

Qufora[®] IriSedo Klick

Feel free



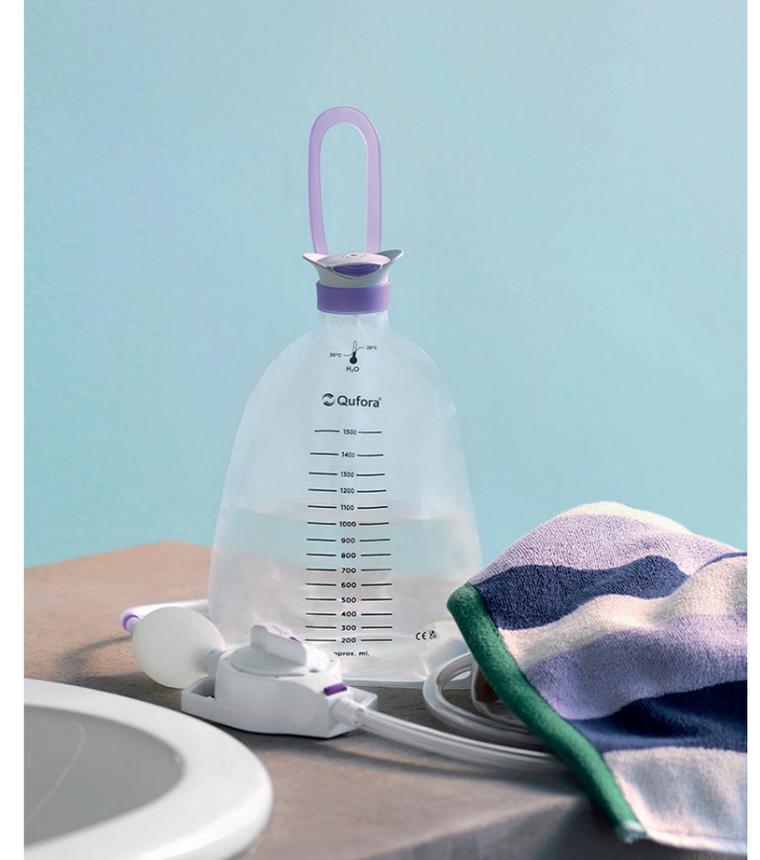
Rectal irrigation. User guide.

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

Welcome to using Qufora IrriSedo Klick

This booklet complements your healthcare professionals' advice and teaching of the system, helping you get the most out of using rectal irrigation with Qufora IrriSedo Klick. You will get to know your system, be guided step-by-step through the irrigation process and find out the 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.



Support

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



Feel free

There are new things to learn when you start to fit rectal irrigation into your everyday routine. This is why everything about Qufora IrriSedo Klick is designed for ease of use to help give you a feeling of confidence during the rectal irrigation process. Discover how to get the most out of Klick, whether irrigating in your own bathroom or out and about.

Qufora IrriSedo Klick at a glance



Water bag
with a tube and a valve
can be used up to 1 month*



Pump and control unit
with a fixation strap
can be used 90 times



Click tube
can be used up to 1 month*



Catheter
with a hydrophilic coating and
a water-inflated balloon
single-use

i Before you use Klick for the first time, it is a good idea to assemble it a few times and fill it with water, so you become familiar with it.

Details that make the difference

Practical preparation

Convenient features make the water bag easy to set-up, such as the wide neck and handle, and the lid that can simply be flipped open and closed.

Easy assembly

Klick is easy to put together, and with the click connections on the tube and catheter you hear a click for reassurance that it is connected correctly.

Your preference

You can place the water bag on the floor or on a nearby surface and use the lightweight and compact pump to irrigate. Or hang it on the wall and let gravity do the work.

Logical

Your control unit guides you through the irrigation procedure in 4 steps, with the option to pause to go at your own pace.

Smooth feel

The soft and flexible catheter is ready-lubricated, just dip it in water. A wide base provides for controlled and comfortable insertion and removal.





When you start using Qufora IrriSedo Klick

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.

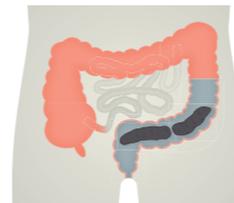


Be persistent

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 the irrigation process is guided by the control unit

Once you have assembled your system, the irrigation process is guided by the control unit.



Pause

The dot position stops the flow of water, and there is a dot between every position. This allows you to pause the flow of water at any time and continue when you are ready and at the pace that is comfortable for you.



