

A circular inset image showing a close-up of several hands of different skin tones stacked together, palms facing each other, symbolizing teamwork and support.

SOLUTIONS WITH YOU IN MIND

**TRANSANAL IRRIGATION
WITH AQUAFLUSH**
CONE BASED
TRANSANAL IRRIGATION
SYSTEMS

FOR PATIENTS



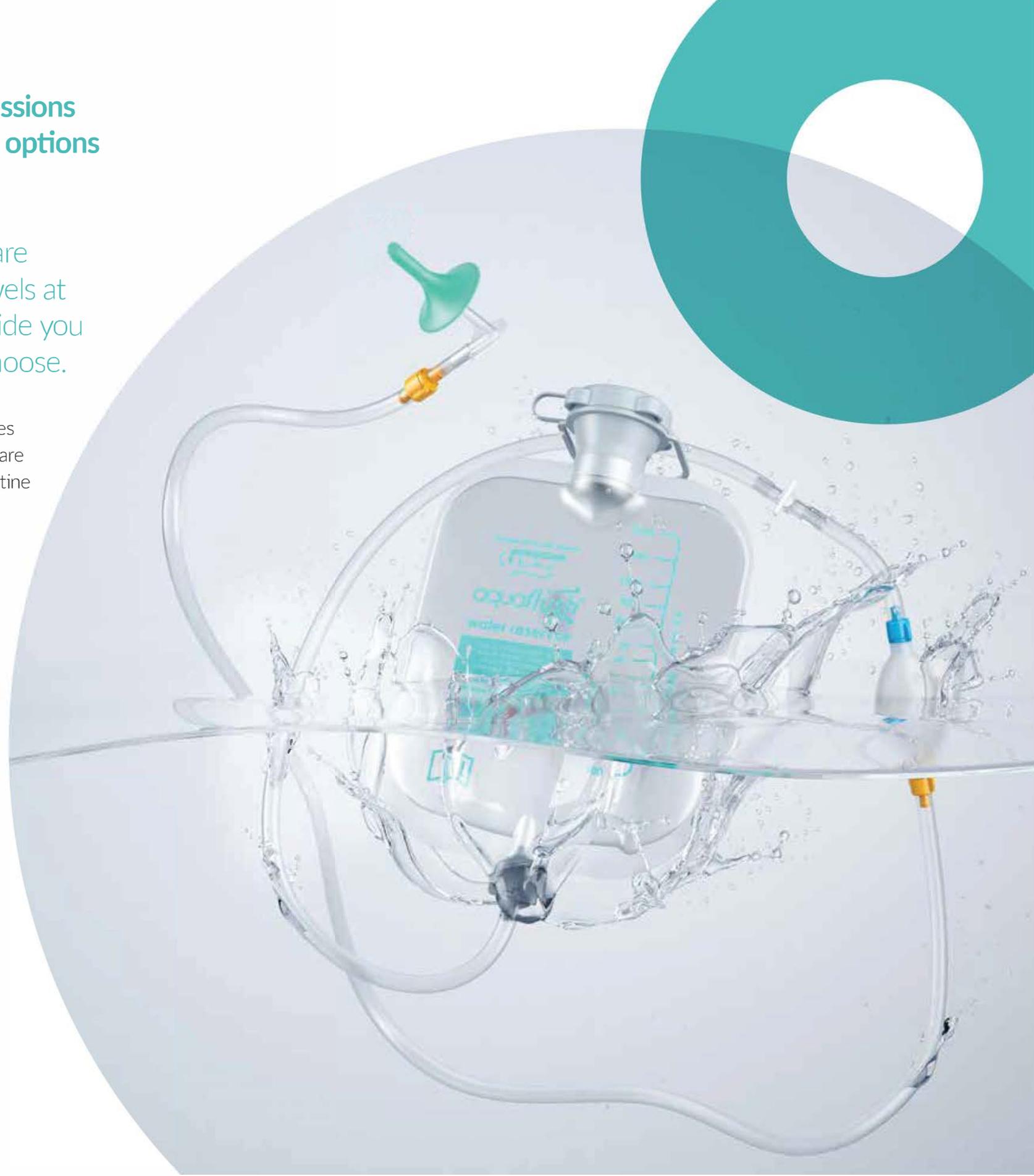
At this stage you may have had several discussions with your Healthcare Professional about the options available for your bowel management.

By helping you establish an effective bowel care routine and allowing you to manage your bowels at a time convenient to you, Aquaflush can provide you with the confidence to live life the way you choose.

