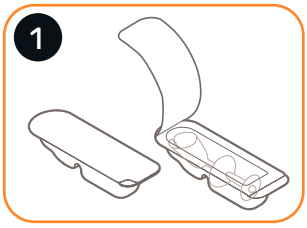
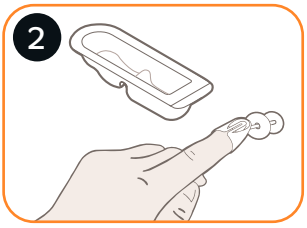
Aquaflush® Inserts

Aquaflush Insert
Quick Start Guide

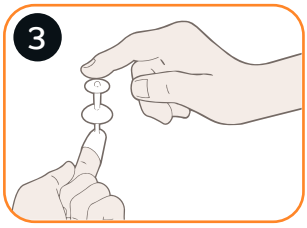
The **Aquaflush®** insert has been designed for simplicity and ease of use. Always speak to your Healthcare Professional first so they can make sure it's the right product for you.



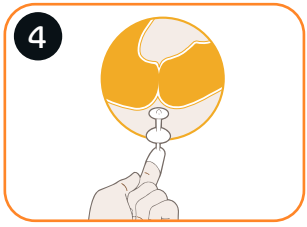
Wash your hands and then sit on the toilet as if you were going to evacuate your bowls.



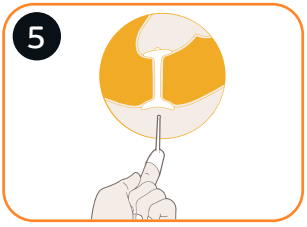
Push your index finger into the applicator as shown. Your fingernail should be against the paper-clip style feature.



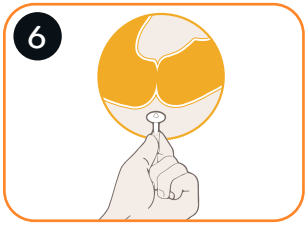
Lift the insert from the pack and push the nipple on the top of the insert to make sure it is attached to the applicator correctly.



With your palm facing upwards, gently push the insert into your anus using steady, gentle pressure.



Push the insert until the finger-tip touches your anus, withdraw the applicator and the insert will remain in place.



To remove the insert simply pull the bottom disk and then dispose of it in your household waste and wash your hands thoroughly.

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