

# Qufora<sup>®</sup> IrriSedo Klick

Feel free

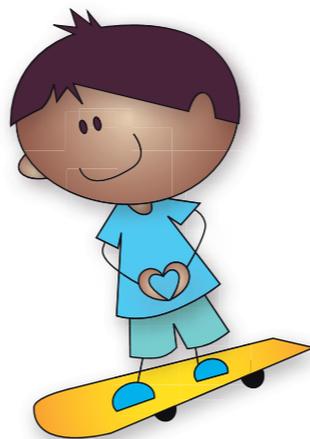


Rectal irrigation. Guide for kidz.

 **Qufora<sup>®</sup>**  
Your life. Our inspiration.

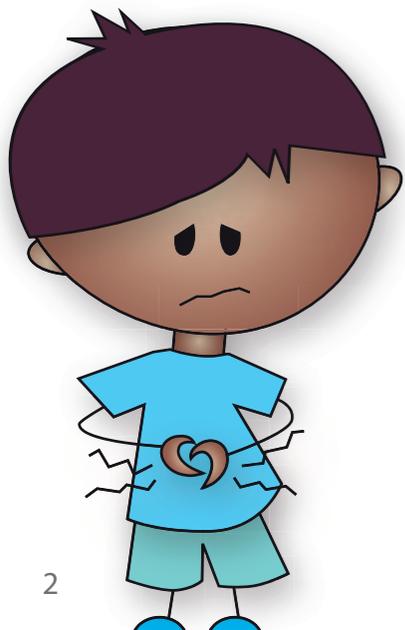
## Having a tummy problem

Hi my name is Chris, 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 Klick

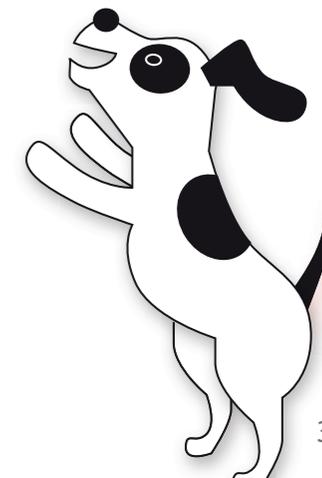
One day the nurse told us there is something called Klick that can help me. The nurse said it would be like a little shower inside my bum, which would make the poo come out straight away.

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.



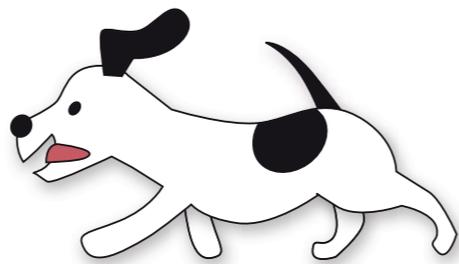
# Starting with your Qufora Irrisedo Klick

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.

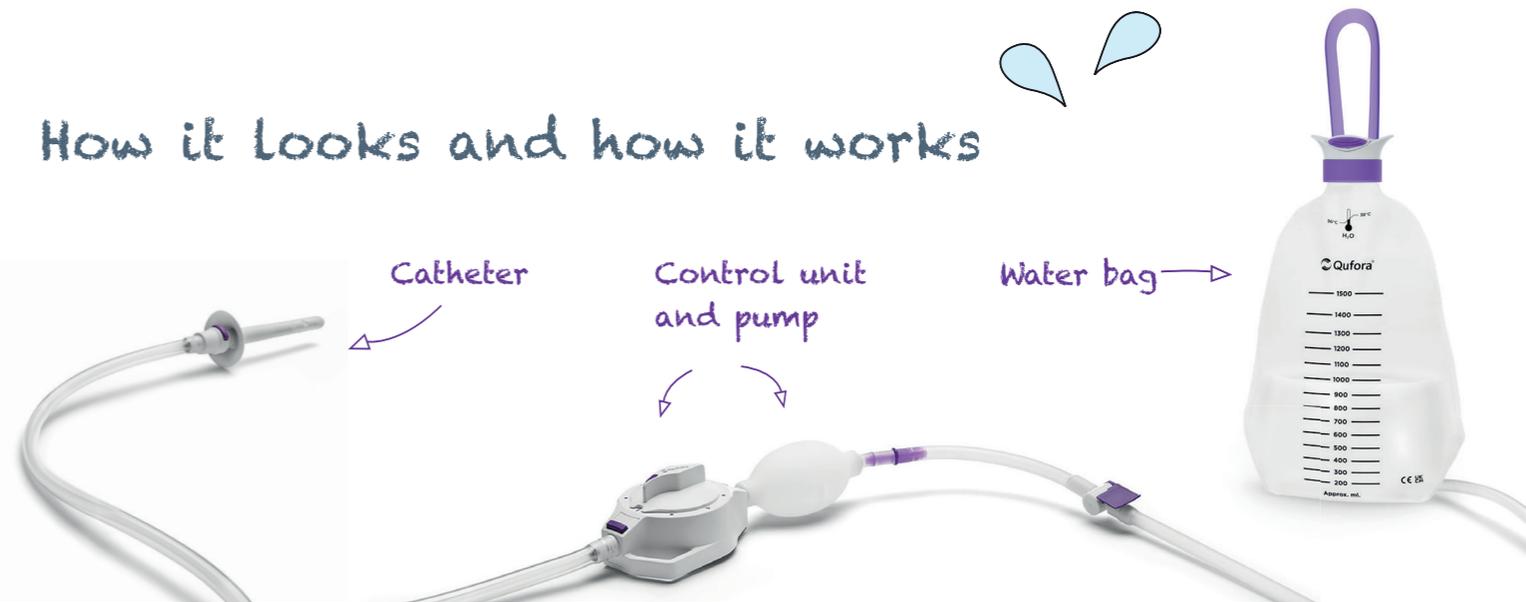
My nurse told me sometimes bowels get into a routine quickly, others take a little longer, but the nurse said the most important thing was for me and my family not to give up as they will continue to help me.



