



RECTAL
IRRIGATION

IryPump[®] S Rectal User Guide

SWITCH ON TO IRRIGATION

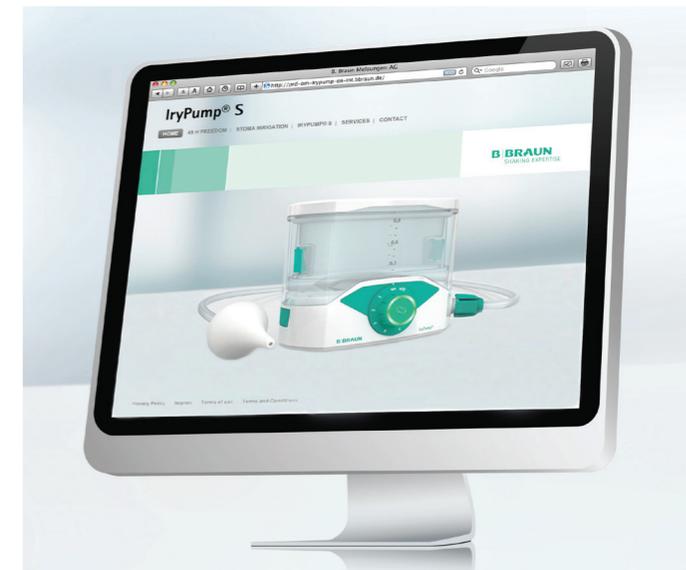
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INTRODUCTION TO RECTAL IRRIGATION

Rectal Irrigation (also known as Trans-Anal Irrigation) is a common method of bowel management and is an effective way of managing chronic constipation, bowel dysfunction and faecal incontinence. Rectal irrigation involves instilling water into the bowel via the anus using a soft cone. The water fills the lower part of the bowel and subsequently empties, carrying the contents of the colon into the toilet with the water.

You have received this guide because rectal irrigation has been put forward as a way of managing your bowel problem. Please read through the guide for hint and tips on how to use the IryPump® S system for Rectal Irrigation. For any questions regarding your care please speak to your nurse as they will be able to tailor their advice to you as an individual.



WHAT DOES IRRIGATION DO AND WHERE DOES THE WATER GO?

The aim of rectal irrigation is to empty your bowel using water to either relieve constipation or to manage faecal incontinence.

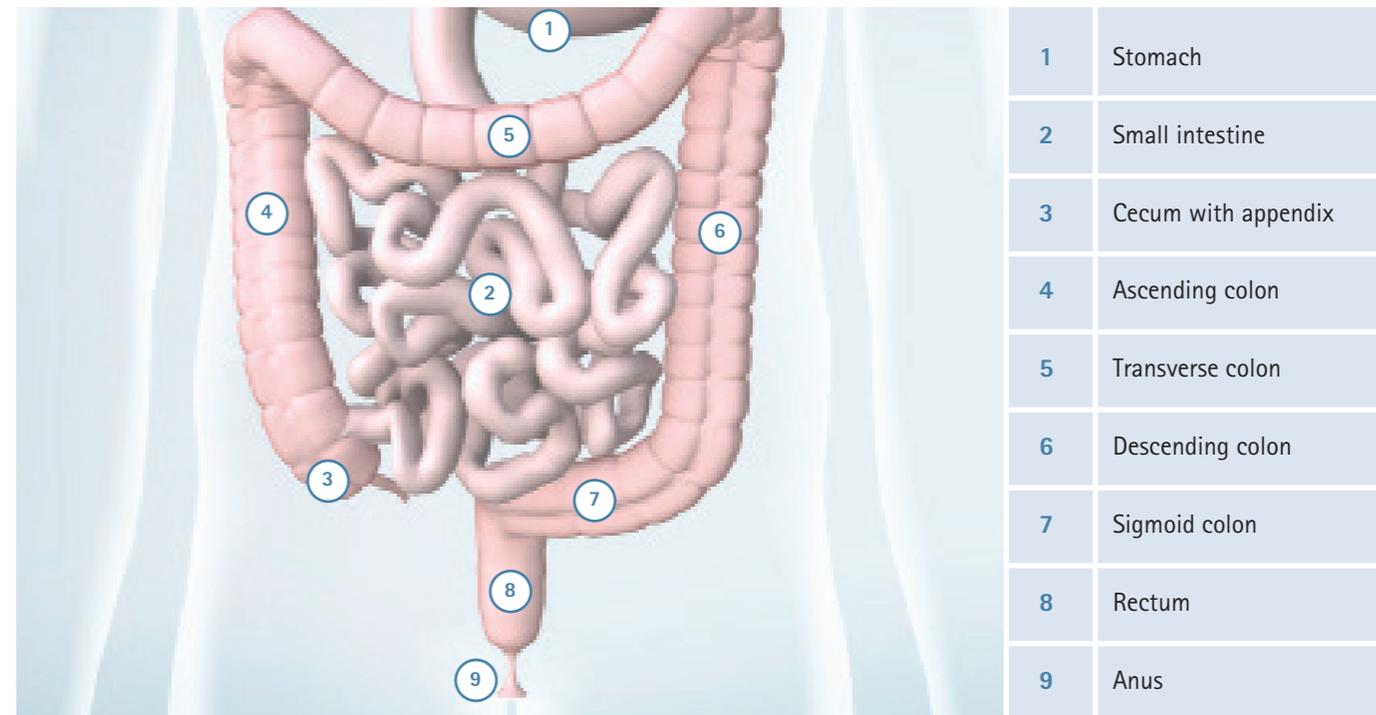
The water is instilled into the bowel using the IryCone which is inserted into the anus (9).

