

Qufora® IrriSedo Flow

Imagine the possibilities

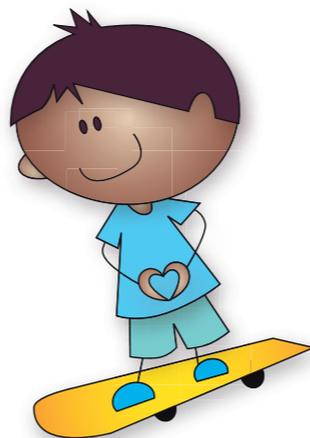


Rectal irrigation. Guide for kidz.

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

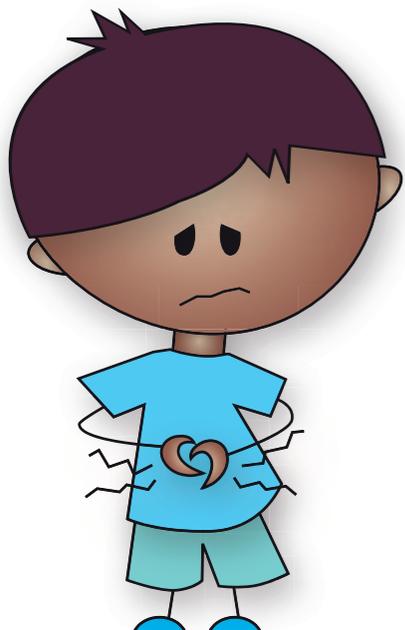
Having a tummy problem

Hi my name is Oliver, 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 he is sad



Help with Qufora Irrisedo Flow

One day the nurse told us there is something called Flow 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 15 - 30 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 anymore.



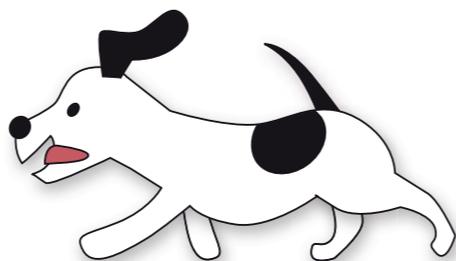
Starting with your Qufora Irrisedo Flow

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.

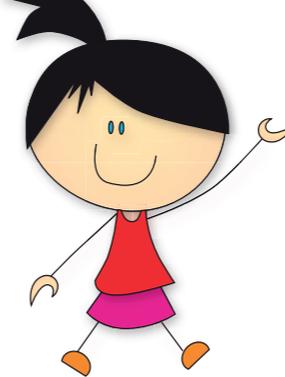
My nurse told me sometimes bowels get into a routine quickly, others take a little longer, but she said the most important thing was for me and my family not to give up as she will continue to help me.



Me and my family found it was a very good idea to play around with Flow 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!



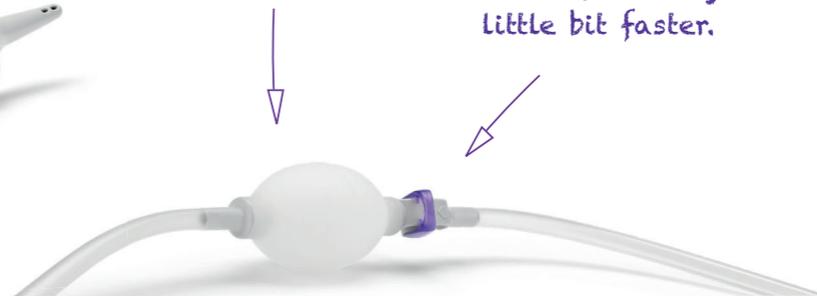
How it Looks



A nice smooth flow cone. You just have to dip it in water before you use it, so it's slippery.



Pump. Light-weight to make it as easy as possible to hold and squeeze.



Water bag. You can stand it on the ground or you can hang it up on the wall beside you.

Water flow regulator. When it's hanging up you can make the water go slowly or a little bit faster.





What happens when I use the flow cone?

If you can't manage to hold the flow cone in place, Mum or Dad will help you to get water into the rectum. This will help the poo come out.



What happens when I take out the flow cone?

Wait



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



Important information (for Mum and Dad)

Everyday

Make sure you use Qufora IrriSedo Flow every day, or as often as your nurse advises. Remember the flow cone is single-use only. The water bag with pump and water flow regulator can be used 30 times (equal to 1 month usage time when used for irrigation every day).