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



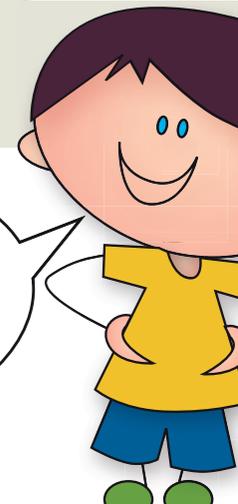
# How it looks and how it works



The control unit guides the process of irrigation, and it works by turning the dial, step by step, in a circle to the right. This makes the water go to where it is needed, and each number has a special role to play:

- ① Prepare Water through the system
- ② Inflate Water in the balloon
- ③ Irrigate Water in the rectum
- ④ Deflate Water released
- ⦿ Pause The dot between every number stops the water flow

Turn the control unit to 1, 2, 3 and 4 (your Mum and Dad can help)





## What happens when I use the catheter?

Mum or Dad will help you to get water into the bowel. This will help the poo come out.

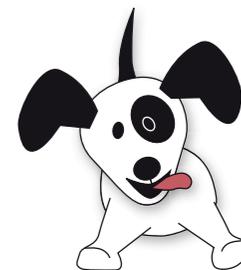


## What happens when I take out the catheter?

Wait



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



## Important information (for Mum and Dad)

### Inflating the catheter balloon

Squeeze the pump to inflate the catheter balloon as advised by your nurse, usually 2-3 times (maximum of 5 complete pumps) until the catheter holds in the rectum by itself.

### Everyday

Make sure to use Qufora IrriSedo Klick every day, or as often as your nurse advises. Remember the catheter is single-use only. The water bag and click tube can be used up to 1 month (15 times for irrigation every second day and 30 times for irrigation every day). The pump and control unit can be used 90 times.

### 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 Klick

## Before you use it

Read the instructions with your Mum and Dad or nurse. Make sure you have the water bag and catheter ready and some luke warm tap water.



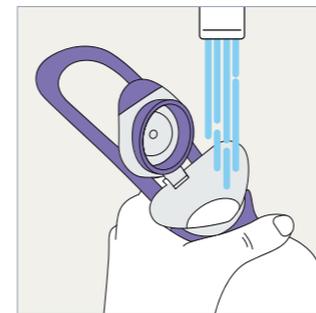
## Klick components

- Water bag
- Pump and control unit with fixation strap (if needed)
- Click tube
- Catheter

## Important!

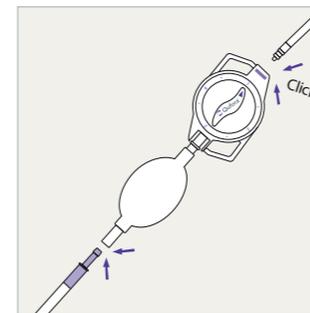
You should only start doing irrigation after assessment and training from a qualified healthcare professional.

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



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

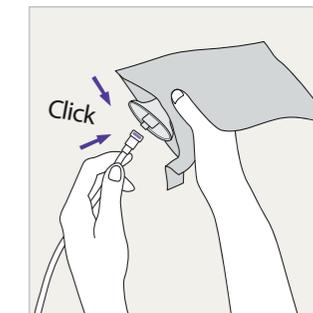
You will need more water than you need for your irrigation to prepare your system, up to 300 ml.



