

Qufora[®] IrriSedo MiniGo

Designed for you



Bowel irrigation. User guide



reddot winner 2021

Welcome

Thank you for choosing Qufora® IrriSedo MiniGo. This booklet offers you advice and guidance on using MiniGo. It will help you through the entire process, so you get the most out of bowel irrigation.

Instructions and general questions

Your healthcare professional will introduce you to MiniGo 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 procedure. It is important that you maintain contact with your healthcare professional when you start to irrigate, as they can give you the guidance and support you need.

Diary

A Qufora® diary is available for you and your healthcare professional to keep track of your progress and to find the best routine for you.



What is bowel 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 bowel irrigation, often referred to as transanal irrigation (TAI) or rectal 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, and may help to reduce time spent on the toilet. This as a result allows you to gain control over your bowel movements.

Every detail of MiniGo is designed for simplicity and minimal effort in the bowel irrigation procedure, to support you in making bowel irrigation successful for you.

Advantages using bowel 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 MiniGo

Designed for you

MiniGo is designed to be a simple solution that fits into your everyday life. Once you get used to using it, irrigation can become part of your daily routine, allowing you to get on with the rest of your day, confident that your bowels are under control.

MiniGo has been designed to not look out of place in the bathroom. As well as a design that matters for discretion, the simplicity of MiniGo assists in making the irrigation procedure easy. MiniGo can stand upright, making it easy to prepare and move for irrigation.

Filling MiniGo with water is as simple as filling an ordinary bottle direct from the tap. The easy grip soft pump fits into the hand, creating an easy to squeeze pump where instillation of the water can be controlled during the irrigation procedure.

With MiniGo being small to pack away and discrete to carry, irrigating away from home can be just as convenient.

Designed for you.



Design that matters for the environment

- PVC and phthalate-free
- Reduced weight of the soft pump and cone over our comparable product
- Re-designed the box to also serve as storage for the products between irrigations, reducing the amount of extra packaging included





When you start using Qufora IrriSedo MiniGo

When starting with irrigation, you should expect that your bowels may take a little time to adjust to the irrigation process, but with a little patience, 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 will also give you advice as to how frequently you should irrigate. A common routine would be to irrigate every day, especially when establishing a routine that works for you.

Understanding your Qufora IrriSedo MiniGo

Before you start, it is a good idea to put MiniGo together and fill it with water, so you become familiar with it. MiniGo consists of a soft pump and a rectal cone:



Soft pump
can be used 30 times
(equal to 1 month usage time*)



Rectal cone
single use,
use a new cone every time

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.

*when used for irrigation every day.

Details make the difference



← Oval-shaped 'ready lubricated (just dip in water)' coated cone, with rounded tip

- **Easy** to attach to and remove from the soft pump
- **Oval design** to fit with the buttock shape
- **Smooth** insertion and removal with the activated lubrication

← Flip lid

- **Easy to open and fill** with water just like a bottle. You can see when it's filled to the top and you can hear when it is safely closed.

← Soft pump

- **Easy to squeeze** soft pump that can be squeezed more than once, and the one-way valve prevents backflow back to the soft pump
- **Holds enough water for the irrigation** up to 160 ml of water can be instilled into the bowel without the need to refill the soft pump

Pouch for the single-use cone

- **Hygienic handling** of the cone
- **Handy disposal bag** for the cone after irrigation



Box

- **Storage** of your products between irrigations



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Important information

Don't stop your medication

Don't stop or reduce your bowel medication unless your healthcare professional has asked you to. 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.

Daily use

Make sure you use MiniGo daily or as often as your healthcare professional advises. Remember the cone is single use only. The soft pump can be used 30 times (equal to 1 month usage time*).

Order further supplies

Make sure you have enough product supplies. Order regularly and in time.

*when used for irrigation every day.



How to use Qufora IrriSedo MiniGo

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

Important information

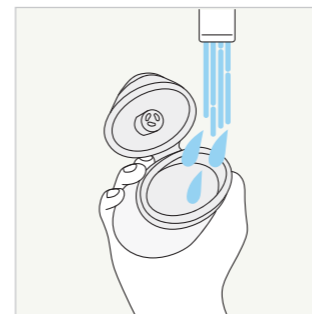
Only use irrigation as agreed with a qualified healthcare professional and after undergoing thorough training.

