Naväge works by using powered suction to:
1. Pull refreshing saline from the upper tank,
2. Into one nostril and around the back of the nose, and
3. Out the other nostril and into the lower tank.

Setting Up Your Nose Cleaner Is Easy!
The batteries are pre-installed. All you have to do is attach the nasal dock to the mechanical module, taking care that the blue O-rings stay snug in their channels (Fig. 1). That’s all there is to it!

Instructions for Use
1. Fill the upper tank to the Fill Line with warm water (Fig. 2). See page 6 for important information about water.
2. Place a new, unused SaltPod capsule in the crushing chamber, foil-side down (Fig. 3).
3. Close the lid firmly until you hear it click shut, and do not reopen it (Fig. 4).
4. Gently shake the device for a second or two to mix the SaltPod contents with the water in the upper tank.
5. Locate the two-stage Power Button (see Exploded View on page 8). When you push the button in **half-way**, you will hear the motor and the pump will start. You can actually feel the suction by covering both nose pillows with your finger tips while pressing the button in half-way. You will feel light suction from **only one** of the pillows. Remember, the rinse gets pulled in through one pillow and exits through the other. **Firmly push** the button in **all the way** and the drain valve will open, allowing the rinse to flow out of the other nose pillow. Be sure to do this over a sink!

6. Arrows on the nasal dock indicate the direction of flow (Fig. 5). Again, note that the rinse goes **into the nose** through one nose pillow, and **out of the nose** through the other.

7. Run a little water over the nose pillows to make them easier to slip into your nostrils.

8. **Observing the 3 P's guarantees your success with Naväge:**

**POSITION:** Insert and center the nose pillows in your nostrils. Be sure not to block the tips against the nasal walls. They should be in snug, but not too snug. The flexible pillow stems can be bent to obtain a centered, comfortable fit (Fig. 6). With the nose pillows it’s all about keeping the tips centered and unblocked.

**PRESS:** Press the pillows into your nose firmly enough to create a seal. Once the cycle is initiated, back off a little. This will decrease the pressure and increase the flow. **If one of the pillow tips is blocked against the nasal wall, suction will decrease or stop, and you may get water down your throat, slow flow, or no flow at all.** That’s why you want to back off the pressure a little. Wiggling the nose pillows around in your nostrils can also help improve the seal.

**POSTURE:** Relax… Keep your head level, look forward, and don’t bend over (Fig. 7). Breathe normally through your mouth. Now push the Power Button in half-way for a second or two and feel the suction. Or you can push it in all the way right from the start (press hard). Experiment and you’ll find what works best for you.
9. Naväge uses powered suction. Keeping the Power Button pushed in half-way for more than a second or two may cause minor ear discomfort in some users. This condition typically resolves on its own similar to riding in an elevator or airplane, and it is harmless. To avoid this completely, firmly press the Power Button in all the way, right from the start, so that it is flush with the side of the unit. This will allow the saline to flow into your nose immediately.

10. Nasal irrigation is safe and effective, and it can be done as often as you wish. While you’re learning, we recommend using your Naväge several times in a row to get the hang of it quickly.

11. A Naväge cycle can last from 10 seconds to a minute depending on your personal anatomy and how congested you are. Most cycles last from 20 to 30 seconds. The cycle is complete when the upper tank is empty.

12. If your sinuses are completely blocked, see Troubleshooting Tip #5 on page 5.

13. Release the Power Button and remove the pillows from your nostrils. Most users will have a little saline left in their nose. Tilt your head forward and gently blow your nose.

14. Twist off the bottom tank and empty it. Clean your device following the instructions on page 5.

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**TROUBLESHOOTING – PROBLEMS AND SOLUTIONS**

1. I’m getting water down my throat!

   The key to success is making your nasal cavity into a closed system, separate from the oral cavity. That’s how the rinse can go in one nostril and out the other, and not down your throat. This results from closing the soft palate, and for most new users it happens effortlessly. But not for everyone. What follows are tips for when you are having trouble. Or why not just give our awesome customer service team a call. They are daily Naväge users themselves and can be reached at (800) 203-6400.

   • Relax – no one has ever drowned doing nasal irrigation! Seriously, the more relaxed you are, the easier it is. Nasal lavage is safe and effective and it is practiced every day by millions of daily users all over the world. For some new users there’s a learning curve, and it may take 3 or 4 or 5 tries, but be assured that you’ll master it too. Best of all, just like riding a bicycle, once you’ve got it, you’ve got it forever!

   • 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 usually results in more flow.

   • Breathe normally through your mouth.

   • Press your tongue firmly against the roof of your mouth and sing/say “sung”, holding the “ng” sound. This will force the back of your tongue up and help lift and close the soft palate, making your nasal cavity a closed system!