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.

The pump instils water into the rectum

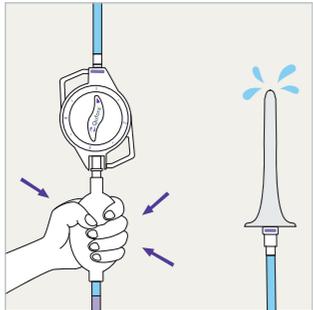


Gravity instils water into the rectum



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

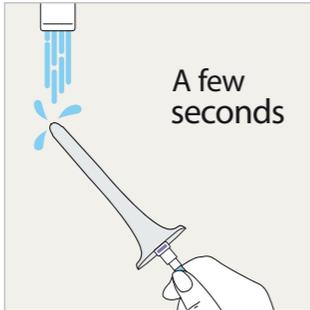
## 1 Prepare



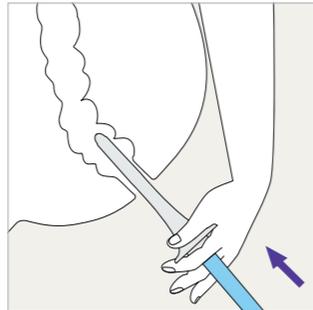
5. Turn the control unit to position 1.

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.

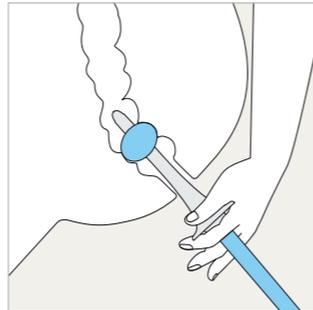


6. Hold the catheter under the tap or dip it in water up to its base for a few seconds to activate the hydrophilic coating.



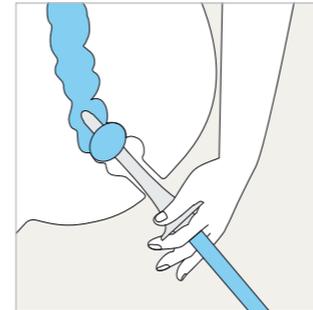
7. Sit on or over the toilet. If required, fasten the control unit to your thigh using the fixation strap. Carefully insert the catheter into the rectum.

## 2 Inflate



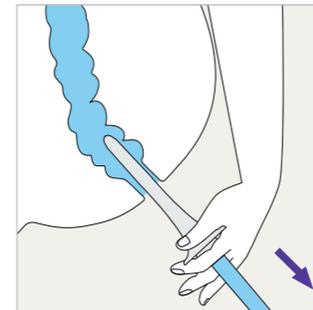
8. Turn the control unit position 2. Squeeze the pump 2-3 times (maximum of 5 complete pumps) until the catheter holds in the rectum by itself, or as advised by your healthcare professional.

## 3 Irrigate

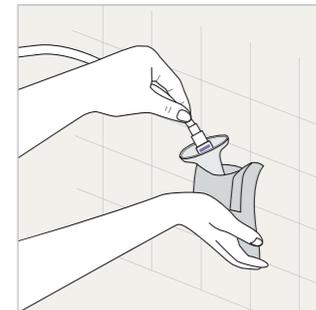


9. Turn the control unit to position 3. If the water bag is hanging: let the water flow using gravity or squeeze the pump. If the water bag is standing: squeeze the pump to instil water into the rectum.

## 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.



Turn to the dot between position 1 and 2.

## 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



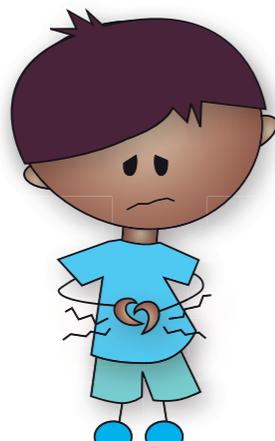
**i** The catheter pouch is for hygienic handling and easy disposal. The catheter is single-use and must not be used again.

## 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?

Ensure that the catheter is inserted far enough into the rectum, not further than the wide base at the end of the catheter, and support it firmly with your hand until the balloon is inflated. If the water still leaks out after having instilled the amount of water you have been advised, contact your nurse before making adjustments.

