

# NAVÄGE<sup>®</sup>

## Nasal Hygiene System

**Nasal irrigation works.**  
Read carefully for a great first experience!



SaltPods<sup>®</sup>

Nose Cleaner  
Model SDG-2

## Owner's Manual

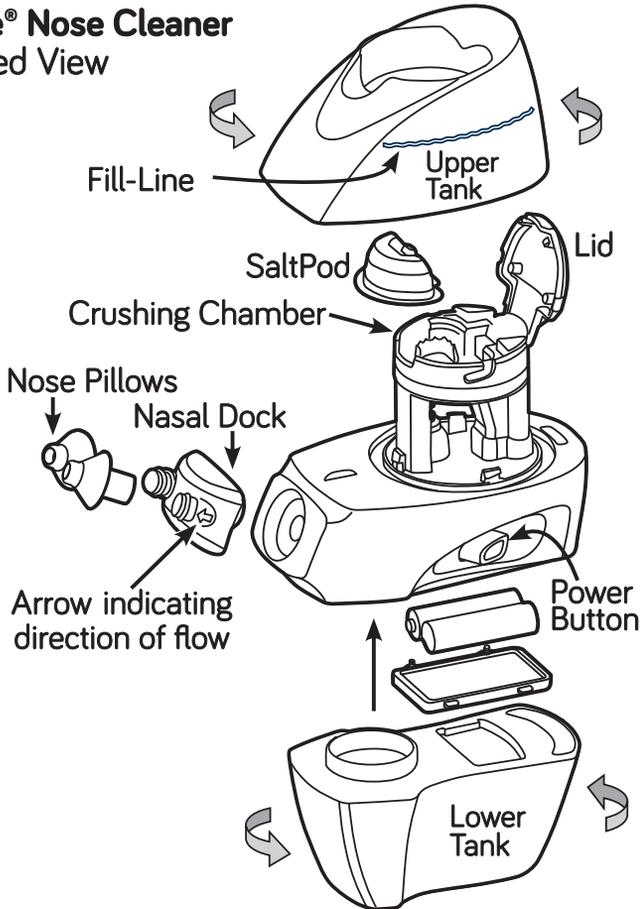
*Nasal hygiene will be to the 21st century what oral hygiene was to the 20th!*

# TAKE THE NAVÄGE CHALLENGE!

Thank you for purchasing the Naväge® Nasal Hygiene System, the world's only nasal irrigator with gentle powered suction. Naväge provides fast relief from sinus congestion without drugs, and a cleaner nose than ever before! To get the most out of your new device, read the Owner's Manual carefully. You bought Naväge to solve a problem. Maybe it's sinusitis, or allergies, or snoring. Maybe you just want to breathe better through your nose.

*Accept the Naväge challenge: Use Naväge twice a day for two weeks and experience how clear nose-breathing and improved nasal hygiene can change your life!*

## Naväge® Nose Cleaner Exploded View



## ASSEMBLY

- Twist off the upper and lower tanks (Fig. A). Hand wash the tanks and nose pillows prior to first use.
- Insert the included AA batteries and screw the battery door on tightly. Reattach the tanks.
- Install the nose pillows snugly over the nasal-dock posts (Fig. B). The arrows indicate the direction of flow.
- Attach the nasal-dock to the center module. Take care that the O-rings remain snug in their channels (Fig. C). The nasal-dock rotates so the saline rinse can flow in either direction.



## STEP BY STEP INSTRUCTIONS

*It's best to learn while standing at a sink!*

### *Loading a Naväge SaltPod is as easy as 1, 2, 3!*

1. Fill the Upper Tank to the Fill Line (Fig. 1) with warm water. (See page 6 for important water information).
2. Place a new, unused SaltPod capsule in the crushing chamber, foil-side down (Fig. 2).
3. Close the lid firmly until you hear it click shut, **and do not reopen it** (Fig. 3).



The power button cannot be pushed in without a new SaltPod in the crushing chamber and the lid clicked shut.

# No Peeking!

If you reopen the lid after loading a SaltPod, the device will not work.



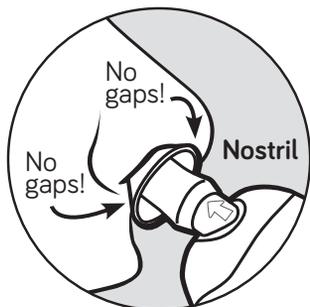
## STEP BY STEP INSTRUCTIONS (CONT)

4. Gently shake the device for a few seconds to thoroughly mix the water and SaltPod contents.
5. Locate the power button. It has two stages just like a camera button that focuses and then snaps a picture. Push the button in half-way and the pump will start. Push it in all the way and the drain valve will open and saline will immediately flow out of one of the nose pillows.

