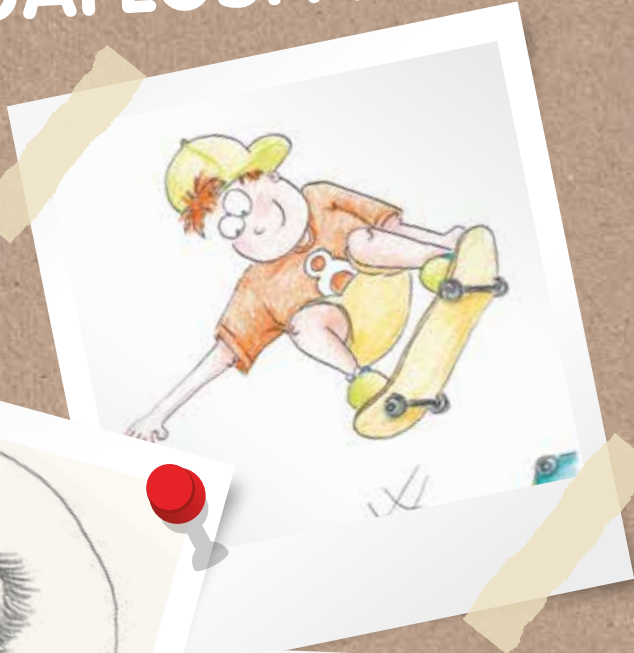
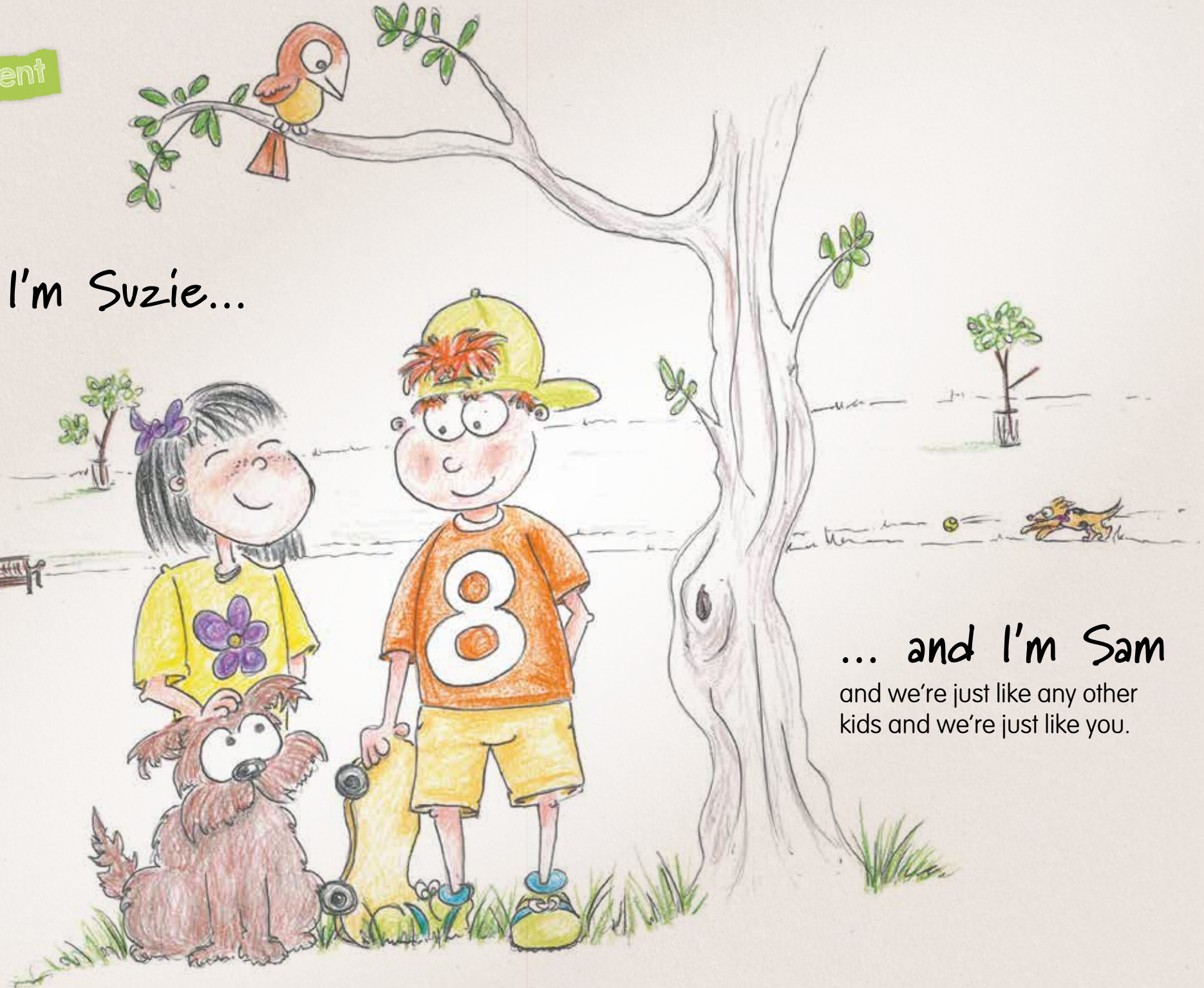


