

HEALTH SOLUTIONS

Sinu Pu^{se} Elite[®]

Patented Technology

(Model SP100)

Used by
Professional Sports Teams
and Athletic Trainers

Advanced Nasal Sinus Irrigation System

2 PULSATING SPRAY MODES!

- MOISTURIZING MIST SPRAY TIP
- CLEANSING IRRIGATION TIP

Pause-On/Off
Pressure Control
EZ Touch Button



USER GUIDE and INSTRUCTIONS

Proper Care for Your SinuPulse Elite® Water Tank O-Ring

On the outside bottom of the water tank you will find a small O-ring that helps seal the water tank when seated on top of the SinuPulse. It is made of material designed to be resistant to the drying effect of hard water, mineral deposits, saline, and other additives. However, occasionally the O-ring may lose lubrication and you may notice difficulty seating the water tank securely resulting in reduced or interrupted water flow, leaking or excessive noise. This is easily corrected with a very small application of Vaseline around the O-ring. A periodic application once or twice a year will ensure optimum results. Rinse the water tank thoroughly after each use to remove any salt deposits and allow to air dry.



IMPORTANT: Do not leave solution in water tank when not in use.

If you have any questions contact our customer support team

800.305.4095 (US) or 310.837.3191 (Intl) sales@sinupulse.com



IMPORTANT



Please be sure to apply a small application of Vaseline around the O-ring located on the outside bottom of the water tank BEFORE the first use, and periodically as needed. This will ensure a proper seal between the water tank and the irrigator for optimal performance and noise reduction.

Important..... Please Read Before Use:

- Please be sure to rinse the SinuPulse Elite® after each use as directed. Failure to adequately rinse the device as directed can result in premature wear and may void your warranty. **Never leave liquids in the water reservoir. Always empty and rinse after use and allow to air dry.**
- Use distilled water, filtered water or previously boiled water.
- When preparing your saline solution be sure to mix your solution thoroughly to reduce any settling which may contribute to salt deposits, clogging, and premature wear. It is always best to measure and mix your saline solution first before pouring into the tank. If you do mix inside the tank be sure not to dislodge the white valve at the bottom of the tank. Should this valve become dislodged carefully insert back into place.
- If you experience difficulty inserting the sinus or throat tips simply moisten the grooved end of the tip with water and twist slightly while inserting into the handle.
- The SinuMist® and Throat Mist tips are for moisturizing and light cleansing only (1 oz or approx 20 sec) and not for the purpose of large volume (16 oz) cleansing. Large volume irrigation for daily hygiene cannot adequately be performed by use of a spray mist feature. For large volume irrigation use our standard sinus and throat irrigator tips.
- The SinuPulse Elite® may need to be primed when the device is new or if left idle for an extended period. Simply allow 30-45 seconds once turned on for water to begin running through the unit. In the event water is still not pumping through the unit be sure tank is securely mounted and that the white valve in the bottom of the tank is free of any residue and seated properly. Troubleshooting chart, care, and maintenance can be found on p.16 of the user guide.
- Never operate irrigator continuously for more than 5 minutes.
- **IMPORTANT: Do not depress the orange tip release button while the device is in use. Doing so may result in the tip becoming dislodged.**



Advanced Features

The SinuPulse Elite® Advanced Nasal Sinus Irrigation System has been specifically designed for the purpose of nasal sinus and throat irrigation. It is the most advanced nasal irrigation system on the market with IntelliPulse technology. Used regularly by professional world champion sports teams and athletes for drug free allergy and sinus relief pulsatile irrigation is recommended by leading ENT specialists, allergists, and pediatricians and supported by published medical reports. It is the preferred choice for effective natural relief of allergy and sinus symptoms.

SinuPulse Elite® features a state-of-the art design with superior performance:

- IntelliPulse technology for a calibrated pulse rate
- Fully adjustable “Stepless” water control for comfort and control
- 2 Sinus Irrigation Tips (containing no rubber or latex):
 - Standard Flex Sinus Tip for general cleansing and irrigation
 - SinuMist® Sinus Irrigator Tip for a moisturizing mist spray
- 2 Throat Irrigation Tips:
 - Standard Throat Tip & Tongue Cleaner for cleansing and irrigation
 - Throat Mist Irrigator Tip & Tongue Cleaner for a moisturizing mist spray
- Advanced “Flex Tip” design for added comfort and flexibility
- Resistant to antimicrobials and saline solutions
- Extra large see through water reservoir including dust cover, flip lid, with standard and metric measurement scale.
- Quiet design
- LED display function
- Electronic micro touch switch
- Pause feature on handle with variable pressure control



IMPORTANT SAFEGUARDS

The SinuPulse Elite® has been carefully engineered for both effectiveness and safety. However, basic safety precautions should always be followed when using any electrical product, especially when children are present.

READ ALL INSTRUCTIONS BEFORE USE

DANGER - To reduce the risk of electrocution and fire:

- DO NOT plug the irrigator into an incorrect voltage source outlet. It has been designed for use with a specific electrical voltage. Refer to the bottom of the irrigator for the correct voltage specification. Voltage converters and plug adapters DO NOT guarantee voltage compatibility. Never force the plug into an outlet.
- Always unplug this product immediately after using.
- DO NOT place or store the irrigator where it can fall or be pulled into a tub, sink or toilet.
- DO NOT place or drop the irrigator into water or other liquid.
- DO NOT reach for an irrigator that has fallen into water. Unplug immediately.
- DO NOT use while taking a bath.



