Navage RSI1

Navage Essentials Bundle Nasal Irrigation System User Manual

Model: RSI1 | Brand: Navage

Introduction

The Navage Essentials Bundle provides a comprehensive solution for nasal irrigation, designed to offer drug-free relief from congestion. This system utilizes powered suction to effectively flush nasal passages, addressing issues caused by mucus, allergens, germs, and irritants. The bundle includes one Navage Nose Cleaner, 30 Salt Pods, and one Countertop Caddy, ensuring a complete and convenient experience.



Image: Navage Essentials Bundle showing the nose cleaner, salt pods, and countertop caddy.

Setup

1. Battery Installation

The Navage Nose Cleaner requires 2 AA batteries for operation. Ensure batteries are inserted correctly according to polarity markings.

2. Assembling the Device

The Navage Nose Cleaner consists of a base unit, an upper tank, and a nasal dock with nose pillows. These components are designed for easy assembly and disassembly for cleaning.



Image: Disassembled Navage Nose Cleaner components.

3. Water Preparation

Fill the upper tank with water up to the 'FILL LINE'. It is crucial to use only the following types of water:

- Distilled or sterile bottled water.
- Boiled for 3-5 minutes (then cooled).
- Microfiltered to 0.2 microns.

WARNING: Do not use tap water unless sterilized by boiling for 3-5 minutes. 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).

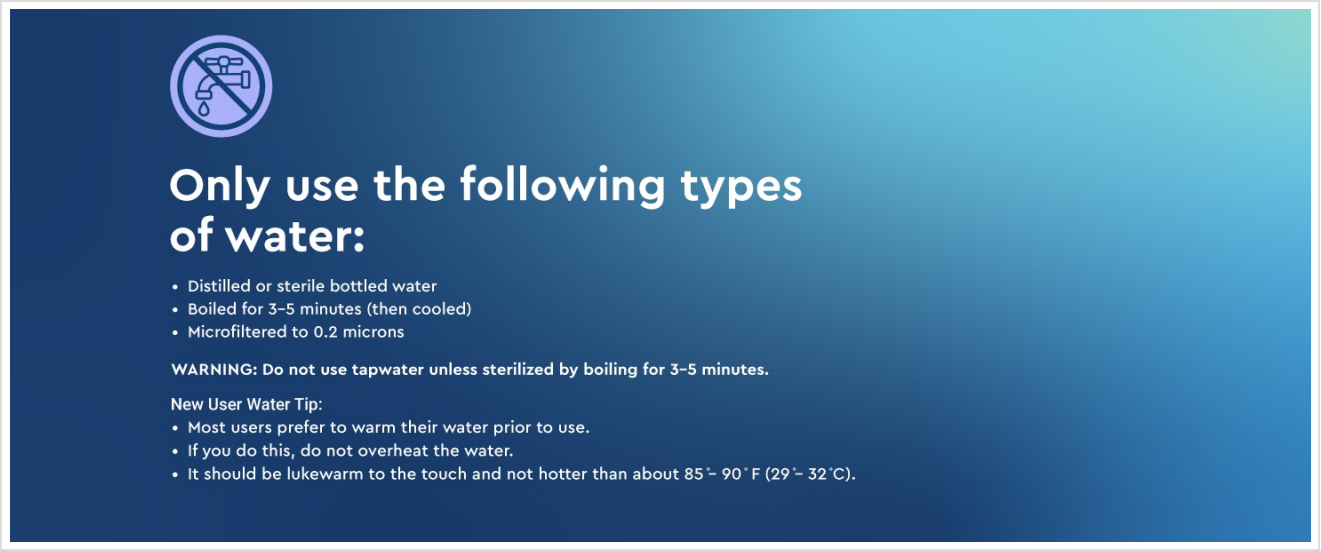


Image: Guidelines for water types suitable for Navage use.

4. SaltPod Insertion

Insert a new, unused Navage SaltPod into the crushing chamber, foil-side down. Close the lid firmly until you hear it click shut. Do not reopen the lid once closed, as this will activate a safety mechanism and prevent the device from starting without a new SaltPod.