Our response to transanal irrigation is very individual and it often takes practice to become comfortable with the procedure. With time, you are likely to find that irrigation provides you with a predictable bowel routine and improved confidence.

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

The Aquaflush Transanal Irrigation System is available in a Lite or Actif design. Your Healthcare Professional will help you choose the right product.





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

What is Transanal Irrigation?

Transanal Irrigation (Aquaflush) specifically, facilitates the removal of stool from the lower bowel to reduce urgency and incontinence between procedures. The instillation of body temperature water via the hand pump, tubing and soft silicone cone removes existing stool.

- The transanal irrigation process may be repeated if required. If you are unsure that your bowels (colon) are empty, or experience leakage or fear leakage, please discuss the volume of water to be used.
- The process takes approximately 20-35 minutes and should be performed regularly (usually every 24 or 48 hours) to achieve the best results.
- It is known that certain bacteria found in feces, for example E. coli, increase the likelihood of urinary tract infections (UTI's). If you suffer repeated infections, you may find that establishing a good bowel routine has the added benefit of reducing your number of UTI's.
- TAI 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.

What is Low Anterior Resection Syndrome (LARS)?

Low Anterior Resection Syndrome (LARS) is a treatment for colorectal cancer which results in the removal of parts of the colon containing cancer cells. It can involve a segment or the entire rectum.

Symptoms include frequency, urgency of stooling, stool clustering or even incontinence, secondary to the fact that part of the rectum is removed.

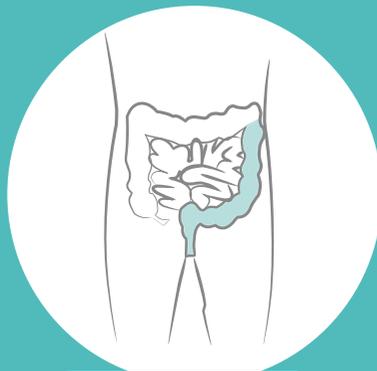
Many individuals report these symptoms directly affect their quality of life. TAI can improve symptoms of fecal incontinence, evacuatory disorders and constipation; often when other therapies have failed.

What is Neurogenic Bowel?

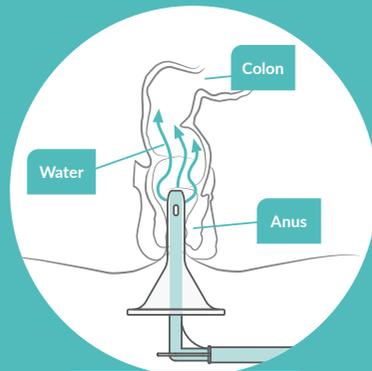
Individuals with neurogenic bowel dysfunction secondary to spinal cord injury, muscular sclerosis, spina bifida can also benefit from Transanal irrigation. These individuals have lost the ability to evacuate their bowels independently and may experience either incontinence and/or constipation. Initiation of a regular bowel management routine with Transanal irrigation can facilitate continence, bowel health and quality of life.



Conservative bowel management



Transanal irrigation



Cone position

Guidelines for using transanal irrigation

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

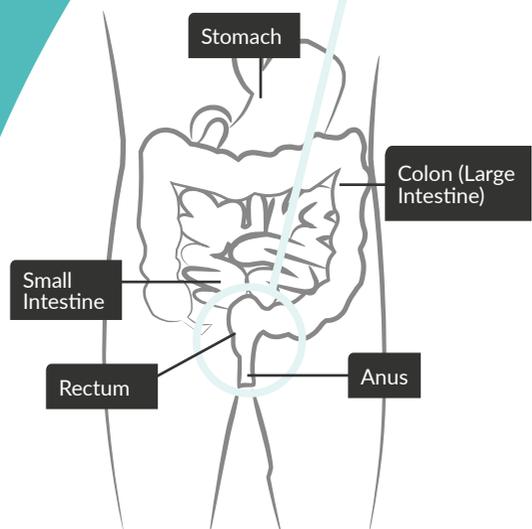
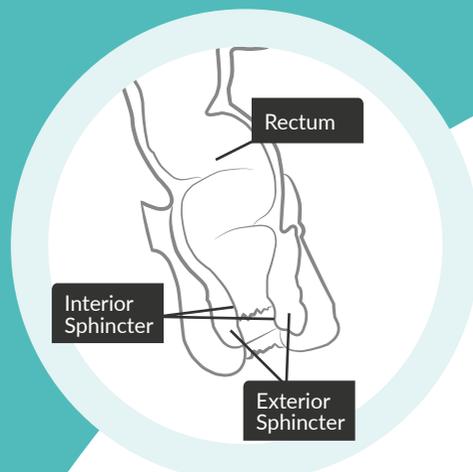
Before starting the transanal irrigation process, you should familiarize yourself with the Aquaflush System. Following the provided instructions for use, assemble the product, fill with water and pump through the system.