   • Reverse the direction of flow. Rotate the nasal dock 180 degrees and the saline will then flow in the opposite direction. This often makes a big difference so you should try both directions (see fig 8).

   • Again, if you’re in that small group for whom there is a learning curve, don’t give up! There are countless online reviews like this one: “Absolutely love this. Once you get the hang of it, it works better than anything I have ever bought! So hang in there, it’s worth it!” Persistence pays!


   For the Power Button to work, a new Naväge SaltPod must be placed in the crushing chamber foil-side down and the lid clicked shut. The device only works when loaded with a genuine, 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. It is also super convenient and eliminates the uncertainty and mess of
measuring and mixing. 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. (No Peeking!)

3. 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. 9). This will eliminate salt crystal buildup that can interfere with device operation. Make sure you time it. 30 seconds is the magic number and it's longer than you think! After rinsing, lift the Drain Pull (C) to verify that it is not stuck. **This is especially important if you haven’t used your Naväge for awhile.**

4. The button pushes in all the way but the pump doesn’t start.
   a. Visually reconfirm that the batteries are installed in the right direction. Fresh AA batteries should last at least 3 to 4 months of daily use.
   b. Rinse the device with **hot water** as described in #3 above.

5. My nose is completely blocked and I can’t breathe through either nostril.
For nasal irrigation to work, there must be room for the rinse to go in one nostril and come out the other. If you are extremely congested, space is limited and it will be slow at first. You may need to start and stop a few times to loosen the mucus and break up the congestion. We suggest the following tips when you're really stuffed up:
   a. Irrigate for about 10 seconds;  
   b. Gently blow your nose;  
   c. Rotate the Nasal Dock 180° to reverse the flow, and irrigate in the opposite direction for about 10 seconds;  
   d. Gently blow your nose again;  
   e. Rotate the Dock 180° again;  
   f. Repeat until the rinse begins to flow into the bottom tank. This repeated “back and forth” will help flush out the congestion and allow the rinse to flow from one nostril to the other. Persistence pays!

6. Instructional videos and additional troubleshooting tips are available at navage.com. You can also email us at support@navage.com or call (800) 203-6400 during normal business hours. Our customer support reps are daily Naväge users themselves, and they are caring, knowledgeable, and eager to help!

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**CLEANING INSTRUCTIONS**

- **Upper and lower tanks, nose pillows, and nasal dock:** Detach and hand-wash after use with anti-bacterial dishwashing soap or diluted white vinegar (half-water, half-vinegar).
- **Deep cleaning:** For a deeper cleaning, follow the instructions above using an anti-bacterial spray such as Lysol All-Purpose Cleaner or Clorox Clean-Up. Let sit for at least 2 minutes before rinsing thoroughly to remove all residue.
- To clean the underside of the white mechanical module, wipe it 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 mechanical module. It is not water proof.
- **Drain pipe:** Put antibacterial dishsoap or diluted white vinegar on the included cleaning swab, and insert it as shown in Fig. 10 and Fig. 11. To rinse, lift the Drain Pull and run hot water through the drain pipe (see Fig. 9).
- **Crushing chamber lid:** See Fig. 9 and rinse areas A and B with **hot water for 30 seconds** to melt any salt crystals.
- **The Naväge Nose Cleaner is not dishwasher safe.** Exposing the tanks to dishwasher heat may warp them and prevent them from sealing to the mechanical module. **Running the Nose Cleaner through a dishwasher voids the warranty.**
• If you experience pain during use, stop immediately. If the pain continues, consult a health care professional.

ABOUT WATER. The US FDA advises using filtered, distilled, or previously boiled water for nasal irrigation. The US CDC provides detailed information about boiling, filtering, and disinfecting water for nasal irrigation at www.cdc.gov.

• Most people prefer to use warm water. Do not overheat the water. It should be lukewarm to the touch and not hotter than about 85°–90° F (29°–32° C).

• Rinsing your nasal passages with plain, unsalted water will cause injury and a painful burning sensation.

• Consult your physician before use if you recently had ear or nose surgery.

• Nose bleeds are a rare but known side effect of saline nasal irrigation. Consult your physician if you experience a nose bleed after use.

• Do not use if your nasal passages are 100% blocked and you cannot breathe through either nostril. 100% blockage is rare, and nasal irrigation can help relieve even the most stuffed up sinus condition. See Troubleshooting Tip #5 on page 5 for more details.

• Do not use if you have an ear infection or if your ears are blocked.

• Ear popping and ear fullness are rare but known side effects of nasal irrigation that typically resolve on their own in a short time. Discontinue use and consult your physician if the condition persists.