# Bowel Management

## WITH AQUAFLUSH ACTIF



Hi, I'm Suzie...



... and I'm Sam  
and we're just like any other  
kids and we're just like you.

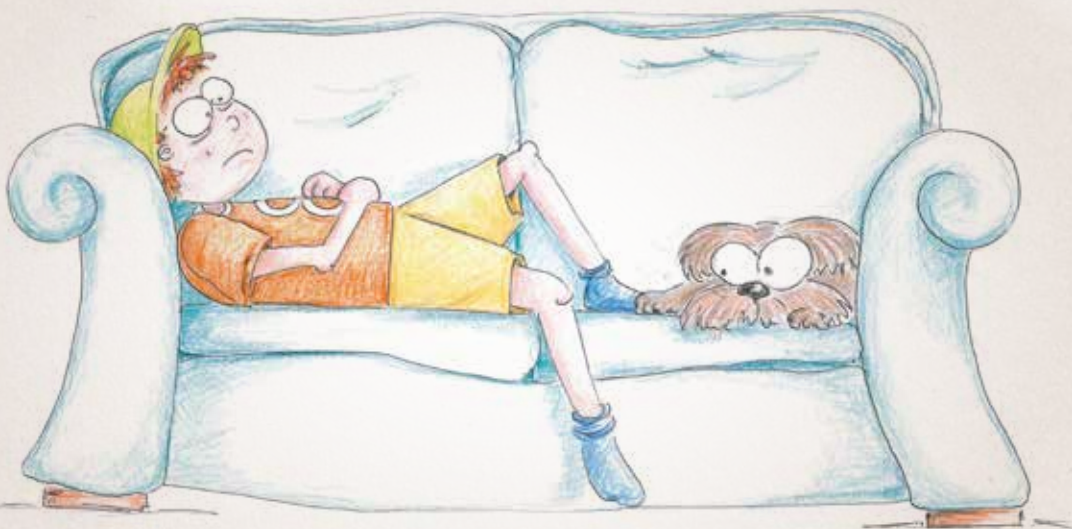
# Bowel Management

You wouldn't know it by looking at us or seeing the things we do, but we have one difference to regular kids, we find it hard to poo. Most kids poo every day without any problems, but we can't.

We both have 'bowel problems' where our bowels don't work in the way that they should.