Image: Proper insertion of a SaltPod into the Navage device.

Operating Instructions

The Navage system operates with three simple steps: PRIME, POSITION, and POWER.

1. PRIME

Ensure the device is filled with distilled water and a new SaltPod is inserted, foil-side down. Close the lid firmly.

2. POSITION

Position your nostrils onto the nose pillows. The nose pillows should be centered in your nostrils and unblocked, fitting snugly but not too tightly. Wetting the tips and wiggling them around once in your nose can help create a comfortable seal. Maintain a head-level, upright posture, looking straight ahead.

3. POWER

Press the power button firmly to initiate the rinse and suction. Breathe naturally through your mouth during the cycle. If this is your first time, remember to relax. Nasal irrigation has been practiced for centuries, and the Navage system is designed for ease of use.

Image: The three operational steps of the Navage system.

Nasal Dock Direction

The nasal dock can be rotated 180 degrees to change the direction of saline flow. Experiment to find which direction works best for your comfort and effectiveness. Arrows on the nasal dock post indicate the direction of flow (one pointing in, one pointing out).

Your browser does not support the video tag.

Video: Official demonstration of the Navage Nose Cleaner in use, showing the saline flow and suction process.

Maintenance

To ensure optimal performance and hygiene, regular cleaning of your Navage system is essential. The device components are designed for hand washing only.

After Each Use

After each use, it is best practice to rinse the device thoroughly to prevent salt crystal buildup. Disassemble the upper tank and nasal dock from the main unit. Rinse all parts with hot tap water, concentrating on areas where salt crystals might accumulate, such as the crushing chamber and drain pole. A cleaning brush is included in the bundle for this purpose.

Troubleshooting

No Power / Motor Not Running

If the device does not power on or the motor does not run when the button is pressed, ensure:

- New AA batteries are correctly installed.
- A new SaltPod is inserted foil-side down.
- The crushing chamber lid is firmly closed and has not been reopened after SaltPod insertion.

If the power button is stuck or the motor doesn't run despite a new SaltPod, salt crystals may have built up. Remove the SaltPod, disassemble the device, and rinse the crushing chamber and drain pole with hot water for 30 seconds each to melt away any crystals.

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Video: Official troubleshooting guide for Navage devices experiencing no power.

No Solution Flow / Reduced Suction

If the motor runs but there is no solution flow or reduced suction, check the following:

- **Position:** Ensure nose pillows are centered and unblocked in your nostrils.
- **Pressure:** Apply enough pressure to create a seal, but not so much that the tips are blocked against the back of your nasal wall.
- **Posture:** Keep your head level, stand up straight, and look straight ahead.
- **Nasal Dock Direction:** Try rotating the nasal dock 180 degrees to reverse the flow direction.

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Video: Official troubleshooting guide for Navage devices experiencing no solution flow or reduced suction.

Water Going Down Your Throat

If water goes down your throat instead of into the lower tank, it indicates that your soft palate is not properly closed, separating the nasal cavity from the oral cavity. To help with this:

- Before starting irrigation, lift your tongue up and back to the back of your throat.
- Try saying the word "sung" (singing it out) as this naturally pulls your tongue into the correct position.

Specifications

- **Model Number:** RSI1
- **Product Dimensions:** 8 x 9 x 9 inches; 2.95 Pounds
- **Batteries:** 2 AA batteries required
- **Material:** Plastic
- **Color:** White, Blue
- **Product Care Instructions:** Hand Wash Only
- **Manufacturer:** RhinoSystems, Inc.
- **First Available:** October 27, 2015

Safety Information

- Keep out of reach of children.
- Always use distilled, sterile, or properly boiled and cooled water. Never use unsterilized tap water.
- Ensure water temperature is lukewarm (85°- 90° F / 29°- 32° C) and not overheated.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Customer Support

For full assistance, including free replacement parts, or any questions regarding your Navage system, please contact customer support.
Phone: 1 (800) 203-6400