Nasal irrigation works!

Read carefully for a great first experience.

SaltPods®

Nose Cleaner
Model SDG-2

Owner’s Manual

Nasal hygiene will be to the 21st century what oral hygiene was to the 20th!
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! You bought Naväge to solve a problem and provide better breathing. To get the most out of Naväge, read this Owner's Manual carefully, watch the videos at navage.com, and call Customer Support at (800) 248-7550. We're here to help!

**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**

<table>
<thead>
<tr>
<th>Nose Pillows</th>
<th>Standard</th>
<th>Light blue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-tipped</td>
<td>Natural</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>Green</td>
<td></td>
</tr>
</tbody>
</table>

Start with Standard and try out all three sizes to find out which works best for you. Only your nose knows!
ASSEMBLY

- Lift the Drain Pull (Fig. A) and remove the red pull tab.
- Twist off the upper and lower tanks (Fig. B). Hand wash the tanks and nose pillows prior to first use.
- Insert included AA batteries and screw battery door on tightly. Reattach the tanks.
- Push the Standard, blue nose pillows snugly over nasal-dock posts (Fig. C). Note arrows indicating the direction of flow. Try all 3 sizes to determine which is best for you.
- Attach nasal-dock to center module. Take care that the O-rings remain snug in their channels (Fig. D). The nasal-dock rotates 360° so rinse can flow in both directions.

STEP BY STEP INSTRUCTIONS

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).

It’s best to learn while standing at a sink!

Continued on next page.

The power button only operates with a new SaltPod in the crushing chamber and the lid clicked shut.

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

No Peeking!
4. Gently shake the device for a couple of seconds to mix SaltPod contents with water in the upper tank.

5. Locate the power button. It has two stages, similar to a camera button that first focuses and then snaps a picture. Push the button in half-way and the suction pump starts. Push it in all the way and the drain valve opens and saline flows out of one of the nose pillows.

   *Feel the suction with your fingertip. 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. They should be snug, but not too snug. Use the flexible stems for a snug, centered, comfortable fit (Fig. 4).

   *Note well: Adjust the nose pillows correctly for a good first experience. First, press the pillows in firmly to create the seal. Then, once the cycle is initiated, back off a little to increase flow. With the nose pillows it’s all about positioning (keep the tips centered and unblocked) and pressure (just enough to make a seal). If one or both pillow tips are blocked, suction will decrease or stop and you may get water down your throat, slow flow, or no flow at all.*

8. Relax… Stand up straight and keep your head erect (Fig. 5). Smile and breathe normally through your mouth. Now push the power button in half-way for a moment and feel the suction, or just 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!*  

   *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. If you need assistance, please call Customer Service at 800 248-7550. Our reps are caring, knowledgeable, and they use Naväge daily. They are eager to help!*  

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 or call (800) 248-7550**
1. Problem: I’m getting water down my throat!

The key to successful nasal irrigation is to make your nasal cavity into a closed system, separated from your oral cavity. That’s why the rinse can go in one nostril and out the other — and not down your throat.

- The nose pillows should be in snug, but not too snug. Press the pillows in firmly to create a seal. Once the cycle is initiated, back off a little to increase the flow. Don’t block the tips against the inside walls of your nose. Less pressure equals more flow.
- Try each of the three pairs of nose pillows to find out which work best for you.
- Breathe normally through your mouth.
- While irrigating, say Â‘ahh... Seriously. Take a deep breath and say or 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, and the saline will then flow in the opposite direction. This can make a big difference depending on your unique anatomy (Fig 6.).
- Relax. It’s really important. The more relaxed you are, the easier it is! Nasal lavage is safe and effective, but for some folks, there’s a learning curve. It may take 3 or 4 or 5 tries, but be assured that just like millions of daily users, you’ll master it, too!


For the power button to operate, a new SaltPod capsule must be placed in the crushing chamber foil side down 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 to avoid the painful stinging and burning that is caused by running plain, unsalted water through your nose. This is critical: if you reopen the lid, the power button will no longer work with that particular SaltPod — even if you re-close the lid. The button will be locked out, and impossible to push in. That’s why there’s no peeking!