Once a seal has been created between IryCone and your anus, water will begin to fill up the rectum (8) and sigmoid colon (7).

As this column of water is gradually increased the water fills your descending colon (6).

Once you have instilled all of the water (as advised by your nurse) and waited a few minutes, you will need to remove the cone so that the water and the contents of your bowel will begin to empty into the toilet.

Once you are comfortable with rectal irrigation you can expect to perform this once a day, or once every two days depending on your circumstances.



IS IRRIGATION SUITABLE FOR ME?

Irrigation must always be first discussed with your health-care professional and all possible risks taken into account. Irrigation should proceed under the guidance of appropriately trained practitioners.

Once you become familiar with the equipment and procedure of irrigation, then it can be done easily without supervision.

Generally speaking, anyone suffering from a bowel dysfunction, constipation or faecal incontinence can irrigate.

There are, however, a number of exceptions:

— CONTRAINDICATIONS

- During spinal shock phase
- Intestinal obstruction
- Chronic inflammatory bowel disease (e.g. Crohn's disease or ulcerative colitis)
- Rectum carcinomas
- Anal prolapses
- Fistulas
- Bowel stenosis
- Strictures
- Colonic and sigmoid diverticulitis
- Spasms, tetanus, ileus, peritonitis
- Pregnancy





Irrigation with IryPump® S

The IryPump® S is the latest development from B. Braun in the field of electrical irrigation systems and sets completely new standards in irrigation therapy in terms of design, function and handling.

Simple to use, adjustable to individual needs, surprisingly compact and totally portable thanks to the integrated high performance battery. The IryPump® S will help you to achieve maximum comfort, quality of life and freedom at the touch of a button.



THE PROCEDURE STEP BY STEP

All the equipment needed for irrigation should be laid out prior to starting irrigation.

Check that the battery in the IryPump® S is fully charged. Important: for safety reasons, irrigation with the IryPump® S is only to be carried out when operated by battery, not when still connected to the mains.

When using an electrical irrigation pump whilst travelling abroad, you may need an adapter for the power source.

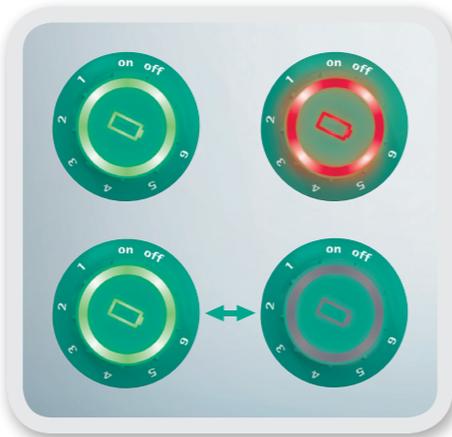
You may also need an information leaflet for customs when travelling by air. Further information can be obtained from the Emerald Careline.

In countries with poor water quality, we recommend to use shop bought still bottled water instead of tap water.



Turn on the IryPump® S to check if the battery is properly charged.

- Ring lights up green »» the IryPump® S is charged and irrigation can begin.
- Ring lights up red »» the IryPump® S must be charged before the next irrigation can be performed.



- If the ring starts to blink during the course of irrigation, it will still be possible to complete the irrigation procedure which has already begun.
- The control dial of the IryPump® S will slowly blink green, while charging.



Remove the water container from the pump module by pressing the side release tab.