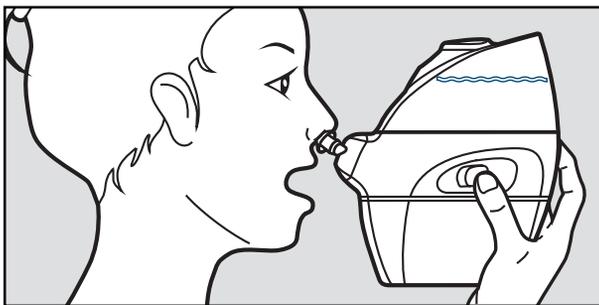
**Protip: Feel the suction: Cover the nose pillows with your finger tips and press the power button in half-way. You will feel a light suction from one of the nose pillows.**

6. Run a little water over the nose pillows to make them easier to slip into your nostrils. (If you have very small nostrils you can put a tiny bit of petroleum jelly on the pillow tips to make insertion easier.)
7. Insert the nose pillows and center them in your nostrils so the tips are not blocked. Press them in firmly for a tight seal to prevent leaking. Use the flexible stems for a snug, centered, comfortable fit (Fig. 4).

**Protip: Adjusting the nose pillows is important for a good first experience. The key to successful nasal irrigation is making your nasal cavity into a closed system separated from your oral cavity. This prevents the saline from going down your throat, and keeps it flowing in one nostril and out the other.**



4. Correct Fit



5. Correct Posture

8. Relax... Stand up straight and keep your head erect, chin up slightly (Fig. 5). **Smile** and breathe normally through your mouth. Now push the power button in. You can push it in half-way and feel the suction for a moment or two, or you can push it in all the way right from the start. Experiment and you'll find what works best for you. **Feel the saline flowing through your nose!**

**Protip: Nasal irrigation is safe and effective, and doctors advise that it can be practiced as often as you wish. We recommend using your Naväge Nose Cleaner several times in a row when you first get it, to help you quickly master the art of nasal cleansing. What may start as a challenge for some will quickly become a convenient and refreshing new addition to your daily hygiene regimen. Clean nose, healthy life!**

9. A Naväge cycle can last from about 10 seconds to a minute, depending on personal anatomy and congestion. Most cycles last from 20 to 30 seconds. The cycle is complete when the upper tank is empty.
10. Release the power button and remove the pillows from your nostrils. Most users will have a little saline remaining. Gently blow your nose.
11. Twist off the bottom tank and empty it. Clean your device following the instructions on page 6.

For personal help, email [support@navage.com](mailto:support@navage.com) or call (800) 931-7828

## TROUBLESHOOTING TIPS

### 1. Problem: I'm getting salt water down the back of my throat.

The key to successful nasal irrigation is making your nasal cavity into a **closed** system. That's what makes it possible for the rinse to go in one nostril and out the other – and **not** down your throat.

**Anatomy 101:** Located at the back of the roof of your mouth (at the top of the throat) is a small area called the soft palate. It's made of soft tissue and muscle, and it separates the nasal cavity from the oral cavity. When the soft palate is closed, saline **cannot** go down the throat. For most people this happens naturally and automatically, but not for everyone. Here are some proven tips. Try them all; one will work for you.

- **Relax. It's really important. The more relaxed you are, the better and easier everything works. Nasal lavage is safe and effective and millions do it everyday. Be assured that just like them, you'll master it, too!**
- **Keep breathing through your mouth. This helps close the soft palate.**
- **While irrigating, say Ähh... Seriously: take a deep breath through your mouth and say/sing "ahh" just like you would for a doctor examining your throat. Then take another breath and sing it again!**
- **Reverse the direction of flow by rotating the nasal dock 180 degrees. The saline will flow in the opposite direction, and this can make a big difference depending on your unique anatomy.**

### 2. Problem: Saline is leaking from my nose.

If you are leaking at the nose pillows, press them a little more firmly into your nostrils and experiment with the best angles for a tight fit. **Take care not to block the tips against the inner walls of the nasal cavity.** The dripping will stop.

### 3. Problem: The power button won't push in, Part 1.

For the power button to operate, a new SaltPod capsule must be placed in the crushing chamber and the lid clicked shut. **The device is designed to work only when loaded with a new, unused SaltPod. This is an important safety feature that reduces the risk of running plain, unsalted water through your nose to avoid the painful stinging that can cause.** This is critical: if you reopen the lid, the power button will no longer work with that particular SaltPod – even when you re-close the lid. The button will be mechanically locked out, and it cannot be pushed in. That's why you can't peek!