Prepare

Water through the system



Inflate

Water in the balloon



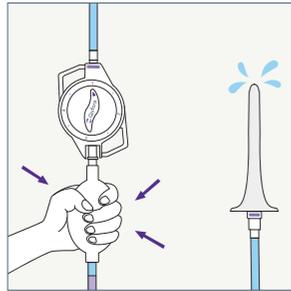
Irrigate

Water in the rectum

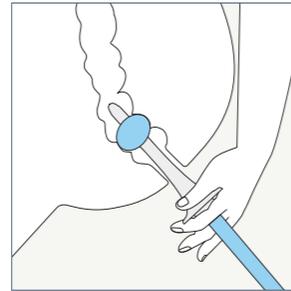


Deflate

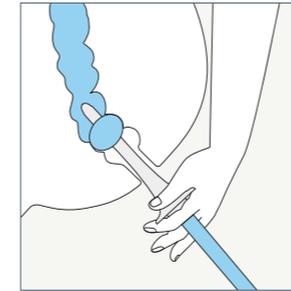
Water released



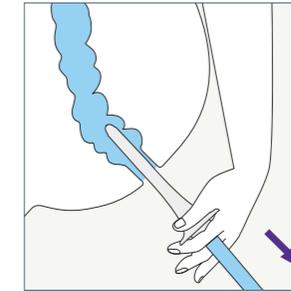
Position 1 is for preparing the system, by filling the tubes, pump and catheter with water, so that all the air is removed.



Position 2 is for inflating the balloon with water when it is inside the rectum. This provides a seal in the rectum, and the catheter remains in place without needing to hold it anymore.



Position 3 is for the process of rectal irrigation where the prescribed amount of water is instilled into the rectum. When hanging up or placed on a high surface, the power of gravity instils water to the rectum.



Position 4 is to finish the procedure by deflating the balloon and releasing the water into the toilet.

How to use Qufora IrriSedo Klick

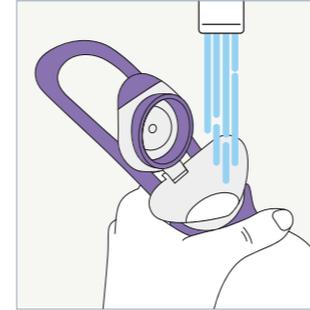
The following pages will take you through the key steps of the irrigation process.



Important information

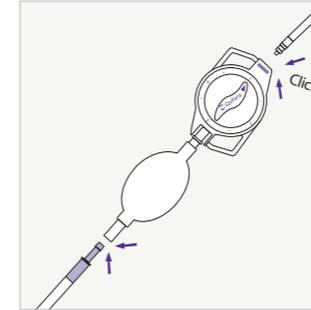
Irrigation should only be used following assessment with a qualified healthcare professional and undergoing thorough training.

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.



1. Make sure that the valve on the water bag tube is closed. Fill the water bag with luke warm tap water (36-38° C).

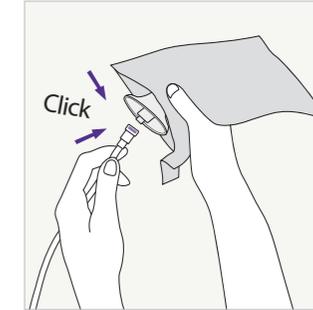
You will need more water than you need for your irrigation to prepare your system, up to 300 ml.



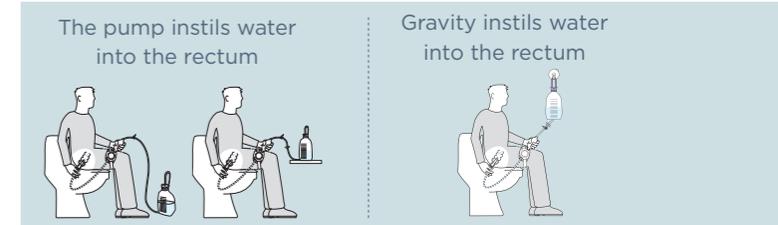
2. Connect the water bag tube to the pump.
Connect the click tube to the control unit.



3. Place the water bag anywhere between floor and shoulder height.

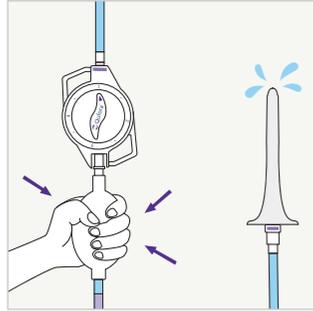


4. Connect the other end of the click tube to the catheter.





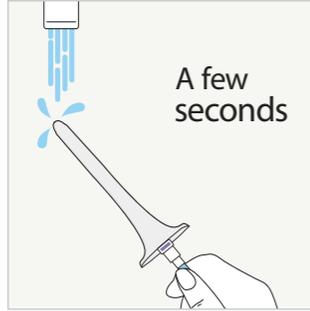
1 Prepare



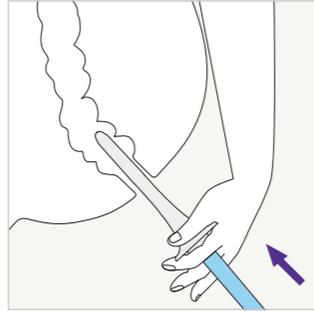
5. Turn the control unit to position 1.