• Holding the Power Button in the suction-only mode (pressed in half-way) for more than a few seconds may cause minor ear discomfort. To avoid this, press the Power Button in all the way, right from the start. This will prevent suction buildup and allow the saline rinse to flow into your nose immediately.

• Consult your physician 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.

• Terminate use if no saline appears in the lower tank after 60 seconds.

• Do not use continuously for longer than three minutes.

• To prevent cross infection between users, the nasal dock and nose pillows should not be shared.

• Not for use by children under the age of twelve.

• 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 your physician.

CHANGING THE BATTERIES

• The batteries will provide enough power for at least 3 to 4 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 probably time for new batteries.

• To change the batteries, unscrew the battery door (Fig. 12). You may have to gently pry the door up with your fingernail or a screwdriver in the recess next to the screw. Insert two new AA batteries, and screw the battery door back on tightly.
**FREQUENTLY ASKED QUESTIONS**

**What actually happens during a nasal irrigation cycle?**
Saline enters one nostril and flows to the back of the nose where there is a gap between the rear edge of the nasal septum and the back wall of the nasal cavity. The rinse flows from one side of the nasal cavity, through the gap and into the other side. Then it returns to the front of the nose where it exits through the other nostril, flushing out allergens, mucus, dust, and germs, and moisturizing the nasal passages with saline, Nature’s Decongestant®. In short—in one nostril, around the back of the nose, and out the other nostril.

**How is the Naväge system different from other nasal irrigators?**
Naväge® is the only nose cleaner — in the world — that uses powered suction. It pulls saline through the nose while other devices like the neti pot and nasal squeeze bottle push. It’s like the difference between a vacuum cleaner and a broom. As a result, there’s nothing as neat and convenient as Naväge!

**What’s in a Naväge SaltPod®?**
Naväge SaltPods contain sea salt and water. The salt is a super-purified pharmaceutical grade that contains over 99.95% sodium chloride. With zero additives and no fillers, this is the purest sea salt available. The water goes through a sophisticated, 5-stage purification process consisting of carbon filtration, double deionization, ultraviolet sterilization, and a sub-micron finishing filter. The result is seriously clean water.

**How often should I irrigate?**
As often as you wish because Naväge is completely natural and designed for purity, safety and convenience! We suggest you use Naväge twice a day, morning and evening, but doctors advise that it’s safe to use more often. Find out what’s best for you by using it regularly for a couple of weeks so you can judge for yourself!

**I leak saline — sometimes hours after I irrigate! What’s happening?**
During an irrigation cycle, sometimes a small amount of saline can flow into a sinus cavity, remain, 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 at the waist and bring your chin to your chest. Keeping your chin on your chest, turn your head to the left as if looking over your shoulder. Now turn your head to the right and look up over your right shoulder. If there’s any residual saline, this usually lets it flow out. Gently blow your nose.

**Naväge Nose Cleaner Limited Warranty**
The Naväge Nose Cleaner is covered by a limited, one-year parts and labor warranty. We will replace any product that malfunctions due to a manufacturing defect within a year of purchase. For service, email support@navage.com, or call (800) 203-6400. Please note that the Naväge Nose Cleaner is not water-proof. The limited warranty does not cover damage caused by:
- Using the Nose Cleaner without a genuine, unused Naväge SaltPod capsule;
- The use of harmful additives such as tea tree oil that can cause irreparable damage to plastic;
- Submerging the Nose Cleaner in water;
- Not fully tightening the screws on the battery door;
- Placing the Nose Cleaner in a dishwasher;
- Dropping and other accidents.

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

**Electromagnetic Compatibility**
The Naväge Nose Cleaner complies with the applicable electromagnetic compatibility requirements (EMC) according to IEC60601-1-2 for residential, commercial and light industry environments. Details are available at navage.com/electromagnetic.

For personal help call (800) 203-6400 or email support@navage.com.
Use Naväge twice a day for two weeks, once in the morning and once at night, and experience how clear nose-breathing can change your life!

The Naväge Nose Cleaner is designed in the USA and made in China. Naväge SaltPods are made in our Brooklyn, Ohio facility which is certified to comply with ISO 13485:2016, the internationally recognized quality standard for medical device manufacturing.

SaltPod® Required!

Sensitive tissue lines the inside of the nose. Exposing that tissue to water that has too much or too little salt will cause a painful burning sensation and may cause injury. That’s why the Power Button only works with a new SaltPod in the crushing chamber and the lid clicked shut.

If you reopen the lid after loading a SaltPod, the device won’t start.

That’s why we say No Peeking!

The Naväge Nose Cleaner is designed in the USA and made in China. Naväge SaltPods are made in our Brooklyn, Ohio facility which is certified to comply with ISO 13485:2016, the internationally recognized quality standard for medical device manufacturing.