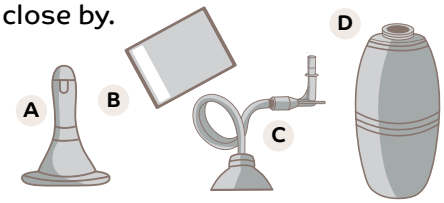
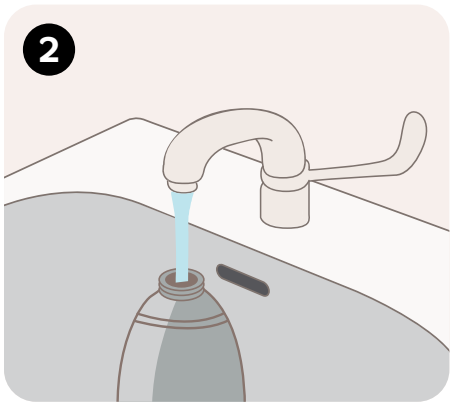
Quick start guide
Aquaflush® 500X

Watch our step-by-step user video:



1. Wash your hands and ensure you have everything you need close by.



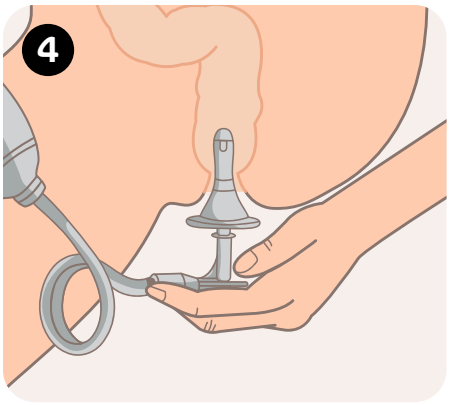


2. Twist to remove the lid from the water bottle. Fill the bottle with luke warm water, which is close to body temperature (do not use cold or hot water). Reattach the lid, ensuring the lid is securely fixed.

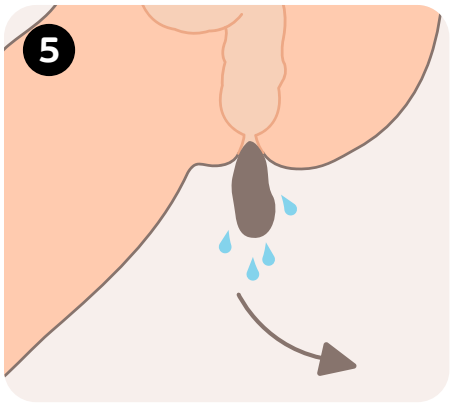


3. Attach the cone to the extension tubing. Whilst holding over the sink, gently squeeze the bottle until water comes out of the cone. Keep the bottle tipped at a 45 degree angle or upside down.

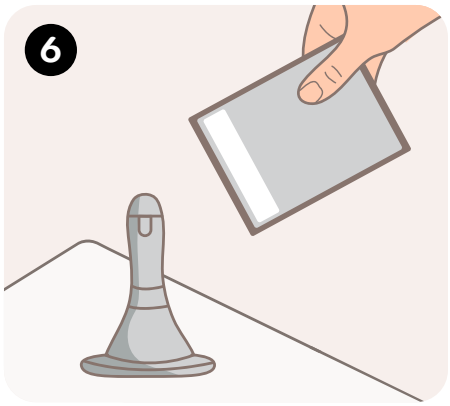
A. Cone **B.** Bag **C.** Lid, Tube and Elbow **D.** Bottle



4. Apply lubricant to the cone. Sit on the toilet. Insert the cone into the anus from between your legs. Allow the gravity system to instil the water, you can also squeeze the system if required. Remove the cone and stay seated.



5. After instilling the water, continue to stay seated on the toilet. A quick release of water is normal, though it may take up to 15 minutes or longer for a complete evacuation.



6. Cones are single use. Dispose of them in the bag provided as per local guidelines. Shake out excess water from the lid and let it air dry. If washing the device use mild soap and rinse well.

Cones are single use. Dispose of them in the bag provided as per local guidelines. Shake out excess water from the bottle and tubing and let it air dry. If washing the device use mild soap and rinse well.

Clinisupplies | Nightingale

Nightingale Home Delivery Service is part of **Clinisupplies**, helping you and your healthcare professional to find and order the bladder and bowel products you may need.

To order, register or login online or via the app:
www.nightingaledelivery.co.uk

Download on the App Store | GET IT ON Google Play

or phone: **0800 304 7434**

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Nightingale by Clinisupplies

Aquaflush®

Need a bit more support?

Learning Transanal irrigation (TAI) can take time.

It's normal to have questions, need small adjustments, or feel unsure in the early days.

If you order your TAI products through **Nightingale Home Delivery Service**, you can access our optional **TAI Support Programme**.

How we can help.

Our trained specialists and nurses can:

- Check in with you after you start
- Help you feel confident using your equipment
- Talk through common issues and practical tips
- Support you with re-ordering and supplies
- Guide you on when to contact your healthcare professional
- Support is personal, confidential, and tailored to you

Support, working alongside your healthcare team.

Taking part is entirely optional. You can use as much or as little support as you need, whenever it suits you.

We work alongside your healthcare team and do not replace your clinician's advice. If a medical review is needed, we will guide you back to your healthcare professional.

If you'd like support:

Speak to our team when placing your order, call **0800 304 7434**, or email **hello@nightingale.co.uk**



Supporting you alongside your healthcare team.

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