Hold the pump with the control unit pointing upwards and open the valve on the water bag tube.

Squeeze the pump until it is full of water so that no air is left and water comes out of the catheter.



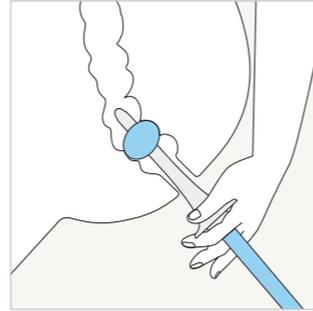
6. Hold the catheter under the tap or dip it in water up to its base for a few seconds to activate the hydrophilic coating.



7. Sit on or over the toilet. If required, fasten the control unit to your thigh using the fixation strap. Carefully insert the catheter into the rectum.



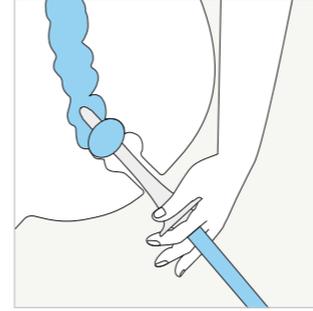
2 Inflate



8. Turn the control unit to position 2. Squeeze the pump 2-3 times (maximum of 5 complete pumps) until the catheter holds in the rectum by itself, or as advised by your healthcare professional.



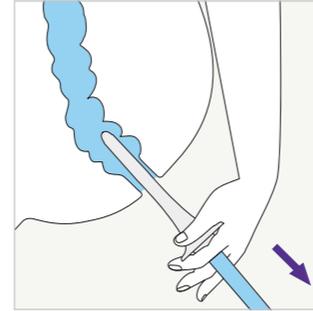
3 Irrigate



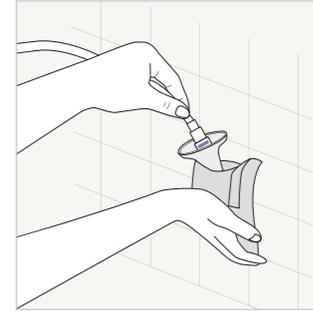
9. Turn the control unit to position 3. If the water bag is hanging: let the water flow using gravity or squeeze the pump. If the water bag is standing: squeeze the pump to instil water into the rectum.



4 Deflate



10. Turn the control unit to position 4. The balloon will now deflate and the catheter can be carefully removed from the rectum. Water and faecal matter will be expelled. Close the valve on the water bag tube.



11. Click-off the used catheter into the pouch. Close the pouch and dispose of it in household waste.

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The catheter pouch is for hygienic handling and easy disposal. The catheter is single-use and must not be used again.

Cleaning and storage

Empty water from the system, if required clean the outside of the system with luke warm water and mild soap, rinse it and hang it to dry - then store it ready for your next irrigation.

Scan to watch the video and learn more



Turn to the dot between position 1 and 2.

Common questions

What if the water leaks out as I am instilling it into the bowel?

Ensure that the catheter is inserted far enough into the rectum, not further than the wide base at the end of the catheter. If the water still leaks out after having instilled the amount of water you have been advised, contact your healthcare professional before making adjustments.

What if no water comes out after I have removed the catheter?

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 I have any pain or bleeding when I insert the catheter?

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

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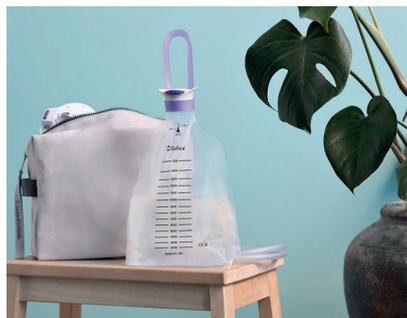


advice@myqufora.com



www.myqufora.com

Ordering information



Suggested ordering:

First month	Irrigating daily	Irrigating every other day
1 starter set	1 catheter set per month	1 catheter set every second month
1 catheter set	1 control unit every 3 months	1 control unit every 6 months

Order code	Product	Contents
QKSTART	Starter set	1 x control unit, 1 x water bag, 5 x catheters, 1 x tube, 1 x hook, 1 x toilet bag
QKCATH30	Catheter set 30	1 x water bag, 30 x catheters, 1 x tube
QKCONTROL	Control unit	1 x control unit, 1 x hook

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