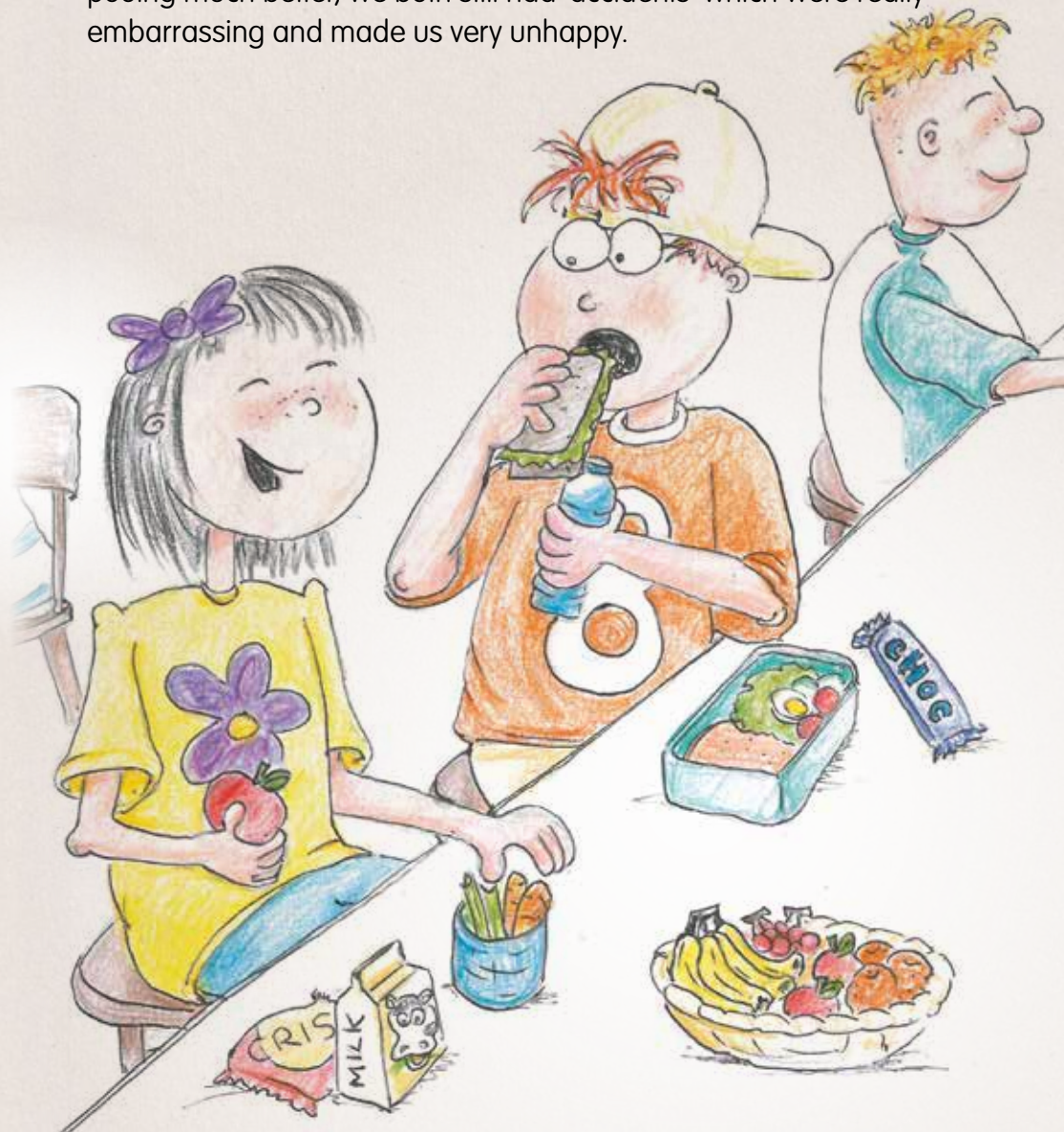
This means that sometimes our poo is very very runny and we can't stop it coming out. Sometimes its really hard and hurts a lot when it comes out. And sometimes, well sometimes it just bursts out! Not the best.

Imagine a snake that has eaten some marbles that are working their way through gradually, well that's what a kid's bowel kind of looks like, but for me and Sam ours look more like a snake that has eaten golf balls and that's why the poo gets stuck.



We both eat healthy foods (and still enjoy some treats some times).

We have both had to take medicine before, either by mouth or by suppositories (that's tablets up your bottom), and although it makes poeing much better, we both still had 'accidents' which were really embarrassing and made us very unhappy.



# Bowel Management



Then one day when I went to see the nurse with Dad, she told us about Aquaflush Actif, a new way to help kids' bowels work properly using Anal Irrigation and she thought it would help.

