



# HELPING YOU HELP OTHERS

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

**FOR HEALTHCARE  
PROFESSIONALS**

aquaflush®

**Effective bowel emptying is the norm for most people. However, for your patients, regular bowel emptying may have become a problem due to functional or neurogenic bowel disorders causing faecal incontinence/soiling or constipation among many other symptoms. This leads to a major impact in the patients quality of life. <sup>(1,2)</sup>**

Regular bowel emptying using rectal irrigation (sometimes called anal or transanal irrigation (TAI)), can help patients avoid these complications and in turn, have a positive impact on their lifestyle. <sup>(4,5)</sup>

**New and improved Aquaflush Cone Based Rectal Irrigation Systems** are simple, complete systems with unique safety features that have everything your patient requires to carry out rectal irrigation.








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





For a large percentage of the population emptying their bowel is not a problem. However for many of the patients that you treat bowel management has a huge impact on their quality of life because of bowel dysfunction. <sup>(3)</sup>

Patients who are not able to achieve regular bowel emptying can avoid complications such as constipation, faecal incontinence and accidental leakage between evacuations by using Aquaflush. This can help achieve regular bowel emptying or control of bowel function. <sup>(7)</sup>

## Symptoms

Functional bowel disorders (FBDs) are difficult to treat and often leave patients in severe distress. FBDs encompass a number of symptoms including:

- Abdominal, pelvic and/or rectal pain
- Bloating
- Nausea
- Disturbed bowel function
- Faecal urgency or incontinence
- Straining to evacuate bowels
- Incomplete emptying and constipation without the presence of organic disease <sup>(1,8)</sup>

Neurogenic bowel dysfunction is caused by the sensory and motor control of the ano rectum being impaired. Leaving the individual with decreased or absent voluntary control over defecation resulting in impaired continence and risk of constipation.

## Constipation

Symptoms of constipation can vary between individuals but they can present as:

- Infrequent bowel movements (usually less than three times a week), difficulty passing hard stool, straining and a sense of incomplete bowel evacuation <sup>(4)</sup>
- Constipation can also lead to faecal incontinence as leakage of softer stool occurs around the hard stool <sup>(8)</sup>
- Affects approximately 15% of the adult Western world <sup>(9,10,24)</sup>

## Incontinence

- Affects approximately 2-5% of the population although only a minority of patients will report their symptoms to a Healthcare Professional <sup>(11,12)</sup>
- Can be mild or major with symptoms ranging from poor control of flatus or occasional soiling of underwear to the uncontrolled passage of formed stool <sup>(2,7)</sup>

Bowel dysfunction can occur for a number of reasons. These can include neurological conditions such as Spinal Cord Injury, Multiple Sclerosis, Parkinsons and Spina Bifida. Other reasons may be due to obstetric trauma, rectal prolapse and surgery. <sup>(6)</sup>

# Rectal irrigation

Rectal irrigation has been practiced for many hundreds of years. In recent years increasingly the medical profession has been using it as a bowel management solution. Rectal irrigation can offer systematic improvement of the symptoms of faecal incontinence, evacuatory disorders and constipation; often when other therapies have failed. <sup>(3,7,13)</sup> Studies have demonstrated that rectal irrigation is an effective and cost-efficient method of managing bowel dysfunction. <sup>(5,16)</sup>

There is evidence to suggest that there is a reduction in the number of urinary tract infections when using rectal irrigation. <sup>(2,14)</sup> Rectal irrigation can reduce the amount of time patients have to spend on bowel management and in turn improve the patient's quality of life, confidence and self respect. <sup>(1,15)</sup> Rectal irrigation does require compliance and discipline. <sup>(6)</sup> Studies indicate that patients are more likely to discontinue using rectal irrigation during the first three months so there must be a realistic expectation. The right level of education and support to help establish rectal irrigation is very important. <sup>(6,16,19)</sup>

In paediatric care rectal irrigation has proved a successful treatment for bowel dysfunction in children. <sup>(17)</sup>

Rectal irrigation is a simple procedure in which the patient instils approximately 300–1000ml lukewarm tap water usually at body temperature (36–38°C) via a cone inserted into the rectum [Fig 1] to wash out the rectum and part of the colon. Full rectal irrigation will also clear the descending colon of faeces.

As the water enters the rectum, [Fig 2] the rectal wall distends to the point where the patient feels the need to defecate.

At this point the infusion is stopped and the water and any stool are emptied from the bowel. Patients may need to repeat this once or twice more depending on their need. If the patient is unable to feel the need to defecate then measured volumes of water can be used. <sup>(12)</sup>

The process takes approximately 30–45 minutes and it should be performed regularly (usually every 24 or 48 hours) to achieve the best results. <sup>(8,12,14)</sup> The majority of patients will irrigate on alternate days. <sup>(18)</sup>

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 bowel management
- Reduce the amount of time spent on bowel care

