



SOLUTIONS WITH YOU IN MIND

**RECTAL IRRIGATION
WITH AQUAFLUSH**
CONE BASED RECTAL
IRRIGATION SYSTEMS

FOR PATIENTS

aquaflush[®]

The Aquaflush rectal irrigation range includes four products designed around the user: Quick, Compact, Lite & Actif. Your Healthcare Professional will help you choose the right product for you.

At this point you may have had several discussions with your Healthcare Professionals about what the best option is for your bowel management.

The response to irrigation is very individual, and it may take some trial and error. Be patient and you are very likely to find that irrigation gives you much better control of your bowels.

By helping you establish an effective bowel care routine and allowing you to empty your bowels at a time allocated by you, Aquaflush Systems give you the confidence to live life the way you choose to live it.

This booklet will guide you through what rectal irrigation (sometimes called anal or transanal irrigation (TAI)) is, describe the innovative Aquaflush Systems and answer some common questions about rectal irrigation as well as providing some helpful tips.





2000

1750

1500

1250

1000

Capacity: 2000 ml. CE

Aquadush

Water Freshener

200

100

Use water of 25°C (77°F)

Temperature 25°C (77°F)



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It's simple and robust and keeps you engaged in the process – the best solution so far.

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What is rectal irrigation?

Rectal irrigation has been practiced for many hundreds of years. In recent years the medical profession has been using it as a bowel management solution.

Rectal irrigation can offer improvement of the symptoms of faecal incontinence, evacuatory disorders and constipation; often when other therapies have failed.

Rectal irrigation is a simple procedure in which body temperature tap water is run through a cone inserted into the rectum to wash out the rectum and part of the colon. As the water enters the rectum, the rectal wall stretches to the point where there is a desire to open your bowels. At this point the pumping is stopped, the cone removed and any stool and water is emptied from the bowel.

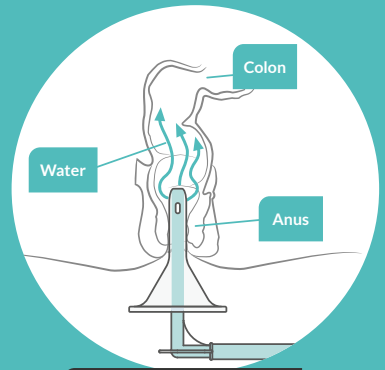
- The process may need to be repeated once or twice more depending on the need. If you are unable to feel the need to open your bowels then measured volumes of water can be used
- The process takes approximately 30–45 minutes and it should be performed regularly (usually every 24 or 48 hours) to achieve the best results
- There is evidence to suggest there is a reduction in the number of urinary tract infections when using rectal irrigation
- Rectal irrigation can reduce the amount of time you have to spend on bowel management and in turn improve your quality of life, confidence, self-esteem and dignity



Conservative bowel management



Rectal irrigation



Cone position

Guidelines for using rectal irrigation

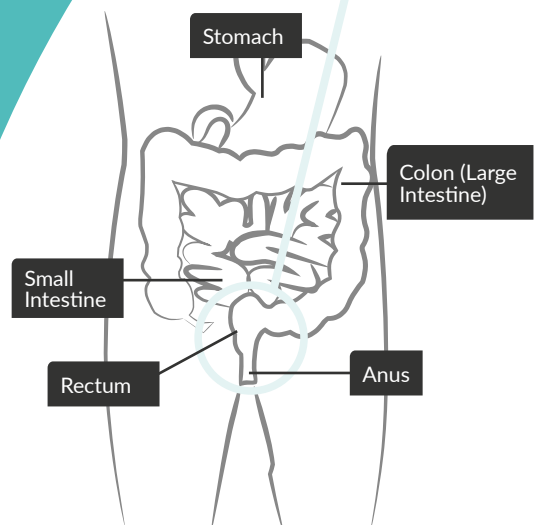
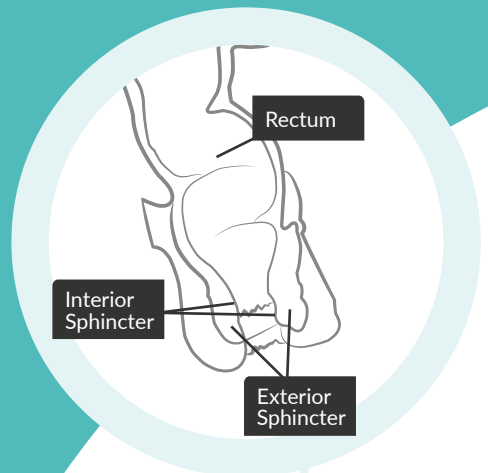
Your Healthcare Professional should show you how to use the Aquaflush System correctly before you start.