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

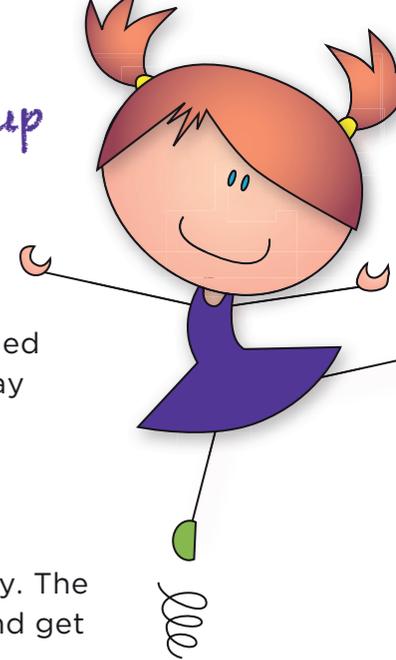
Always make sure to drink the correct amount of fluids. The recommended daily amount of fluids is 8 drinks a day. If water intake is too low, this may result in the irrigation water being retained and absorbed by the bowel.

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 Flow

Before you use it

Read the instructions with your Mum and Dad or nurse.

Make sure you have the water bag and flow cone ready and some luke warm tap water.



After you have used it

Put the flow cone in the little bag it came in and dispose of it in the bin.

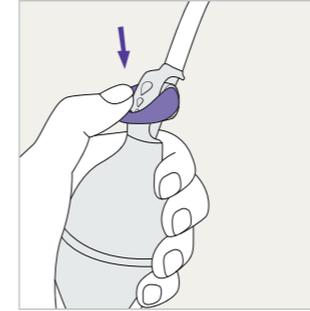
You also have to clean the outside of the pump with luke warm water. Empty the water bag and hang it to dry with the lid open. Store the water bag with the lid open away from heat and direct sunlight.

Important!

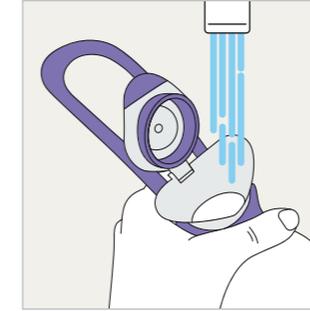
You should only start doing irrigation after assessment and training from a qualified healthcare professional.



Irrigation process (your Mum and Dad or nurse will help)



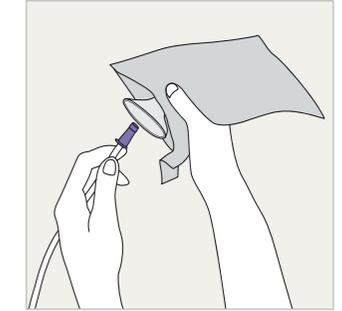
1. Make sure the water flow regulator is closed.



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.

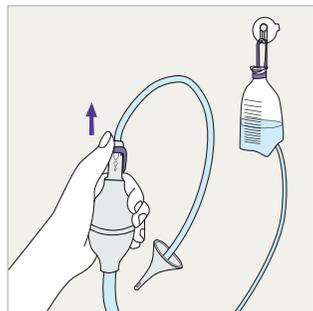


4. Open the cone pouch at the perforated line. Whilst the cone is still in the pouch press the cone firmly onto the tube connector to assemble your system. Attach the empty pouch to a surface using the sticky area on the back of the pouch.

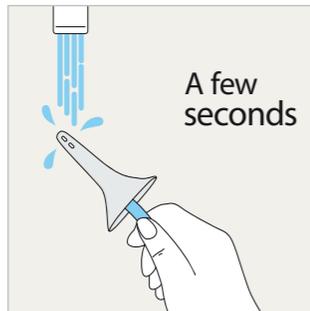


Before use always consult the 'Instructions for use' document delivered with the product.

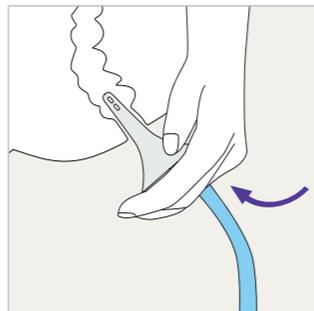
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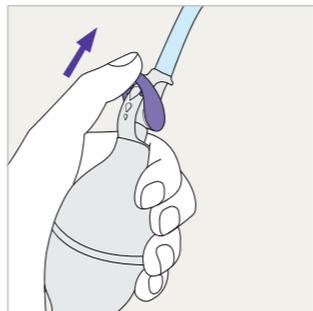
5. To prepare the system when **hanging**, hold the pump so the water flow regulator is at the top. Now open the water flow regulator.
To prepare the system **when placed on the floor**, follow as above and squeeze the pump. When you see the water coming out of the cone, close the water flow regulator.



