

This quick start guide is not intended to replace the instruction manual that came with your NasoNeb Nasal Nebulizer.

Getting used to the NasoNeb Nasal Nebulizer. We recommend that you take a stepwise approach when starting to use the NasoNeb Nasal Nebulizer. Before you use the NasoNeb Nasal Nebulizer with liquid, assemble and run the system as instructed below *with no liquid* to become familiar with the operation of the system.

Try a session *with saline only* to find your proper position. Everyone's nasal and sinus cavities are slightly different and using saline will give you an idea of the best position and angle for you to hold the NasoNeb medication cup. The medication cup should be held close to vertical with your head tilted approximately 30 degrees forward. The tips of the insert should not enter your nose. You will need to experiment to get *your* proper angle and position.

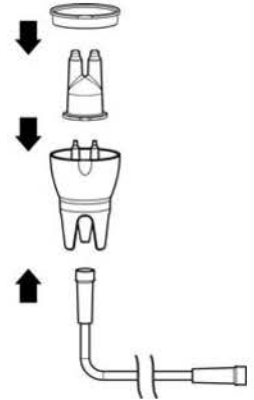


Additional Tips

- **Keep your mouth open when using the NasoNeb.** You want the air to exit your mouth as it blows into your nose. Placing the tip of your tongue on the roof of your mouth will help pull mist into your nasal cavity.
- **The tips of the insert should barely penetrate the nostrils.** You will feel the mist penetrating to the back of the nasal cavity when the medication cup is in the proper position. Some patients have reported benefit from using Breathe- Right® strips to increase nasal clearance during treatment.
- **Turn off the compressor** before you take the medication cup away from your nostrils.
- **If the insert fails to seat or pops up,** one or both jets may be clogged. You may put the end of the tubing over either the insert jets or the canister jets to clear a particle causing an obstruction. Saline may crystallize on the insert or main canister if it is not thoroughly cleaned. Clean the Handheld Assembly after each treatment session.
- **Some medications may leave foam in the cup,** this is normal. Simply stop the treatment when only foam is left in the cup

Using the NasoNeb Nasal Nebulizer

1. Wash your hands with warm soapy water and rinse them well before beginning this procedure
2. Find a clean flat surface with electrical power near a sink to set-up the NasoNeb and plug in the power cord
3. Place the insert into the cup using the alignment tabs to insure it is positioned correctly
 - a. The Insert should seat on the bottom of the main canister and the jets should stick up approximately ½ inch above the rim of the main canister. If the jets extend over 1 inch above the main canister, turn the insert around.
4. Place the cover over the insert
5. Attach the tubing to the compressor and to the bottom of the main canister
6. Place the assembly into the docking port on the compressor
7. Add the saline and medication vials as instructed.
8. Hold the medication cup assembly comfortably in your hand with the open portion of the cover away from you
9. Place the medication cup assembly under your nose
10. With the insert jets in the proper position, turn on the compressor
11. You may find that stopping and blowing your nose after 20-30 seconds will help clear your nose and let the medication penetrate your nasal cavity
12. Allow the medication to drain from the cup
 - a. Treatment time should last 1-5 minutes



After your treatment

1. Disconnect the tubing from the medication cup and clean all parts of the medication cup assembly as instructed in the manual
2. If the tubing is wet, wipe the outside of the tubing with a damp cloth and dry it with a dry cloth
 - a. Do not wash the inside of the tubing or submerge the tubing, keep the inside of the tubing dry
3. Wipe the exterior of the compressor with a damp cloth if it is wet and then dry it off
4. Let the assembly air dry completely before the next treatment.