Before commencing irrigation it is advisable to have a good look at the Aquaflush System to familiarise yourself with it. Put it together, fill it with water and move the water through the system following the instructions for use. It can take some time to get used to irrigating, and for the bowel to become accustomed to it, so you do need to be patient. It may take 2-4 weeks to get into a proper routine initially. It is important to irrigate at a similar time each day and to give yourself a lot of time so that you are not hurried.

If you have little or no sensation and do not know when your bowels will open it is probably worth staying at home until you know what to expect. Once a good routine is established this can then transform your toileting routine for the better. Initially we would recommend that you sit on a disposable absorbent pad immediately after performing irrigation.

As Aquaflush cleans the lower portion of the large intestine it helps to:

- Reduce the risk of constipation by preventing a build up of stools
- Reduce the risk of faecal incontinence and leakage in between each evacuation
- Regain control over your bowel management
- Reduce the amount of time spent on your bowel care



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It's easy to understand and set up, with good positive clicks and easy one-handed release on the pipe connector.

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Quick

Aquaflush Quick is our most advanced irrigation system, featuring a large volume water bag, one-way valves and quick-release cones. It's designed for those who can sit on a toilet or commode and hold the cone in place during irrigation.

- 1 Super-smooth silicone cone with rounded tip
- 2 Washbag for discreet storage
- 3 2 litre water bag with integral thermometer to check water temperature is safe
- 4 Hand pump to easily control speed of irrigation
- 5 In-line tap to control water flow
- 6 Easy to use 'click/close' connectors with a one-way valve to prevent dirty water entering the system, a unique feature of Aquaflush



Aquaflush Quick introduces a measured amount of water at body temperature, clearly shown by the integrated thermometer strip, into the large bowel by inserting a cone into the rectum and squeezing the hand pump. The water, along with the stool in the lower portion of the bowel, is then emptied into the toilet.

Lite

Aquaflush Lite is our simplified irrigation system using just the essential components to deliver an easy-to-use, compact solution. Its smaller water bag suits users who need less water for each irrigation and can sit on a toilet or commode while holding the cone in place.

- 1 Super-smooth silicone cone with rounded tip
- 2 Washbag for discreet storage
- 3 1.2 litre water bag with integral thermometer to check water temperature is safe
- 4 Hand pump to easily control speed of irrigation
- 5 In-line tap to control water flow
- 6 Easy to use 'click/close' connection for water bag

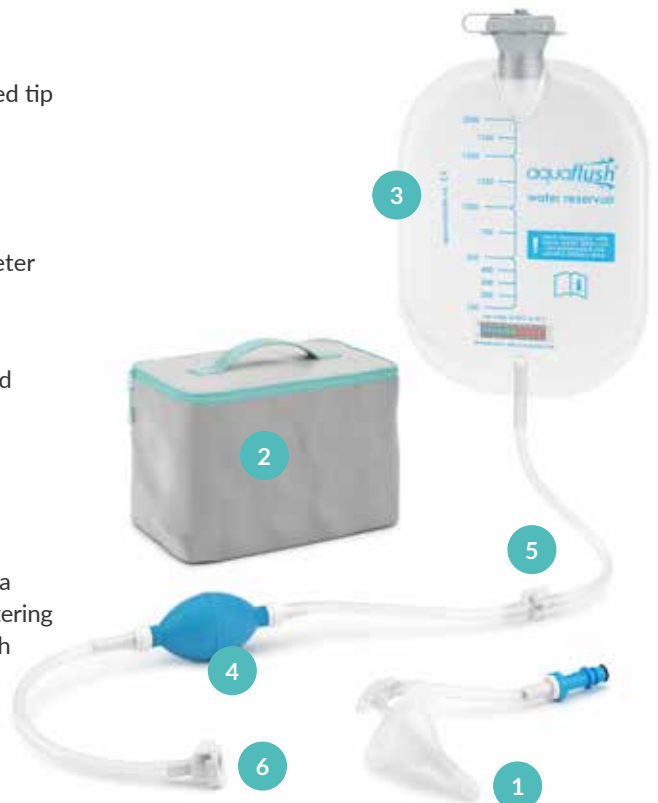


Aquaflush Lite introduces a measured amount of water at body temperature, clearly shown by the integrated thermometer strip, into the large bowel by inserting a cone into the rectum and squeezing the hand pump. The water, along with the stool in the lower portion of the bowel, is then emptied into the toilet.