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



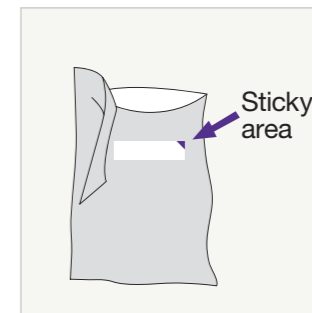
1. Wash and dry your hands. Open the flip lid and fill the soft pump up to the inner rim with luke warm tap water (36-38°) by holding it under the tap with the lid open.



2. Once the soft pump is filled to the inner rim, hold onto the top part of the pump and press down on the lid until you hear the click sound.



3. Open the cone pouch at the perforated line. Whilst the cone is still in the pouch, press the cone firmly on to the small round opening on the lid.

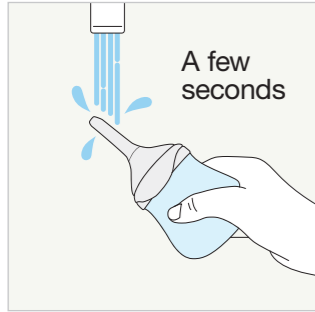


4. Attach the empty pouch to a surface using the sticky area on the back of the pouch.



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

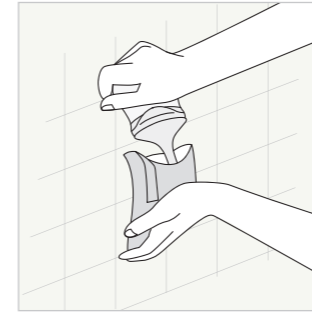
Irrigation process



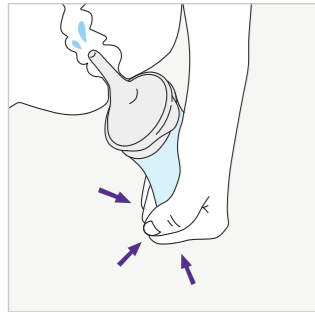
5. To activate the hydrophilic coating on the cone wet it in water up to its base. Gently squeeze the soft pump until water comes out of the cone tip to remove the air. It is now ready to use.



6. Sit on or over the toilet. Carefully guide the cone up to its base into the rectum.



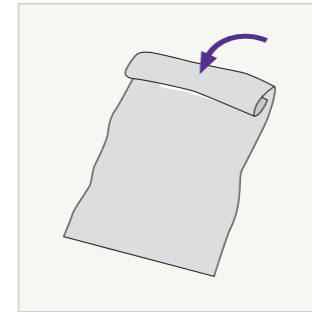
9. Place the used cone into the pouch and separate the two parts.



7. Now the cone is in place, gently squeeze the soft pump to instil water into the rectum. The soft pump can be squeezed several times to instil the water.



8. Remove the cone from the rectum. Faecal matter and water will be expelled into the toilet.



10. 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

- **Empty** the pump of any residual water.
- **Clean** the outside of the soft pump with mild soapy luke warm water, rinse and dry.
- **Store** with the flip lid open, in a dry and ventilated place between 0 and 30°, and away from direct sunlight and heat.
- **Wash and dry your hands.**

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 you hear a sound when you squeeze the soft pump?

If you hear a sound when you squeeze the soft pump, it is the sound of air in the soft pump acting as a reminder to fill it with water all the way up to the rim prior to using.

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.

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 product supplies

Order further supplies

Ordering supplies regularly and in plenty of time ensures you have enough products as needed. Ordering details are at the back of this booklet.



1800 819 274



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www.omnigon.com.au



Ordering information

Suggested ordering:

First month

- when irrigating daily

1 x 57005-030

Re-ordering

- when irrigating daily

1 x 57005-030

Re-ordering

- when irrigating every second day

1 x 57003-015



Order code	Product	Contents
57005-030	Base set	1 x soft pump, 30 x cones
57003-015	Base set	1 x soft pump, 15 x cones



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