Rinse the device with hot water for at least 30 seconds in the three places marked A, B, and C (Fig. 7). 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.

4. 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.

5. More help including instructional videos and additional tips is available at navage.com. You can also email support@navage.com or call us at (800) 248-7550 during normal business hours.
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.
- 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.
- Do not use if your nasal passages are completely blocked and it is impossible to breathe through your nose.
- Do not use if you have an ear infection or if your ears are blocked.
- 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.
- Nose bleeds are a rare but known side effect of saline nasal irrigation. Consult your physician if you experience a nose bleed after use.
- 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; or if your symptoms persist or worsen; or 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 prohibited, may damage the device, voids the warranty, and may cause serious injury.
- Use only as indicated in these instructions or as directed by a health care practitioner.

CLEANING INSTRUCTIONS

- Underside of the white center module: Wipe with a damp cloth. Do not rinse the underside with running water, as this may damage the pump and force water into the battery compartment. Do not immerse the center module; it is not water proof.
- Crushing chamber lid: Rinse areas A and B with hot water for 30 seconds to melt any dried salt crystals (see Fig. 7, page 5).
- Upper and lower tanks, nose pillows, and nasal dock: Detach and wash after use with anti-bacterial dishwashing soap or diluted white vinegar (half-water, half-vinegar).
- Drain pipe: Place a drop of antibacterial dishsoap on the included cleaning swab, and insert as show in Fig. 8 and Fig. 9. To rinse, lift the Drain Pull (C) and run hot water through the drain pipe (see Fig. 7, 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.
**FREQUENTLY ASKED QUESTIONS**

**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 gap between the back edge of the nasal septum and the rear wall of the nasal cavity. The rinse flows through the gap and returns to the front of the nose where it exits through the other nostril, flushing out microbes, allergens, pollen, dust and encrusted 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 nasal squeeze bottle, **push**. This is similar to the difference between a broom and a vacuum cleaner. As a result, Naväge is exceptionally neat and convenient, and it can be used fully clothed, standing up, without making a mess.

**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, mornings and evenings, 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 leak saline — sometimes hours after I irrigate! 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. 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.

**How long do the batteries last?**
The batteries will provide sufficient power for several months of twice daily use. If you notice the motor is running at a lower pitch or if there is less suction than you’re used to, it’s 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 or call (800) 248-7550 for details about how 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 completely BPA-free.**

**What is in a Naväge SaltPod®?**
Naväge SaltPods have two ingredients: salt and water. The sea salt is a super-purified pharmaceutical grade that contains over 99.9% sodium chloride. With zero additives and fillers, this is the purest sea salt available. The water goes through a sophisticated purification process that consists of carbon filtration, double deionization, UV sterilization, and a sub-micron finishing filter. **The result: seriously clean water.**

**Naväge SaltPods are Made in the USA**
Naväge SaltPods are manufactured in our Brooklyn Heights, Ohio facility which is certified to comply with ISO 13485:2003, the internationally recognized quality standard for medical device manufacturing. Naväge SaltPods are licensed by Health Canada’s Natural Health Product Directorate, Natural Product License Number 80035721.
Electromagnetic Compatibility
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.

Guidance and Manufacturer’s Declaration – Electromagnetic Emissions and Immunity
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.

<table>
<thead>
<tr>
<th>Emissions Test</th>
<th>Compliance</th>
<th>Electromagnetic Environment - Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>RF emissions CISPR11</td>
<td>Group 1</td>
<td>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.</td>
</tr>
<tr>
<td>RF emissions CISPR11</td>
<td>Class B</td>
<td>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.</td>
</tr>
<tr>
<td>Harmonic emissions IEC 61000-3-2</td>
<td>Not applicable</td>
<td></td>
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<tr>
<td>Voltage fluctuations/flicker emissions IEC 61000-3-3</td>
<td>Not applicable</td>
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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.

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