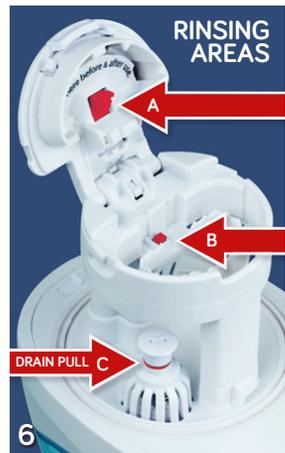
### 4. Problem: The power button won't push in, Part 2.

Rinse the device with hot water for at least 30 seconds in the three places marked A, B, and C (Fig. 6). This eliminates salt crystal buildup that can interfere with device operation. After rinsing, lift the Drain Pull (C) to verify that it is not stuck.

### 5. Problem: The button pushes in, but the pump doesn't start.

Visually reconfirm that the batteries are installed in the correct direction inside the battery compartment. Fresh AA batteries should last at least 3 months if you use the device daily.

6. More help including instructional videos and additional tips is available at [navage.com](http://navage.com). You can also email [support@navage.com](mailto:support@navage.com) or call us at (800) 931-7828 during normal business hours.



## CLEANING INSTRUCTIONS

- **Upper and lower tanks, nose pillows, and nasal dock.** These should be detached and washed after use. Anti-bacterial dishwashing soap or diluted white vinegar (half-water, half-vinegar) are recommended cleaning agents.
- **Center module.** Wipe the center module with a damp cloth. **Do not immerse the center module; it is not water proof.**
- **Crushing chamber lid.** Rinse the underside with hot water to melt away dried salt crystals.
- **Drain pipe.** Rinse by lifting the drain pull and running water through the upper tank drain (Fig. 6 page 5).
- **The Naväge Nose Cleaner is not dishwasher safe.** Exposing the tanks to dishwasher heat will warp them and prevent them from sealing to the center module. **Cleaning the Nose Cleaner in a dishwasher voids the warranty.**

## CAUTIONS

- **If you experience pain during use, stop immediately and consult a health care practitioner.**
- Rinsing your nasal passages with plain, unsalted water will result in a severe burning sensation.
- Do not use if either of your nasal passages is completely blocked and if you are unable to breathe through one or both of your nostrils.
- Do not use if you have an ear infection or if your ears are blocked.
- Consult your doctor before use if you have had ear or nose surgery in the past 6 months.
- Do not use continuously for longer than five minutes.
- **ABOUT WATER.** The University of Wisconsin Department of Family Medicine advises that in North America, lukewarm tap water from municipal water systems or intact wells deeper than 40 feet is safe for saline solution preparation. If these criteria are not met or if water safety is in doubt, distilled water or tap water boiled and then cooled to room temperature is recommended. The US FDA advises using filtered, distilled, or previously boiled water for nasal irrigation, and that water “passed through a filter with an absolute pore size of 1 micron or smaller” is safe for nasal irrigation.
- Most users prefer to warm their water prior to use. Do not overheat the water. It should be lukewarm to the touch and not hotter than about 85° – 90° F (29° – 32° C)
- To prevent cross infection between users, the Naväge Nose Cleaner should not be shared.
- Not for use by children under 12.
- Terminate use if no saline appears in the lower tank after 60 seconds.
- Consult a health care practitioner if you are using the Naväge Nose Cleaner to relieve congestion due to a nasal illness and there is no improvement after use; if your symptoms persist or worsen; if you have a persistently thick and yellow or green discharge; or if skin at the base of the nostrils becomes raw or crusted.
- Clean the nose pillows and device after each use according to the cleaning instructions.
- Using the product with illegal drugs, alcohol, or prescription drugs except when prescribed by a physician is strictly prohibited, will void the warranty, and may cause serious injury.
- Use only as indicated in these instructions or as directed by a health care practitioner.

## FREQUENTLY ASKED QUESTIONS

### What are the benefits of saline nasal irrigation?

First and foremost, nasal irrigation reduces sinus congestion due to sinusitis, colds, allergies, hay fever, pollen, dry air, environmental pollution, etc. Whatever the cause of the stuffiness, cleaning and moisturizing the nasal cavity makes it easier to breathe through your nose. Daily irrigation and a clean nose have many additional benefits: nose-breathers are much less likely to snore; daily users report deeper and sounder sleep; dry crusted mucous and the impolite method used to remove it is virtually eliminated; and post nasal drip is significantly reduced.

### What actually happens during a nasal lavage cycle?

Saline enters through one nostril and flows to the back of the nose where there is a small opening between the back edge of the nasal septum and the rear wall of the nasal cavity. The rinse flows through that opening and returns to the front of the nose where it exits through the other nostril, flushing out everything from microscopic organisms, allergens and pollen, to dust, environmental pollution and dry crusted mucous. In short: in one nostril, around the back of the nose, and out the other nostril.

