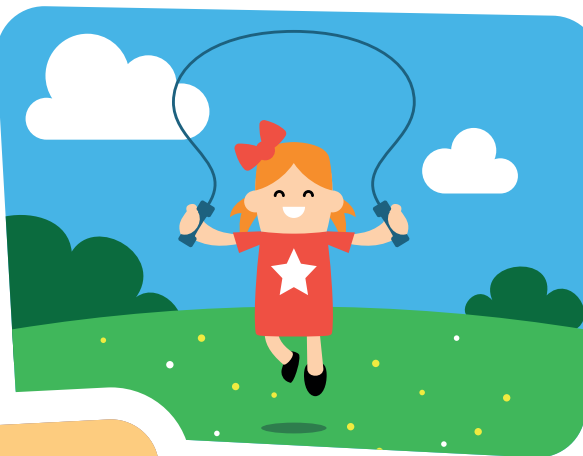


# BOWEL MANAGEMENT WITH *aquaflush*<sup>®</sup> actif

Easy  
Use  
Guide!



Hi, I'm Ellie...



...and I'm Oscar.

We're just like other kids, we're just like **you!**

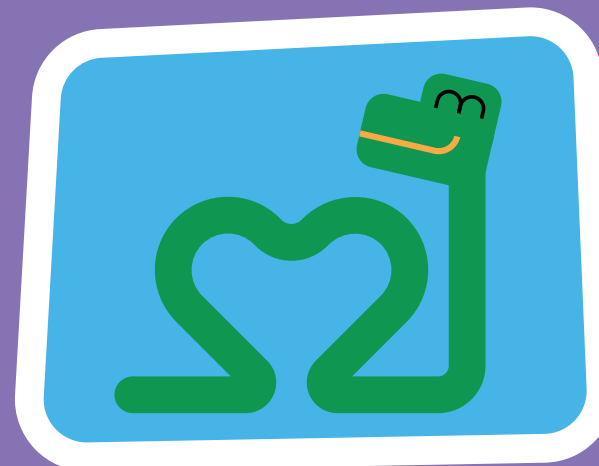
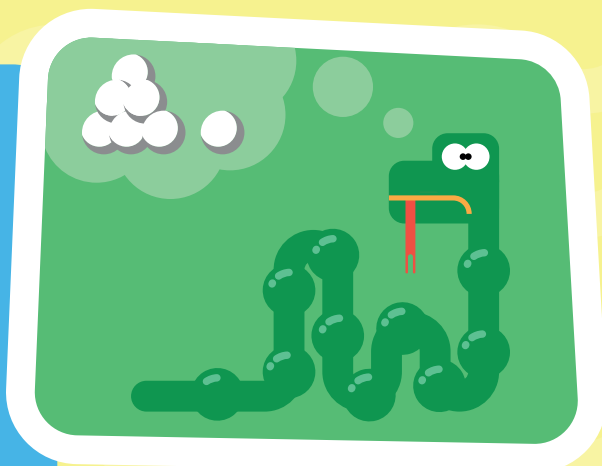


You wouldn't know it by looking at us or seeing the things we do, but we have one difference to regular kids, we find it hard to poo. Most kids poo every day without any problems, but we can't.

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 it's really hard and hurts a lot when it comes out. And sometimes, well sometimes it just bursts out!

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 us it's 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 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 pooing much better, we both still had 'accidents' which were really embarrassing and made us very unhappy.