Extend the water container, to do so just pull the inner section up until it audibly clicks into position (first right side, then left side).



Fill the water container with the prescribed amount of water.

Check that the water is at the correct temperature (36 to 38°C). The temperature indicator is located at the bottom of the water container.



Attach the filled water container back onto the pump module.



Use the quick connector to fasten the tubing system onto the pump.



Connect the other end of the tubing system to the cone.



Expel all air from the tubing system by turning on the IryPump® S and setting it to flush level 3.

When the tubing system is completely full with water and no more air can be seen in the tubes, turn off the IryPump® S.



Sit on the toilet and ensure you are in a comfortable position. Lubricate the cone and carefully insert it into the anus.



Use a water based lubricant to lubricate the cone.



Hold the cone in place by applying a slight pressure throughout the irrigation procedure.



Switch the IryPump® S on, making sure you keep the cone in place.



Set the pump to the level suggested by your nurse. As the water volume decreases this shows the water is flowing correctly.



A pre-rinse using 150 ml - 250 ml of water can help achieve a more effective result.



Once all the water has flowed in, turn the IryPump® S off and wait 2 to 3 minutes before removing the cone.



After a few minutes the defecation process will begin, the time will vary from person to person.



Once the irrigation process has finished. Clean your IryPump® S System with warm soapy water, then dry it and recharge if necessary.

PRODUCTS FOR RECTAL IRRIGATION FROM THE B. BRAUN RANGE



IryPump® S Set	Quantity	REF	IryPump® S Accessories	Quantity	REF
Complete starter set, contains	1 set	29120E	■ IryCone®+	1 piece	29220E
■ IryPump® S (electronical pump, water container and power supply)			■ IryCone®+ (cone and tubing)		
■ IryCone®+ (cone and tubing)			■ IryPump® Water container	1 piece	29240
■ IrySleeve® Irrigation Sleeves 60 mm					
■ Iryflex® Faceplate					
■ B. Braun StomaCare Belt					
■ Iryfix®					
■ B. Braun Petite					
■ Softima®Active Mini					
■ Carrying case					



FAQs

How often do I need to irrigate?

Frequency of irrigation depends on each individual and factors such as the amount you eat, your lifestyle and many other things. In general most people tend to irrigate every day or every other day.

When should I irrigate?

There is no set time of day you should irrigate, however, you should aim to get into a regular routine as this tends to lead to better results. Most people would aim to irrigate each morning/evening or every other morning/evening around the same time each day.

How much water should I use?

Everyone is different and your nurse will advise you regarding the amount of water you should use. It is normal for an adult to begin irrigation with around 500 ml of water. However, it is a case of finding what volume works best for you. Some people use up to 1.5 litres of water.

How should I clean the IryPump® water container and IryCone® after use?

Warm soapy water should be used to clean the water container, tubing and cone after each use.

Should I continue taking my bowel medication?

DO NOT stop taking your bowel medication unless advised to by your nurse. It may take time for your bowel to get used to irrigating. Once you are in control your nurse may then advise you to reduce or stop your medication.

Can I use IryPump® S abroad?

IryPump® S is designed to be easy to transport with you on your travels, a carry case is included in each IryPump® S Set for ease of use. You should consider the water you use when travelling abroad. In countries where drinking tap water is not advised, you should use still bottled water. Please also make sure you take a mains adaptor with you to charge your IryPump® S.

How do I reorder the IryCone?

Your IryCone (Cone and Tubing set) can be used for up to three months. You should therefore replace your IryCone at least every three months. Our Emerald patient careline will contact you following your registration on our service and will arrange for you to be set up on a repeat prescription service. You will then receive replacements every three months without having to do anything else. If you are not registered with Emerald you should contact your delivery service or GP to request a replacement every three months as advised.

What should I do if my IryPump® S doesn't work?

If you are having problems with your IryPump® S please first make sure that the battery is charged and refer to the step by step process in this user guide. You will have received an instructions for use booklet in the IryPump® S box which contains troubleshooting advice. If you are still having problems, please call our Emerald Freephone Careline on 0800 163 007 and a member of our team will try to help you.

What are the extra items in the IryPump S starter set?

IryPump® S is indicated for both Rectal and Colostomy irrigation, these extra items are only for patients with a Colostomy. As you will be using IryPump® S for Rectal Irrigation you can discard the box labelled "Ostomy kit" in your normal household waste, or you can return it to B. Braun Medical Ltd if you would prefer.



Please call our freephone careline for more information
0800 163 007 or visit our website: www.bbraun-emerald.co.uk

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