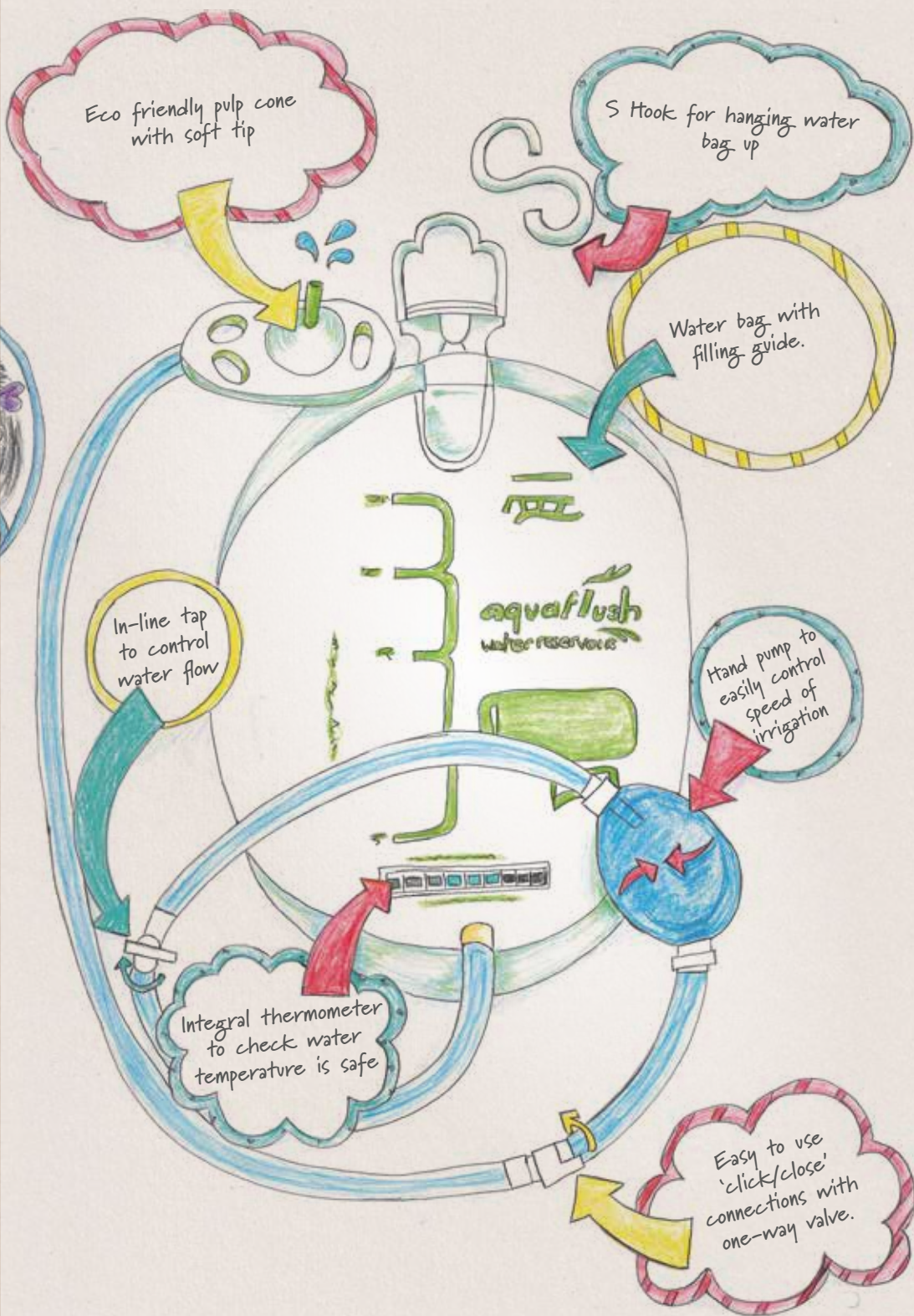
And my Aunty Julie heard the same thing.

Anal Irrigation sounds complicated, but it isn't. People have been doing it for hundreds of years to help them poo. Doctors and Nurses use it today to help people who struggle to poo. It's really easy to do and uses warm water that goes up your bottom through a cone. The water makes you feel like you want to poo and when you do, because your poo is softened, it all comes out as it should.

The nurse showed us how the Actif system works and let me have a go at filling the bag with warm water, getting it to go through the tubing and pump to get rid of the air and pushing the water out through the cone.

The nurse gave Sam's Dad and my Aunty Julie a booklet to take home to read too.

It all looked and sounded fairly simple, so we decided to give it a try.

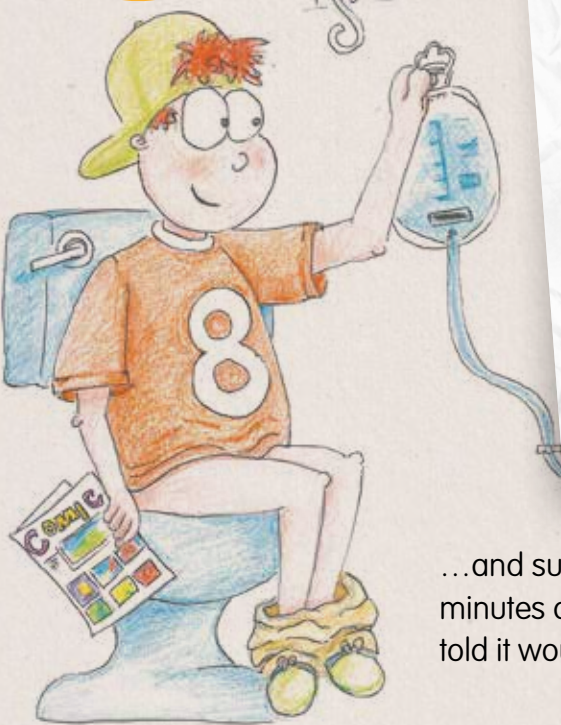


# Bowel Management

The next day it was quite exciting to get everything ready in the bathroom for my first go at Anal Irrigation. Dad was there to help me and I wrote these pages to remind me of the steps.