### How is the Naväge system different from others?

Naväge® is the only nasal irrigation system – in the world – that uses gentle powered suction. It **pulls** the nasal rinse through the nose while other devices like the neti pot and squeeze bottle **push**. A high-tech, miniature vacuum pump. In combination with the unique convenience of Naväge® SaltPods makes this possible, and more important, delivers a no-mess, super convenient user experience.

### How often should I irrigate?

As often as you wish because Naväge and saline nasal irrigation are completely drug-free! We suggest you use Naväge twice a day, but it's safe to use more often. Find out what's best for you by using it regularly for a couple of weeks, and judging the results for yourself!

### I'm leaking saline – hours after I irrigated! What's happening?

During an irrigation cycle, saline flows past tiny channels that connect the sinuses to the nasal cavity. Sometimes, a small amount of saline can flow into a sinus cavity, stay there, and flow out later. This can be annoying and even embarrassing, but it is completely harmless. If you'd like to avoid it, try this: After completing a cycle, bend over and tilt your head first to one side for a few seconds, and then to the other. If there's any residual saline, this usually lets it flow out. Gently blow your nose.

### Am I right-nosed or left-nosed?

It sounds odd, but experience teaches us that just as we're right or left-handed, we're also "nosed". It's all about individual anatomy, so don't be surprised if the Naväge cycle goes faster in one direction than the other. Try both directions – the nasal dock is easily rotated, just twist it 180 degrees.

### How long do the batteries last?

The Naväge Nose Cleaner is powered by two AA batteries which will provide sufficient power for several months of daily use. If you notice the motor is running at a lower pitch or there is less suction than you're used to, it may be time to change the batteries.

### Limited Warranty

The Naväge Nose Cleaner is covered by a limited, one-year parts and labor warranty. If your device fails during the warranty period, visit [navage.com](http://navage.com) or call (800) 931-7828 for details and to arrange repair or replacement.

## Disposal and Recycling

Please recycle. Naväge SaltPods are made from HDPE, recycling code #2. The SaltPod tray is made from RPET (recycled PET), recycling code #1. The Naväge system is BPA-free.

## Intellectual Property

The Naväge Nose Cleaner and SaltPods are patent-protected worldwide. See [navage.com](http://navage.com) for country-specific patent notices. Naväge®, SaltPod®, Breathe Better Now®, and Clear Nose, Healthy Life!® are just some of the registered trademarks owned by RhinoSystems, Inc.

## RhinoSystems, Inc. is the Manufacturer of the Naväge Nose Cleaner and SaltPod® Capsules

Naväge SaltPods are manufactured in the USA. The Naväge Nose Cleaner is designed in the USA and assembled in China. SaltPods have been issued Natural Product Number 80035721 by Health Canada. RhinoSystems is committed to continually improving our products through on-going research and development. RhinoSystems is ISO 13485:2003 certified, certificate number SCC-0219a. We strive to maintain the highest quality in everything we do.

**THE NASAL DOCK ROTATES!**  
Try both directions and  
find out what's best for you!



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<b>Electromagnetic Compatibility</b> The Naväge Nose Cleaner has been built and tested to comply with the applicable electromagnetic compatibility requirements (EMC) according to IEC60601-1-2 for residential, commercial and light industry environments. For further details, see "Guidance and Manufacturer's Declaration – Electromagnetic Emissions and Immunity" as follows.		
<b>Guidance and Manufacturer's Declaration – Electromagnetic Emissions and Immunity</b>		
The Naväge Nose Cleaner is intended for use in the electromagnetic environment specified below. It is the responsibility of the customer or user to ensure that it is used only in such an environment.		
Emissions Test	Compliance	Electromagnetic Environment - Guidance
RF emissions CISPR11	Group 1	The Naväge Nose Cleaner uses RF energy only for its internal function. Therefore its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR11	Class B	The Naväge Nose Cleaner is a direct-current battery-powered medical device that is suitable for use in all establishments. It is not intended or suitable to be directly connected to the public low-voltage alternating-current power supply network.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/flicker emissions IEC 61000-3-3	Not applicable	
Cautions: Medical devices need special precautions with respect to EMC, and the Naväge Nose Cleaner should be installed and put into service according to the EMC information provided herein. The device can be affected by portable and mobile RF communications equipment. It should not be used adjacent to or stacked with other equipment, and if adjacent or stacked use is necessary, it should be observed to verify normal operation in the configuration in which it will be used. The product has been found to have no Essential Performance and does not require immunity testing.		