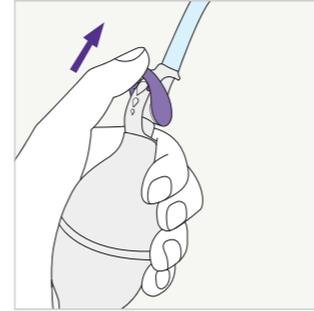
5. To prepare the system when **hanging**, hold the pump so the water flow regulator is at the top. Now open the water flow regulator.
To prepare the system **when placed on the floor**, follow as above and squeeze the pump. When you see the water coming out of the cone, close the water flow regulator.



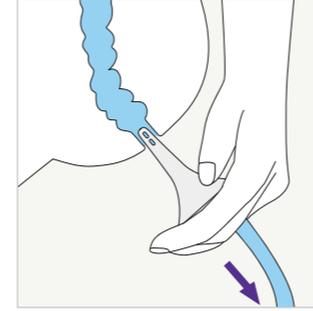
6. Hold the cone under the tap or dip it in water for a few seconds to activate the hydrophilic coating.



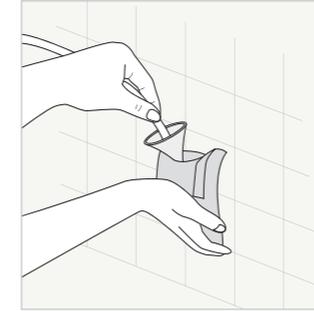
7. Sit on or over the toilet. Carefully guide the cone up to its base into the rectum. Continue to hold the cone in place during irrigation.



8. Open the water flow regulator to instil water into the rectum. If the water bag is placed lower than the toilet seat, squeeze the pump to instil water into the rectum. Your healthcare professional will guide you regarding the amount of water to use for your irrigation.



9. Remove the cone from the rectum. Faecal matter and water will be expelled into the toilet. If advised by your healthcare professional, the procedure can be repeated.



10. Place the used cone into the pouch and separate the two parts. The pouch can be folded and sealed using the sticky area, then disposed of in household waste.

The cone is single-use and must not be used again.

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 the lid open

Scan to watch the video and learn more



Common questions

What if the water leaks out as I am pumping 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 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.

Should I stop my medication?

Bowel medication should be continued until advised by your healthcare professional. This is still necessary until your bowel gets used to irrigation. Once a routine is established your healthcare professional can advise on whether to reduce or stop your medication.

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?

Minor bleeding can be due to trauma from cone insertion. Remember to wet the cone in water 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.

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 Flow. 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

Order code	Product	Contents
QFLOWSET	Qufora IrriSedo Flow Irrigation set	1 x water bag with pump and water flow regulator, 30 x flow cones

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