



# Qufora Anal Irrigation System for use on the toilet

The system (fig.6) comprises: Water bag, clear tubing, inline valve & pump, soft cone & connector

**IMPORTANT:** It is vital that patients new to the Transanal Irrigation procedure consult a qualified healthcare professional for advice and supervision before using the product, particularly if they have reduced sensations or a spinal injury and experience autonomic dysreflexia.

Users need to be able to sit upright over a toilet or commode for their bowel care. Before use examine rectum for polyps, haemorrhoids and other abnormalities. Do not use if you have acute active inflammatory bowel disease or if obstructing rectal or colonic mass is present or when rectal or colonic surgery has been carried out within last 6 months. Do not use without professional advice if you are pregnant or breast feeding.

If you experience severe pain, fever or bleeding after use, contact your prescribing professional or the on call emergency healthcare professional **IMMEDIATELY** to rule out bowel perforation, which although extremely rare is a potential complication of irrigation.

## To use the system follow the instructions:

1. Ensure the tap is closed (fig.2), fill the water bag with warm tap water (36–38° C) (fig.1).
2. Connect the water bag tube to the cone (fig.3).
3. Apply a water based lubricant to the cone. Open the valve to fill the tube and pump with water and close it again.
4. Seated on the toilet, carefully push the cone into the rectum (fig. 4). Hold the cone in position with one hand, open the valve completely and pump the water into the rectum (fig.5).
5. Allow approximately 300 – 500 ml. of water to enter the rectum and close the valve. The approx. amount of water can be monitored on the water bag scale. If any discomfort is felt, close valve immediately.

Discomfort may be caused by:

- The water not being the correct temperature – too cold can cause cramps, too hot can cause serious injury, body temp 36–38° C is best.
- The flow of water is too great – reduce the flow of water with the valve or pump to a lower rate.

Note: Use a maximum of 750ml. for each irrigation.

6. Close the valve and remove the cone. Water and faecal matter should follow. If there has been no result after 20 mins some people find massaging the abdomen, coughing, moving position, bending forward or inserting a gloved finger into the rectum helps.
7. Several irrigations may be necessary by repeating steps 4 to 6.
8. **To store:** Discard the cone in bag provided. Empty the water bag and fill it with fresh water to flush the system out. All can be washed on the outside with mild soap and water, it should be hung to dry with the valve open and the screw cap off.

It is recommended to use the cone ONCE and the water bag and pump for up to one month. Irrigation should be used routinely every day or every second day to achieve continence and resolve constipation.

If the person has chronic constipation, this needs to be resolved before using the system. Seek guidance from a qualified healthcare professional.