Actif

The Aquaflush Actif is a unique dual-purpose product for either paediatric rectal irrigation or stoma irrigation. The product features our ergonomically designed cone which is the perfect length for both uses.

- 1 Super-smooth silicone cone with rounded tip
- 2 Washbag for discreet storage
- 3 2 litre water bag with integral thermometer to check water temperature is safe
- 4 Softer hand pump to easily control speed of irrigation
- 5 In-line tap to control water flow
- 6 Easy to use 'click/close' connectors with a one-way valve to prevent dirty water entering the system, a unique feature of Aquaflush



Aquaflush Actif introduces a measured amount of water at body temperature, clearly shown by the integrated thermometer strip, into the large bowel by inserting a cone into the rectum or stoma and squeezing the hand pump. The water, along with the stool in the lower portion of the bowel, is then emptied into the toilet.



Compact

The Aquaflush Compact has been designed with you in mind by providing a system that is quick, easy to learn and safe to use. Compact is designed for those who only need a small amount of water when irrigating.

- 1 Super-smooth silicone cone with rounded tip
- 2 Washbag for discreet storage
- 3 Hand pump to easily control speed of irrigation
- 4 Easy to use 'click/close' connectors with a one-way valve to prevent dirty water entering the system, a unique feature of Aquaflush



Aquaflush Compact introduces a measured amount of lukewarm water into the rectum by inserting a cone into the rectum and squeezing the pump once. This can be done using only one hand. A non-return valve prevents the dirty water running back into the system. The water, along with the stool in the rectum, is then emptied into the toilet. An extension tube can be added to the pump if needed. The process can be repeated 2-3 times if required.



Practical tips to help with using the system

Before you start make sure you have everything you are likely to need to hand

All our cones are supplied with a water based lubricant to put on the cone for easier insertion. Extra disposable plastic gloves, wet wipes and a waste bin with disposable plastic liner may also be useful.

Use the strap to secure the tubing to your leg so the pump is in easy reach

One strap is provided with the Aquaflush Starter Systems or available separately (AFStrap).

Use the extension tube to increase the length of tubing for ease of use

One extension tube is provided with the Aquaflush Starter Systems or available separately (AFExtn).

Ideas where to place the water bag

Our water bags have an integral hanging loop so you can hang it from a hook, washbasin or toilet-roll holder. Whatever you choose to hang it from, ensure it is secure as a full bag can weigh over 2kg.

Our kits also come with a unique folding water bag stand (shown above) so you can place the bag on the floor next to you within easy reach. All our starter kits come with a stand included.

Use the Tubing Clip to prevent tubing trailing on the floor

One tubing clip is provided in each Aquaflush water reservoir/pump unit.

Bowel medication

If you are using bowel medication such as laxatives it is important to continue with them until your Health Care Professional advises you otherwise. Very severe constipation or impaction needs to be resolved before commencing rectal irrigation. Your Health Care Professional can help you. Always drink plenty of water (1.5–2 litres a day). Eat plenty of fibre (5 pieces fruit/veg a day). Once severe constipation is resolved regular rectal irrigation will help prevent future episodes.

Important information

Pain

No pain should be experienced during any part of the irrigation process. If at any stage in the process you experience any pain stop immediately and contact your Healthcare Professional. If it continues, or is accompanied by bleeding or vomiting, then seek emergency medical advice immediately.

Blood

On occasions there may be spots of blood on the cone or in the toilet. Do not worry but if it keeps occurring then mention it to your Healthcare Professional. Sudden major bleeding requires emergency medical attention.

Abdominal spasms/cramps

Check the temperature is not too high or low. Pump the water in more slowly. Allow any gas to pass. Some people experience abdominal spasms as part of the bowel emptying process. If it has always been a feature of your bowel emptying then you may find it is slightly more severe during irrigation.

Feeling sick or bloated during/after the irrigation

It is not unusual for people to feel a bit unwell during or immediately after irrigation.

These symptoms should pass quickly:

- Nausea
- Light headedness/dizziness
- Goose-bumps
- Sweating
- Palpitations

It makes sense to ensure there is someone near at hand that can help you for the first few irrigations.

Safety

People have been using rectal irrigation since ancient times. If you have been assessed by a qualified Health Care Professional and correctly instructed to use the system then the risk of complications is minimal. Some people experience a little discomfort or bleeding. If not used responsibly there is a chance of perforating the bowel (1:50,000 with the use of a rectal balloon catheter) by incorrectly inserting the cone, pumping in too much water or damaging the bowel with water that is too hot.