It can take a little time to get used to irrigating, and for the bowel to become accustomed to the procedure. It may take 2-4 weeks to develop a well practiced routine. It is important to irrigate at a consistent time each day and to allow yourself enough time to complete the procedure thoroughly.

For those with reduced, or no bowel/rectal sensation, it is advisable to stay close to the toilet post-irrigation, until you have a routine that works well for you.

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

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



Practical tips to help with using the system

Before you start, make sure you have everything you need on hand

All our cones are supplied with a water based lubricant, for easier insertion. 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 System, or available separately (AFStrap).

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

One extension tube is provided with each Aquaflush Starter and Monthly system. Additional extension tubes (AFExtn are available by prescription).

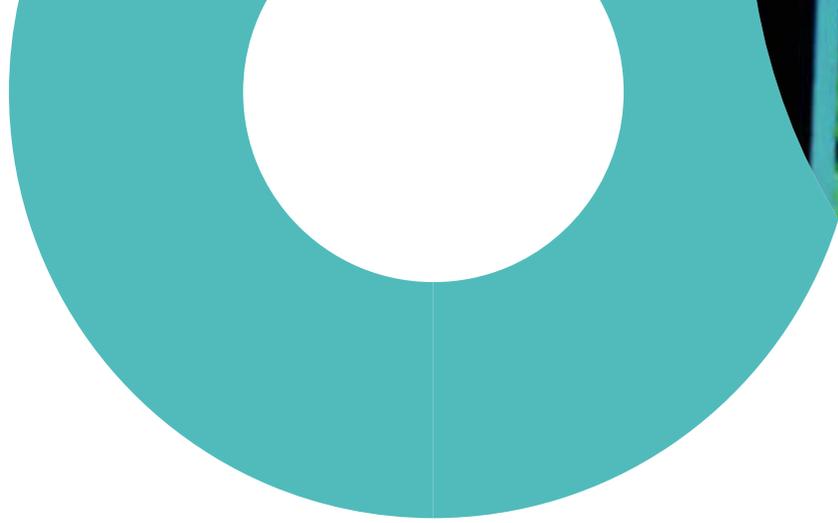
Where to place the water bag

Our water bags have an integral hanging loop, so you can hang from a hook, sink or shower rail. Wherever you choose to hang your water bag, ensure it is secure, as they can weigh approximately 4-4.5lbs when full.

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.

Bowel medication

If you are using bowel medication, such as laxatives, please consult your Health Care Professional. Severe constipation, or impaction, should be resolved before starting transanal irrigation. Your Health Care Professional can help you. Always drink plenty of water. Eat plenty of fiber (5 pieces fruit/veg a day). Once severe constipation is resolved regular transanal irrigation will help prevent future episodes.



Lite

Aquaflush Lite is our simple full transanal irrigation system, using modular components to deliver an intuitive and easy-to-use solution. With its large capacity 1200 ml bag, it is suitable for users who can sit on a toilet or commode.

- 1 Super-smooth silicone cone with rounded tip & side eyelets and ergonomically designed grip for ease of use
- 2 Tote bag for discreet storage at home & when traveling
- 3 1200 ml water bag with ergonomic screw-cap and an integral thermometer
- 4 Hand pump to easily control the 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 used water entering the system - a unique feature of Aquaflush
- 7 Fold-flat water bag stand, included with every starter set



	Code	Basic Contents
Starter Set	AFLS	Tote bag, Water-bag & Pump, Extension Tube, 7 Cones
Monthly Set	AFLM	Water-bag & Pump, 16 Cones
Extension Tube	AFEXTN	2 Extension Tubes
Cone Refill Pack	AFLA	15 Standard Cones

Actif

Aquaflush Actif is uniquely designed for pediatric transanal irrigation. Actif features an ergonomically designed cone which is ideally suited for smaller users.