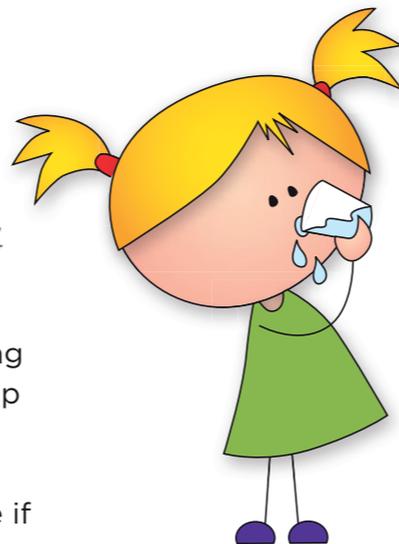


What if no water comes out after I have removed the catheter?

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 does not. They can adjust the amount of water used.



What if the water is not safe for drinking?

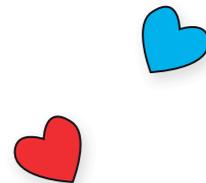
Use bottled water or cooled boiled water at a luke warm temperature.

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

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 catheter is inserted.

That's why you should always remember to dip the catheter in water before you use it, so it's slippery. You should put it into the rectum slowly and gently. Try to relax as the catheter 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<sup>®</sup>) or your local pharmacy.

Qufora Direct<sup>®</sup> can deliver your products discreetly and free of charge, direct to your home. It's the easy way to obtain your Qufora supplies.

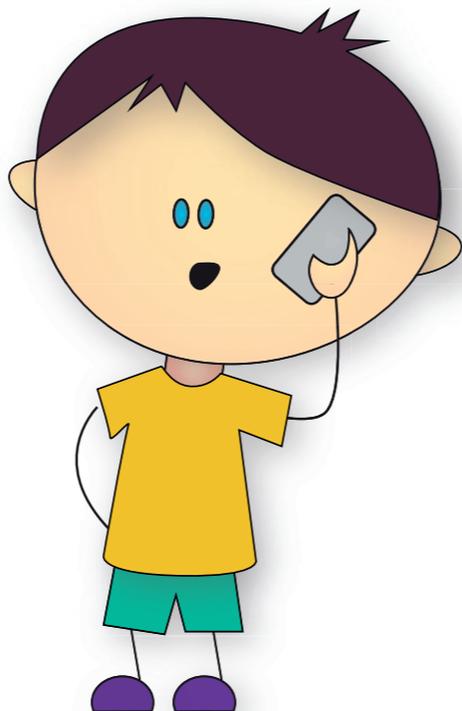
**qufora direct<sup>®</sup>**



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: \_\_\_\_\_

---



---



---



---



---



---



---



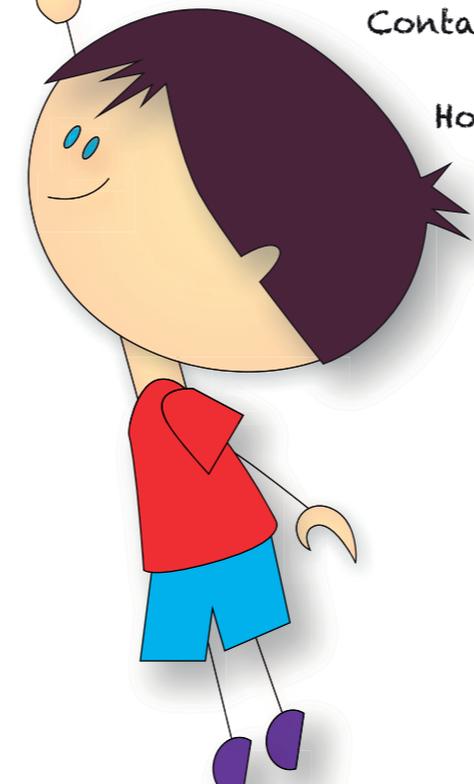
---



---



---



Nurse name: \_\_\_\_\_

Contact number: \_\_\_\_\_

How often to irrigate: \_\_\_\_\_

\_\_\_\_\_






# Ordering information



## Suggested ordering:

First month	Irrigating daily	Irrigating every other day
starter set 1	1 catheter set per month	1 catheter set every second month
catheter set 1	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

**Distributed by**  
Qufora Ltd  
Tel 0800 612 9090  
Mail [info@qufora.co.uk](mailto:info@qufora.co.uk)  
Web [www.qufora.co.uk](http://www.qufora.co.uk)

Qufora® is a registered trademark of Qufora A/S. ©10/2023. All rights reserved Qufora A/S, 3450 Allerød, Denmark. The information provided on this user guide should not be used for diagnosing or treating a health problem or disease. It is not medical advice and is not intended to be a substitute for the advice of your personal physician or other healthcare provider.