IMPORTANT: For people with Spinal injuries at or above lesion level T6 only

If you have such a spinal injury you should be aware of a condition called Autonomic Dysreflexia (AD) sometimes also known as Hyperreflexia. It is an autonomic reflex causing a sudden, severe, increase in blood pressure in response to pain or discomfort, usually originating below the level of paralysis. Tetraplegics are more prone to this complication. It is a medical emergency. We strongly recommend that you talk to your prescribing Health Care Professional about this before commencing rectal irrigation.

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At Aquaflush we work closely with patients and Healthcare Professionals to develop products that put the user first.

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When should I irrigate?

Emptying your bowel tends to work best when done at a similar time each or every other day. Establish a routine that fits around your usual daily activities. Choose a time that is convenient for you and always try to use Aquaflush at this time.

How far do I insert the cone?

The cone should be lubricated with a water based lubricant and inserted until a reasonable seal is made between the cone and rectal sphincter. If when you start to pump water it leaks profusely, then push the cone in until a good seal is made. It should never be pushed in so far as to make it uncomfortable or cause severe spasm. If in doubt cease the irrigation and seek advice from your prescriber.

How long does it take?

It depends on which system you are using. For our Quick or Lite Systems it usually takes around 35–40 mins, if you are using Compact then around 5–10 minutes is normal.

How much water should I use?

For users of our Quick or Lite Systems the usual advice from Healthcare Professionals is to start with around 350ml and then work up to perhaps 750ml. Some users require up to 1500ml so please check with your Healthcare Professional. For users of the Compact System the cone holds 120ml of water and this may be enough, other users may need to repeat the procedure.

What temperature should the water be?

We recommend a temperature of 35–37°C. Our Quick & Lite systems water bag have a temperature strip to help you.

Water comes out as I am pumping it in – is there something wrong?

Don't worry. This is to be expected particularly if there is a lot of gas (flatulence) in the bowel. The beauty of the Aquaflush Cone Based Rectal Irrigation System is that the seal between the cone and your rectal sphincter is not so tight that you end up feeling bloated and uncomfortable as gas and stools start to work their way out. It also means there is less chance of internal complications. If you are heavily constipated the water will not be able to get past the stool filling the rectum. If this is the case and happens for more than 2 consecutive

irrigations consult a qualified professional who may prescribe laxatives. Ensure you are drinking enough water and eat plenty of fibre.

Very light brown or virtually clear water is passed but no stools?

This may mean you are severely constipated, or exactly the opposite, that you have recently successfully emptied your bowel and there is nothing to pass. If the latter is the case, then it is a good sign that you need to irrigate less often. If you are dehydrated then the bowel actually absorbs the irrigation water. If you think this may be the case then try irrigating once more and remember to drink plenty of water between irrigations (6–8 glasses fluid a day). Using Aquaflush 20–30mins after eating or drinking may help stimulate the natural activity of the bowel.

How do I know when I am finished?

The answer is trial and error. This is likely to be less of an issue if you have plenty of warning that you need to empty your bowels. If you have little or no sensation that a bowel movement is imminent then ensure you wait for a while after the last evacuation.

What about when I am away from home?

Aquaflush Systems pack up into the Aquaflush washbag. These come with the starter kit. Always ensure you have enough cones to last the time you are away from home as it may be difficult to get replacements abroad. If you are flying always ensure you pack the system in your cabin baggage as cases do go astray. You should use bottled or cooled boiled water in places where the tap water is not safe to drink.

Should I stop irrigations if I get unwell or my medical condition changes?

If in doubt contact your prescribing Healthcare Professional. Certainly after bowel or abdominal surgery you should not irrigate unless specifically instructed by the professionals involved in your procedure.



What should I expect after rectal irrigation?

You may find some water and stools are passed immediately, along with some gas (flatulence). If there has been no result after approximately 20 minutes some people find massaging their abdomen in a clockwise motion, coughing, moving position, bending forward or inserting a gloved finger into the rectum helps to get their system 'moving'. If very dark brown water and stools are passed then you have the desired result.

Leakage of water or stools after irrigation?

This is always going to be a potential problem when initially starting this procedure. It can take 2-4 weeks to establish a reliable routine. Certainly when starting the procedure it is best to leave plenty of time so you are not rushed. If you have little or no warning when you need to empty your bowels, it is probably a good idea to stay close to a toilet at home until you are confident and know what to expect. Once you have a regular routine set up, irrigation will likely totally transform your toileting for the better, causing less complications and taking a lot less time than conservative methods of bowel management.

