

DIRECTIONS FOR SinuGator® Cordless Pulsatile Nasal Wash

SinuGator® Cordless Pulsating Nasal Wash



The NeilMed® SinuGator® cordless Pulsating Nasal Wash™ is an easy to use system that allows you to deliver the saline solution with positive and pulsatile pressure to clean the nasal passages thoroughly.

Step 1: Please wash your hands. Fill the clear blue reservoir with 240 mL (8 fl oz) volume of lukewarm, distilled, micro-filtered (0.2 micron) or previously boiled and cooled down water.

Step 2: Cut the SINUS RINSE™ mixture packet at the corner and pour its contents into the blue reservoir of the SinuGator®. Place the white motor unit over the blue reservoir and rotate until locked. Swirl the unit thoroughly to dissolve the mixture.

Step 3: Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the tip snugly against your right nasal passage or nostril. Press the blue power button until the solution starts draining from your left nasal passage. Depending on the head position, residual solution may drain from your mouth. We suggest to spit it out, however, there is no harm, if accidentally swallowed. For a proper rinse, keep pressing the power button until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the solution is used for one nostril. Stop pressing the power button if you feel any discomfort, pain or pressure during the irrigation.

Step 4: Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums. If

tolerable, sniff in gently any residual solution remaining in the nasal passage once or twice, because this may clean out the posterior nasopharyngeal area, which is the area at the back of your nasal passage.

Step 5: Now repeat steps 3 and 4 for flushing your left nasal passage or nostril.

Cleaning Directions: Clean the SinuGator® by running plain water and dry with a clean lint free towel and then air dry the unit by keeping it open to the air. The nasal irrigator tip, blue reservoir and white soft tube can be disinfected by placing in the home microwave for 60 seconds. (Read additional details in enclosed brochure.) Clean the entire unit with a few drops of dishwashing liquid and water every three days to keep the unit clean. Please make sure to run enough water during each wash so no soap is left behind

Directions for Assembly:

Step 1: Open the battery compartment by sliding the switch to the left (open position), lift up the panel and place 3 AA batteries as shown inside the battery compartment. Replace the panel and slide the switch to the right (locked position).

Step 2: Slide the white soft tube over the white rigid tube on the bottom of the motor unit.

Step 3: Attach the nasal irrigator tip to the top of the motor unit.

Step 4: Press the blue switch to make sure unit is operating.



WARNING & CAUTIONS: Please Read Before Using.

Rinse your nasal passages only with **NeilMed® SINUS RINSE™** sachets. Our sachets contain a mixture of USP grade sodium chloride and sodium bicarbonate. These ingredients are the purest quality available to make the dry powder mixture. Rinsing your nasal passages with only plain water will result in a severe burning sensation. Always Use Distilled, Micro-Filtered (through 0.2 micron), Commercially Bottled or Previously Boiled & Cooled Down Water at Lukewarm or Body Temperature, properly mixed with **NeilMed® SINUS RINSE™** sachets. Do not use tap or faucet water for dissolving the mixture unless it has been previously boiled and cooled down. Do not rinse if nasal passages are completely blocked or if you have an ear infection or blocked ears. If you have had recent ear or sinus surgery, contact your physician prior to irrigation. If you experience any pressure in the ears or burning in the nasal passages, stop irrigation and get further directions from your physician. Keep out of reach of children. Read and retain the enclosed brochure, if provided, for instructions and other important information. Components inside of this unit are not for individual sale. Do not discard this printed box and any enclosed printed material. The product inside may not have all the details you require for the ongoing use of the product. DO NOT place the white motor unit in microwave for disinfection. Because of the unit's stainless steel components, this can cause damage or fire hazards. Read all enclosed instructional materials and warnings before using **Sinugator®**. **Sinugator®** is designed for sinus rinsing only. Do not use for any other purpose.

STORE OR KEEP IN A COOL & DRY PLACE

USE ONLY AS DIRECTED, IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL. ALWAYS READ THE LABEL.

Tips To Avoid Ear Discomfort While Rinsing

- If you have had ear surgery, please contact your physician prior to irrigation.
- Do not use if you have an ear infection or blocked ears.
- Rinse with lukewarm distilled, filtered or previously boiled water.
- Keep your mouth open.
- Do not hold your breath while rinsing.
- While rinsing, make sure to tilt your head.
- Stop the rinse if you feel a sensation of fluid near your ears.
- **Most importantly, always blow your nose very gently.**

To Avoid Unexpected Drainage After Rinsing:

In rare situations, especially if you have had sinus surgery, the saline solution can pool in the sinus cavities and nasal passages and then drip from your nostrils hours after rinsing. To avoid this harmless but annoying inconvenience, take one extra step after rinsing: lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and remaining saline solution. If you find yourself experiencing delayed drainage often, do not rinse right before leaving your house or going to bed.