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

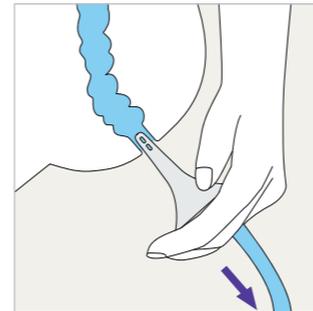


7. Sit on or over the toilet. Carefully guide the cone up to its base into the rectum. Continue to hold the cone in place during irrigation.



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.

When you have finished



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 the household waste.

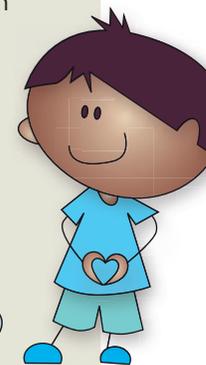
The cone is single-use and must not be used again.

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



What if...

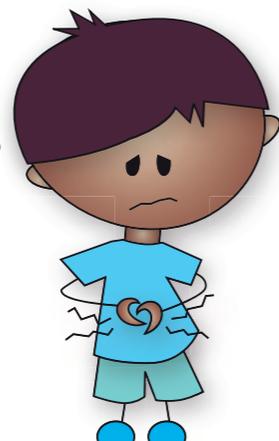
Tell your Mum and Dad or nurse if something is not right

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. She 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.

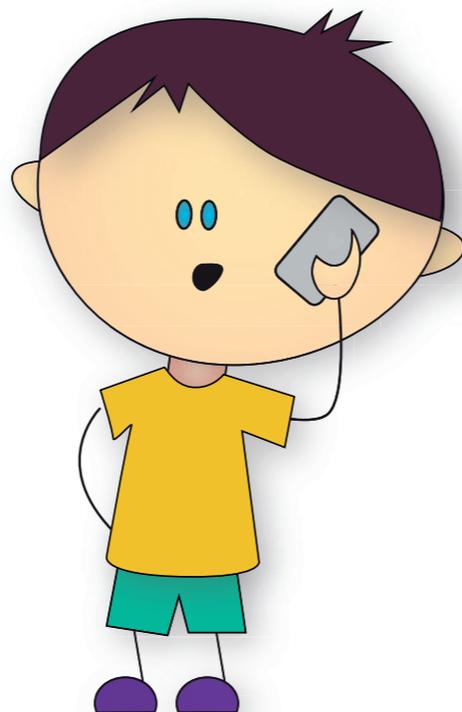
qufora direct[®]



0800 612 6050



direct@qufora.co.uk



Supporting you on your journey

We want you to have the best start using your Qufora IrriSedo Flow.

Our friendly 'myqufora' team are here to answer all of your questions, no matter how big or small.



0800 612 9080



advice@myqufora.com



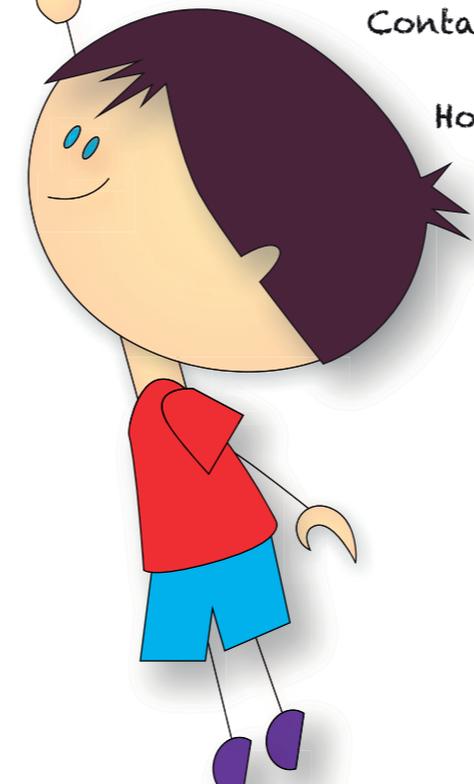
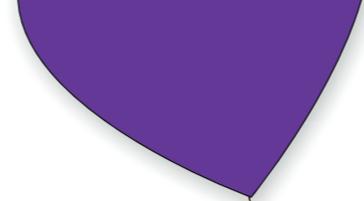
www.myqufora.com





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

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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