If still leaking you can try the following:

- 1 Sit on the toilet longer to make sure you are empty – some people with reduced sensation and muscular control use a gloved finger gently inserted into the rectum to stimulate peristalsis (wave-like contractions that move food along the digestive tract). Be careful not to be too vigorous in doing this as this can overstimulate the bowel causing stools from higher up in the bowel to descend.
- 2 Try using more water – you initiated the emptying peristalsis motion but did not use enough water to totally flush out the contents of the rectum/descending colon. Try a second irrigation after the first result to ensure there are no stools still waiting to descend.
- 3 Try using less water – too much water will stimulate stools from higher up than the descending colon. You are into the realms of a full colonic irrigation which is beyond the scope of this system.
- 4 Irrigate more often – if it is not just a small leak but a full motion, perhaps 12 hours or more after irrigating, then you may need to irrigate every day.

Contact your prescribing Healthcare Professional for further advice.

Quick



Quick – Starter Set

Content	Code
1 x Water bag with pump/tube assembly with tube clip	AFQS
5 x Silicone cones with tubes	
5 x Lube sachets	
1 x 'S' Hook	
1 x Leg strap AFStrap	
1 x Washbag	
1 x Bag stand	
1 x Extension tube AFExtn	
1 x Instructions for use	
1 x Product code chart	

Lite



Lite – Starter Set

Content	Code
1 x Water bag	AFLS
1 x Pump/tube assembly with tube clip	
7 x Silicone cones – individually packed in re-sealable polybag with lube sachet	
1 x 'S' Hook	
1 x Leg strap AFStrap	
1 x Extension tube AFLExtn	
1 x Washbag	
1 x Bag stand	
1 x Instructions for use	
1 x Product code chart	

Quick – Monthly Set

Content	Code
1 x Water bag with pump/tube assembly with tube clip	AFQM
15 x Silicone cones with tubes	
15 x Lube sachets	
1 x Instructions for use	
1 x Product code chart	

Lite – Monthly Set

Content	Code
1 x Water bag	AFLM
1 x Pump/tube assembly with tube clip	
16 x Silicone cones – individually packed in re-sealable polybag with lube sachet	
1 x Instructions for use	
1 x Product code chart	

Accessories

Extension Tubes	Code
2 x 500mm Extension tubes with fluid connectors	AFExtn

Adjustable Strap	Code
2 x 20mm x 550mm Adjustable strap with velcro fastening	AFStrap

Accessories

Extension Tubes	Code
2 x 500mm Extension tubes with fluid connectors	AFExtn

Adjustable Strap	Code
2 x 20mm x 550mm Adjustable strap with velcro fastening	AFStrap

Actif



Actif – Starter Set

Content	Code
1 x Water bag with pump/tube assembly with tube clip	AFAS
5 x Silicone cones with tubes	
5 x Lube sachets	
1 x 'S' Hook	
1 x Leg strap AFStrap	
1 x Washbag	
1 x Bag stand	
1 x Extension tube AFExtn	
1 x Instructions for use (stoma)	
1 x Instructions for use (paediatric)	
1 x Product code chart	

Actif – Monthly Set

Content	Code
1 x Water bag with pump/tube assembly with tube clip	AFAM
15 x Silicone cones with tubes	
15 x Lube sachets	
1 x Instructions for use (stoma)	
1 x Instructions for use (paediatric)	
1 x Product code chart	

Accessories

Extension Tubes	Code
2 x 500mm Extension tubes with fluid connectors	AFExtn

Compact



Compact – Starter Set

Content	Code
1 x Pump assembly with quick coupling body	AFCS
5 x Silicone cones – individually packed in re-sealable polybag with lube sachet	
1 x AFCONN B Connector valve	
1 x Washbag	
1 x Drawstring bag	
1 x Instructions for use	
1 x Product code chart	

Compact – Monthly Set

Content	Code
1 x Pump assembly with quick coupling body	AFCM
15 x Silicone cones – individually packed in re-sealable polybag with lube sachet	
2 x AFCONN B Connector valve	
1 x Instructions for use	
1 x Product code chart	

Accessories

Extension Tubes	Code
2 x 500mm Extension tubes with fluid connectors	AFExtn

Starting your irrigation

As you start your irrigation it is important to use it every day for the first two weeks (unless otherwise indicated by your Healthcare Professional). You can then review the best time to perform the irrigation, how often, with how much water etc. It may take a few weeks to establish the best routine for you but the results will be worth it in the end.

Using the following chart as you irrigate will help you to work out your routine.

Contact details for your Healthcare Professional

Name: _____

Tel: _____

Email: _____

Date	Time	Water Volume	Result	Comment

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