Anal Irrigation with Aquaflush Quick & Aquaflush Compact
Cone Based Anal Irrigation Systems

For Health Care Professionals
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. (1,2)

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

The Aquaflush Cone Based Anal Irrigation System is a simple complete system with several unique safety features that has everything that your patient requires to carry out anal irrigation.
Bowel Function

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. (3)

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. (7)

Symptoms

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

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

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 (4)
- Constipation can also lead to faecal incontinence as leakage of softer stool occurs around the hard stool (8)
- Affects approximately 15% of the adult Western world population (9,10,24)

Incontinence

- Affects approximately 2-5% of the population although only a minority of patients will report their symptoms to a Health Care Professional (11,12)
- 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 (6,7)

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 (6)
**Anal Irrigation**

Anal 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. Anal irrigation can offer systematic improvement of the symptoms of faecal incontinence, evacuatory disorders and constipation, often when other therapies have failed. Studies have demonstrated that anal irrigation is an effective and cost-efficient method of managing bowel dysfunction.

There is evidence to suggest that there is a reduction in the number of urinary tract infections when using anal irrigation. Anal 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. Anal irrigation does require compliance and discipline. Studies indicate that patients are more likely to discontinue using anal irrigation during the first three months so there must be a realistic expectation. The right level of education and support to help establish anal irrigation is very important. In paediatric care anal irrigation has proved a successful treatment for bowel dysfunction in children.

Anal 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 to wash out the rectum and part of the colon. Full anal irrigation will also clear the descending colon of faeces.

As the water enters the rectum, 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. The process takes approximately 30-45 minutes and it should be performed regularly (usually every 24-48 hours) to achieve the best results. The majority of patients will irrigate on alternate days.

**Safety of Anal Irrigation**

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

There may be some mild side effects such as abdominal cramping, sweating or chills.

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. The published risk of bowel perforation (when using a rectal balloon catheter) due to rectal irrigation is 1/50,000. Bowel perforation is serious and will often require surgery.
To minimise risk of bowel perforation:
- Patients should be fully assessed by a qualified Health Care Professional before commencing anal irrigation
- Ensure the patient doesn’t have a condition which means they shouldn’t use Aquaflush
- A Health Care Professional should be present when the patient first performs anal 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

How effective is anal 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 1]

In contrast the rectum, sigmoid and descending colon have been shown to be completely empty after a person with neurogenic bowel disease has used anal irrigation. [14,22,23] [Fig 2]

Who should use the Aquaflush Cone Based Anal Irrigation System?

Any patient who has a bowel dysfunction may be suitable. Those who may want to use Aquaflush:
- Suffering from chronic constipation (any impacted faeces needs to be cleared before starting a bowel management regime with irrigation)
- Have neurogenic bowel conditions e.g. spinal cord injury or Multiple Sclerosis [19]
- Suffer from chronic faecal incontinence
- Have poor quality of life because of bowel dysfunction and are dissatisfied with their current bowel management [5,23]

Who should not use the Aquaflush Cone Based Anal Irrigation System?

Patients who have the following must NOT use Aquaflush:
- Active, acute inflammatory bowel disease [19]
- Obstructing rectal or colonic mass [19]
- Rectal or colonic anastomosis in the previous 6 months [15]
- Severe cognitive impairment [5,23]
- Anal/rectal stenosis [19]
- Within 4 weeks of Endoscopic Polypectomy [19]
- Ischaemic Colitis [19]
Aquaflush Cone Based Anal Irrigation System for use on a toilet or commode

Aquaflush is a complete system which contains everything that is required to carry out anal irrigation. It has been designed with patient use in mind and many unique, hygienic and safety features are incorporated within the system.

The Aquaflush Quick System, is normally used every 1-2 days. The user pumps approximately between 300-1000ml of lukewarm water into the large intestine to help initiate peristalsis. The pump can be used in either hand and can be attached, if required, to the thigh with a strap.

- Easy to close filling cap which remains attached to the bag
- Long sleeve gloves for use during the procedure and for hygienic cone disposal
- The water bag and pump are used for 15 procedures or 1 month, (whichever is first) - the unique in-line valves allow for easy attachment of the cone as well as preventing reflux of dirty water into the reusable part of the system
- An integral water temperature strip – clearly indicates safe temperature range of the water
- System is easy to prime as the in-line valves prevent water flowing until the pump is activated by the user
- Once the water is flowing the user could use gravity to gently irrigate controlling the water by the tap if preferred
- Cones click easily into place and are also very easy to remove
- Cones have a soft rounded tip outlet and two opposed eyes which enables water to be pumped out of the cone in three directions – this dissipates the water pressure further reducing the risk of bowel perforation
- Single use paper pulp cone lasts up to 3 irrigations within one session and then will biodegrade. This is both eco friendly and hygienic.
- Cones cannot be washed out and re-used for multiple sessions, thereby greatly reducing the risk of cross infection in shared bathroom facilities.
- Cone has a right angle connector to prevent tubing hanging low in the toilet pan and 3 finger holes to make it easier to grip
- Tube tidy clip in every kit to help keep the tubes off the floor when hanging before/after use

Evidence

11) Perry S (2002) Prevalence of faecal incontinence in adults aged 40 years or more living in the community Gut 50(4) 480
Compact System

The Aquaflush Compact System is designed for people who only need to use a small amount of water to irrigate. The pump is used to suck up the water and then squeezed to release up to 120mls of water into the bowel. Only one hand is needed to operate this system and a one way valve prevents contaminated water running back into the reusable part of the Aquaflush System.

The single use cone can be used again during a single session and then can be disposed of making it easy, hygienic and discrete to use in a variety of settings.

The Aquaflush Compact System is designed for any user requiring just a small amount of water up to approx 120ml. Compact helps to jump start the evacuation process or is used as a final wash-out of the rectum after a natural movement:

- Compact is a shortened version of the Quick System - essentially just the hand pump and cones so it’s super convenient
- One pump and 15 cones in gloves, these act as handy bags for disposal each with Click/Release mechanism for direct attachment to the pump (monthly kit)
- The Aquaflush Starter System comes with a discreet wash bag
- Optional extension tube for Aquaflush Quick System Starter set only, allows more flexibility for the user if needed
- More extension tubes available separately on prescription if needed

24) Royal College of Nursing. (2009) Guidelines for management of neurogenic bowel dysfunction after spinal cord injury
## Aquaflush Cone Based Anal Irrigation System

### Compact System - Starter Set

<table>
<thead>
<tr>
<th>Content</th>
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<td>1 x pump</td>
<td>AFCS</td>
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<td>5 x cones in gloves</td>
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<td>1 x wash bag</td>
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### Compact System - Monthly Set

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### Quick System - Starter Set

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### Accessories

#### Extension Tubes

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#### Adjustable Strap

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The Compact video is now available on the Aquaflush website at [www.aquaflushmedical.com/aquaflush-irrigation-quick-video.html](http://www.aquaflushmedical.com/aquaflush-irrigation-quick-video.html)

Call 0800 592 786 for a Demonstration Kit

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