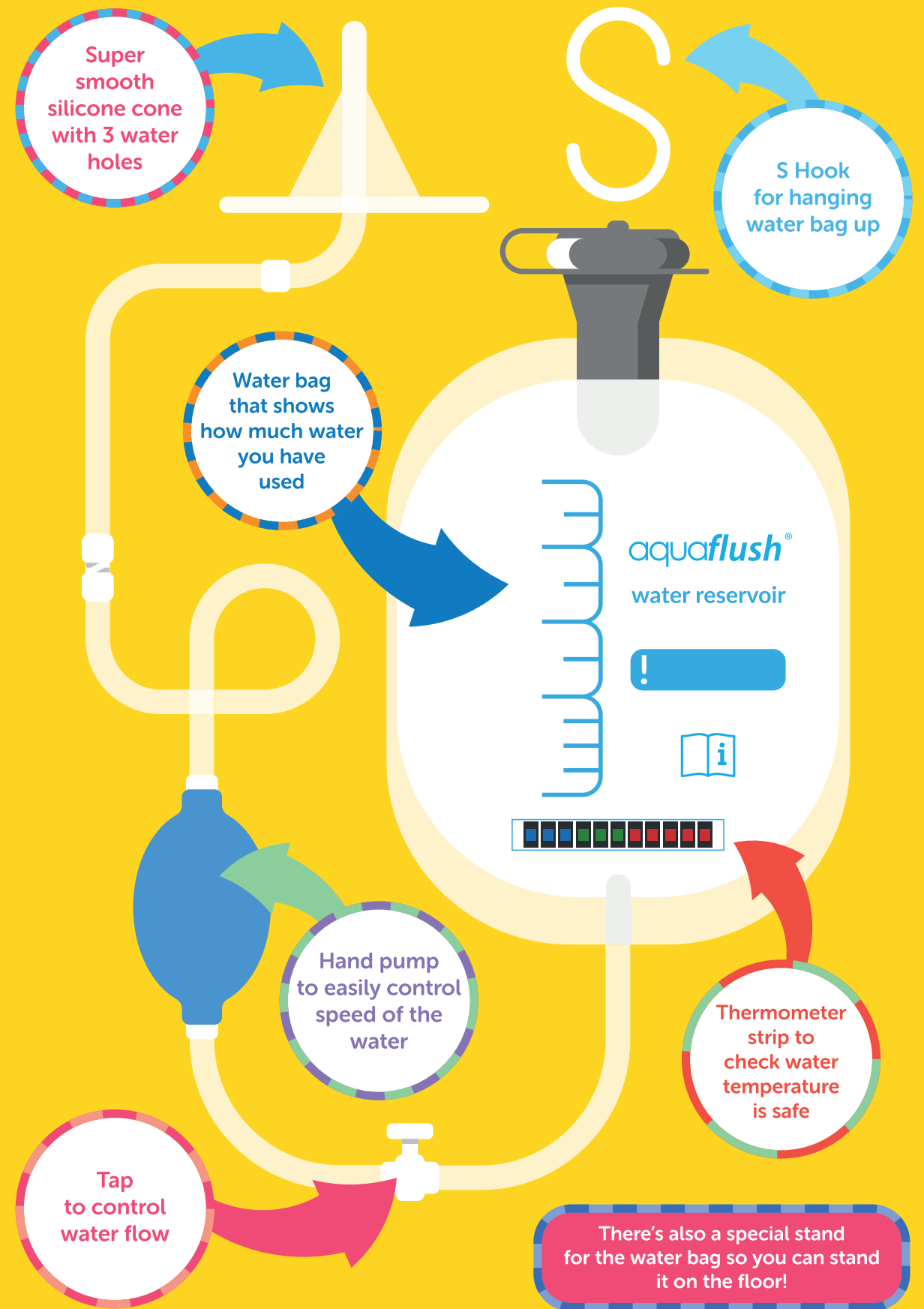
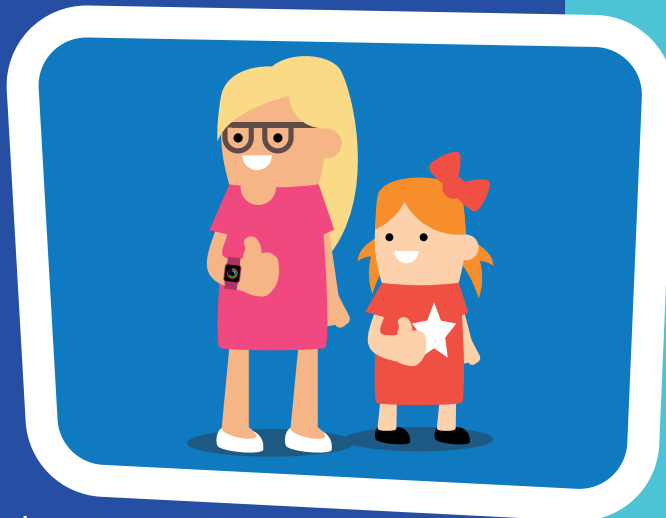
Then one day when I went to see the nurse with Dad, she told us about Aquaflush Actif, a great way to help kids' bowels work properly using Rectal Irrigation (some people call it Anal Irrigation) and she thought it would help. My Aunty Julie heard the same thing.

Rectal 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 Oscar'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.



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

Ellie says...  
Check you  
have everything  
in the bathroom  
before you  
start

Oscar's  
top tip...  
Have a comic  
or book  
with you

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

Fern says...  
Don't forget  
to wash your  
hands...woof!

First take the cone out of the bag and connect it to the end of the special elbow connector, this makes it easier to hold

1

Make sure the tap on the tube is closed, fill the bag with warm water and close the screw 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 strip on the front of the bag. It should be about 36-37C.

2

Place the water bag into the stand and put it on the floor next to the toilet or you can hang the bag up using the S-hook. Now squeeze the pump a few times until water comes out of the cone and all the air bubbles in the tube are gone.

3

Open the sachet of lubricant and put some on the cone, you can also put some on your bottom, then gently put the cone into your bottom. Hold it there with your hand and turn on the tap with your other hand, Dad helped me the first couple of times.

4

Now 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.

5

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

6

...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!

It took a few weeks to get used to using the Aquaflush Actif System, but we practiced every day (at about the same time) and got better and better at it and we both agree it was really worth it.

It has made our lives so much better! No more embarrassing accidents and we can both get on with all the activities we enjoy without worrying about poo!

It helps to keep a diary for the first few weeks so can then see when the best time is for you to irrigate (to get the best results), how often you need to irrigate and how much water you need to use.

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[illegible][illegible]



**aquaflush<sup>®</sup>**

**Product codes to order**

Actif starter kit (5 cones)  
**AFAS – PIP 390-1386**

Actif monthly set (15 cones)  
**AFAM – PIP 390-1394**



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