- 1 Super-smooth silicone cone with rounded tip & side eyelets and ergonomically designed grip for ease of use
- 2 Tote bag for discreet storage at home & when traveling
- 3 1200 ml water bag with ergonomic screw-cap and an integral thermometer
- 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 used water entering the system, a unique feature of Aquaflush



	Code	Basic Contents
Starter Set	AFAS	Tote bag, Water-bag & Pump, Extension Tube, 5 Cones
Monthly Set	AFAM	Water-bag & Pump, 15 Cones
Extension Tube	AFEXTN	2 Extension Tubes
Cone Refill Pack	AFSC	15 Short Cones

Your Questions

When should I use transanal irrigation?

Managing your bowel and transanal irrigation routine is usually most effective when done at a consistent time each or every other day. Establishing a routine that fits around your usual daily activities, is a good place to start. Choose a time that is convenient for you and aim to use Aquaflush at this time.

How far do I insert the cone?

The Aquaflush cone must be lubricated with the supplied water based lubricant and inserted until a comfortable seal is made between the cone and rectal sphincter. If there is leakage when you start to pump water, gently push the cone in a little further, until a good seal is made. The Aquaflush cone should never be pushed in so far as to make it uncomfortable or cause a significant spasm. If in doubt, cease the irrigation and seek advice from your bowel healthcare professional.

How long does irrigation take?

The length of time it takes to irrigate is dependent on the individual and the system. For our Lite system, it usually takes between 20 – 35 minutes.

How much water should I use?

For users of our Aquaflush Lite system, Healthcare Professionals often advise to start with around 350ml and then progress up to 750ml. Some users may require up to 1200ml, so please check with your Healthcare Professional.

What temperature should the water be?

We recommend a temperature of 95-98.6 °F. Our Aquaflush Lite and Actif systems water bags have an easy to read temperature strip to assist you.

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

This is common, particularly if the user has excess gas (flatulence) in the bowel. The Aquaflush Cone is specifically developed to ensure that the seal between the cone and rectal sphincter is not so tight that the user feels bloated and uncomfortable during irrigation.

It also means there may be less chance of internal complications. If the user is heavily constipated the water may not initially pass the stool. If this is the case and happens for more than two consecutive irrigations, it is advisable to consult a bowel healthcare specialist, who may make a further assessment.

Light brown or virtually clear water is passed, but no stools?

This may mean the user is constipated, or alternatively has an empty bowel. If the latter is the case, then it is possible that less frequent irrigations may be required. If a user is dehydrated, then the bowel may absorb some, or all, of the irrigation water. If this is the case then it may be worth irrigating once more and remembering to drink plenty of water between irrigations. (6-8 glasses of 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 have finished irrigating?

Initially, it is advisable to take a little longer than expected, to ensure the irrigation process is complete. For users with little or no sensation, it may take longer for evacuation to occur.

What about when I am away from home?

Aquaflush Systems pack up neatly into the Aquaflush tote bag. These come with the starter kit. Users should ensure they have enough cones to last their time away from home, as it may be difficult to obtain replacements abroad. If flying, always ensure the system is packed in carry-on baggage as cases may go missing. It is advisable to use bottled or cooled boiled water in places where the tap water is not deemed safe to drink.

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

If a user is unwell, or condition changes, it is important they contact their prescribing Healthcare Professional. After bowel or abdominal surgery, users should seek instruction from the professionals involved in completing the procedure, in conjunction with their bowel healthcare professional.

What should expect after transanal irrigation?

Users may find some water and stool are passed immediately, along with gas (flatulence). If there has been no result after approximately 20 minutes, some users find that gently massaging their abdomen in a clockwise motion, coughing, adjusting position or bending forward helps to get their system moving.

Leakage of water or stool after transanal irrigation?

For some, this may be a potential issue when initially starting this procedure. It can take 2-4 weeks to establish a consistent routine. Certainly, when starting the procedure, it is best to leave plenty of time to ensure the process is not rushed. For users who have little or no warning when emptying their bowels, it is good practice to stay close to a toilet, at home, until they are confident in the timing of their procedure.

Contact your prescribing Healthcare Professional for further advice.

Tips for handling leakage of water or stool after transanal irrigation

- 1 After irrigation ensure that you sit for long enough to enable your bowel to empty
- 2 Try using more water – If you initiated peristalsis, 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 feces still waiting to descend.
- 3 Irrigate more often – if it is not just a small leak but a full bowel movement, perhaps 12 hours or more after irrigating, then you may need to irrigate every day.

“ We work closely with patients and Healthcare Professionals to develop products that put the individual first. ”





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