## Suzie's says...

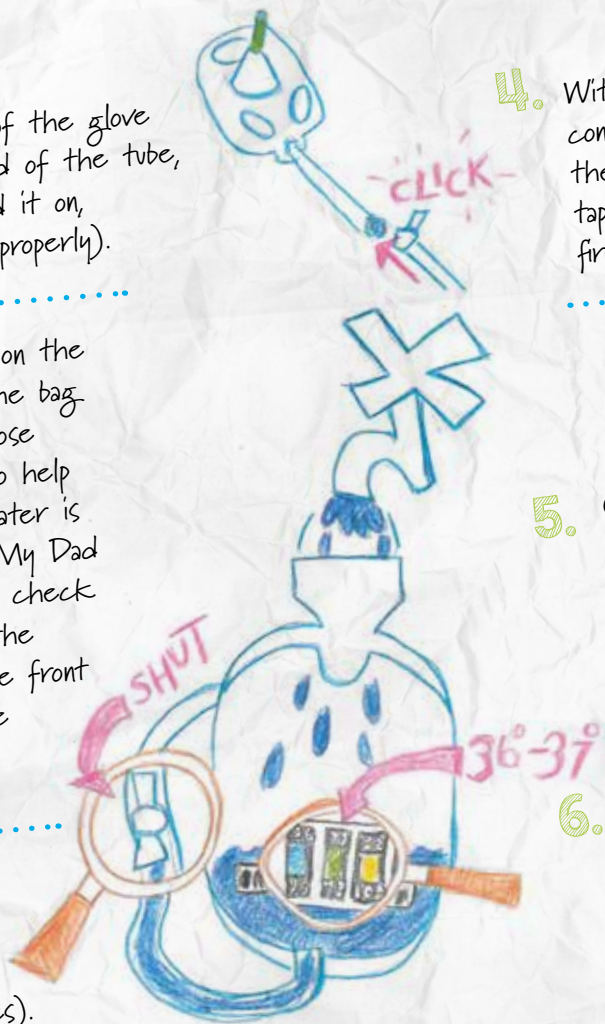
Check you have everything in the bathroom before you start



1. First take the cone out of the glove and connect it to the end of the tube, (it clicked when I pushed it on, so I knew I had done it properly).

2. Then make sure the tap on the tube is closed then fill the bag with warm water and close the cap. Get an adult to help you to make sure the water is the right temperature. My Dad filled it for me. You can check the temperature using the temperature panel on the front of the bag. It should be 36-37C

3. Hang the bag so the water will flow easily through the tube (without any air bubbles).



4. With the glove on, put some lubricant on the cone and gently put it in your bottom. Hold it there with your gloved hand and turn on the tap with your other hand. Dad helped me the first couple of times.

## Suzie's says...

It takes a bit of practice so you need to be patient.



5. Gently pump the water in by squeezing the pump. When you have pumped the right amount of water, take the cone out of your bottom, but don't get off the toilet.

6. Sit and wait. It can take up to half an hour, which can feel like an age, so make sure you have your favourite book or comic or tablet game to keep you busy.

## Sam's top tip...

Make sure you have a comic or book with you



...and sure enough after about twenty minutes all my poo came out just as I was told it would, it didn't hurt and it wasn't dry.

I felt so much better. The nurse had said to stay on the toilet for a few more minutes in case any more was going to come out, so I finished the story in my comic, hopped off, cleaned up and that was it.

Done!





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Product codes to order

AFAS - starter kit  
(Contains water bag & pump,  
5x cones, 1x strap, 1x washbag,  
1 x extension tube)

AFAM - monthly kit  
(Contains water bag & pump +  
15 x cones)

The Quick video is now available on the Aquaflush website at  
[www.aquaflushmedical.com/aquaflush-irrigation-quick-video.html](http://www.aquaflushmedical.com/aquaflush-irrigation-quick-video.html)

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