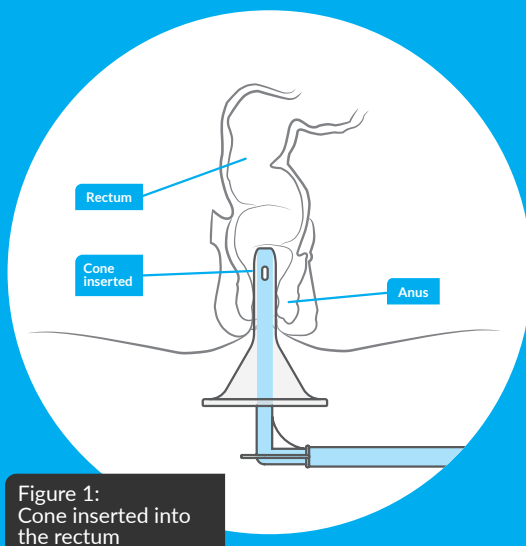


Figure 1:  
Cone inserted into  
the rectum

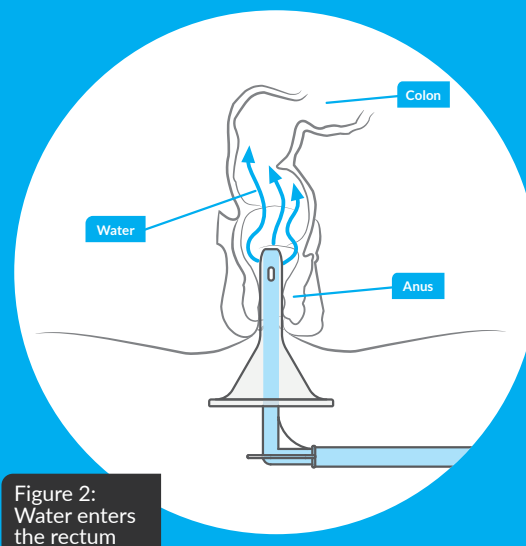


Figure 2:  
Water enters  
the rectum



## Safety of rectal irrigation

Rectal irrigation is deemed as a safe method of bowel management.

There may be some mild side effects such as abdominal cramping, sweating or chills.<sup>(1)</sup>

The risk of bowel perforation when irrigating remains a very rare risk which can also be minimised by patients knowing how to perform rectal irrigation.<sup>(20, 21)</sup> The published risk of bowel perforation (when using a rectal balloon catheter) due to rectal irrigation is 1/50,000.<sup>(19)</sup> Bowel perforation is serious and will often require surgery.

## How effective is rectal irrigation?

Conservative bowel management, such as manual evacuation, only empties the distal part of the bowel.

Studies have shown that a large amount of faeces remain in the colon, after defecation for a person with neurogenic bowel disease. [Fig 3]

In contrast the rectum, sigmoid and descending colon have been shown to be completely empty after a person with neurogenic bowel disease has used rectal irrigation.<sup>(14, 22, 23)</sup> [Fig 4]

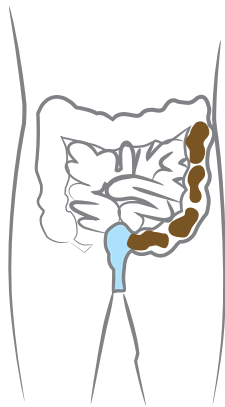


Figure 3:  
Conservative bowel  
management

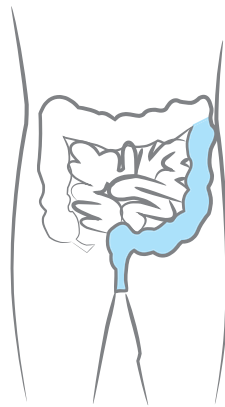


Figure 4:  
Rectal irrigation

## To minimise risk of bowel perforation:

- Patients should be fully assessed by a qualified Healthcare Professional before commencing rectal irrigation
- Ensure the patient doesn't have a condition which means they shouldn't use Aquaflush
- A Healthcare Professional should be present when the patient first performs rectal irrigation
- Guidance should be given on locating the anus and the best way to hold the cone taking into account the patient's dexterity as well as the correct angle to insert the cone to minimise the risk of causing trauma
- Always follow the directions for use
- Contact a doctor immediately if the patient experiences severe or sustained back pain or abdominal pain, especially if rectal bleeding also occurs

# The new and improved Aquaflush range

Following feedback from both Healthcare Professionals and users, we have made significant updates to our range of cone-based rectal irrigation systems to improve the performance and ease of use. These include:

- **Brand new silicone cones** – using this super-smooth material makes our cones even more comfortable during insertion
- **Aquaflush lubricant** – each cone is packed with a sachet of water-based lubricant to aid insertion
- **Ergonomic elbow connector** – our new design incorporates unique features that enable easier use without the need to grip the cone
- **New water tap** – the improved tap design now has more intuitive open/closed positions
- **Water bag stand** – this cleverly designed stand offers an alternative option for the bag to be placed on the floor when in use, as well as folding flat for easy storage
- **New washbag** – completely redesigned, now in lighter colours to be even more discreet, it comes free with every starter kit
- **Redesigned packaging** – new packaging with a more compact size for easier and more discreet storage
- **New screw cap** – the water bag now features an easy to use screw cap with large lugs for easier removal, it is also retained so it doesn't drop onto the floor

## 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.



“

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

”



## 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 one-way valve – 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 and squeezing the hand pump. The water, along with the stool in the lower portion of the bowel, is then emptied into the toilet.

“

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

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## Compact

The Aquaflush Compact has been designed with the patient in mind 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 one-way valve – 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 balloon 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.

# Aquaflush Cone Based Rectal Irrigation

## Quick



## Lite



### 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 – 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



## Evidence

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