WARNING - To reduce the risk of burns, electrocution, fire, or injury

- The irrigator should never be left unattended when plugged in. Close supervision is necessary when this product is used by or on children or invalids.
- This appliance is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
Children should be supervised to ensure that they do not play with the appliance.
- Children are not expected to perform cleaning or user maintenance of the appliance, very young children are not expected to use appliance, young children are not expected to use safely unless continuous supervision is given, old children and vulnerable people can use appliances safely after they have been given appropriate supervision or instruction concerning use of the appliance.
- Very vulnerable people are not expected to use appliance safely unless continuous supervision is given or appliances are adapted accordingly with arrangements beyond the scope of this EN 60335 standards.

- If you are unable to handle this product properly, discontinue use.
- The irrigator should only be used for nasal and throat irrigation as described in this manual, with attachments recommended by Health Solutions Medical Products Corporation.
- Never operate the irrigator if it has a damaged cord or plug, if it is not working properly, if it has been dropped or dropped into water, or if the irrigator has been damaged in any way. This product contains no serviceable parts, if repair is needed please refer to the Customer Service information.
- Keep the cord away from heated surfaces.
- Use cord wrap at the bottom rear of the irrigator to store excess cord.
- Never use while drowsy.
- Never drop or insert any object into any opening or hose.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Unplug this product before filling. Fill reservoir with water only unless otherwise specified by the manufacturer. Do not overfill.

- Unplug the irrigator before cleaning and assure that it is dry before plugging it into an electrical outlet.
- Avoid electric shock. Do not remove cover (or back). Refer servicing to qualified service personnel.
- Do not use the nasal irrigator when the nose is completely blocked.
- Always remove plug with dry hands remove plug from socket for storage and maintenance. Never remove cord by pulling the wire.
- The supply cord cannot be replaced. If the cord is damaged the appliance should be scrapped.
- Never place irrigator in water. Never use with the shower or where the unit can get soaked.
- Irrigator is intended for household use.

 **WARNING**

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. IF the plug does not fit fully in the outlet, reverse the plug. IF it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature. (110V Only)



Customer Service Information

If you have any questions after reading this manual, feel free to contact our Customer Service Center or visit our website.

- Customer Service Center:
800-305-4095 (Within the US)
310-837-3191 (Outside the US)
- Internet Information: www.SinuPulse.com

 **SAVE THESE INSTRUCTIONS** 

Medical Warnings

The SinuPulse Elite® Advanced Nasal Sinus Irrigation System must only be used as directed. Failure to use as directed could result in injury. If you have any questions about the use of this product, contact customer service before use.

It is advised you consult with your healthcare professional before using this product. In all cases, follow your doctor's instructions if they are different from those in these instructions.

DO NOT use the SinuPulse Elite® Advanced Nasal Sinus Irrigation System if nasal passage is completely blocked.

DO NOT use if you have a new or acute ear infection.

Stop use and consult your physician if you experience pressure in your ears while using.

This product is designed for cleaning nose, throat, and tongue only. Do not use for any other purpose.

Product should only be used by individuals who are capable of fully understanding and following instructions. Those who are not able to stand up and position themselves over a sink or basin are advised not to use this product.

Operating the SinuPulse Elite® Advanced Nasal Sinus Irrigation System

Nasal / Sinus Irrigation

Step 1

The plug and power cord are stored at the rear of the unit. Plug the electric cord into electrical outlet.



Step 2

Preparing saline rinse. For maximum comfort use SinuAir® powdered saline solution or doctor prescribed solution.

Remove water tank and open lid to fill with distilled water, filtered water or previously boiled water. Place water tank back in its original position. Make sure water temperature is room temperature or lukewarm (tepid) between 92°F and 101°F (33°C~38°C). To make a saline solution add one teaspoon (5g) or one pre-measured packet (5g) of SinuAir® saline powder or one teaspoon of non-iodized salt for every 16oz (.47 liter) of water. For best results mix solution first and then pour into tank. This will reduce settling of SinuAir® powder or salt which may accumulate on the bottom of the water tank contributing to clogging or premature wear. ***Due to the step down space saving design of the water tank it is imperative to always mix any salt or powdered solution thoroughly before each use to avoid any settling to the bottom of the tank. Be sure to rinse thoroughly after each use.***

THE USE OF SEA SALT IS NOT RECOMMENDED IN THE IRRIGATOR AS IT MAY RESULT IN PREMATURE WEAR.

Step 3

Select the type of tip you prefer. Remove the handle from holder and insert male end of sinus tip into the opening on the handle of the SinuPulse Elite®. Push firmly to ensure the sinus tip is fully inserted and properly seated with no gap between the tip and the handle. If you experience difficulty simply moisten the base of the tip with water or best apply a small application of Vaseline to ensure an easy installation.

Important: To remove tip press and hold orange quick release button on back of handle grasp the stem firmly and pull tip straight out. Do not depress the orange tip release button while the device is in use. Doing so may result in the tip becoming dislodged. To remove tips make sure the device is off without power before depressing the orange tip release button.

Select a Tip

Your new SinuPulse Elite® Advanced Nasal Sinus Irrigation System is the only pulsatile device equipped with both our Standard Flex Sinus Irrigator Tip and our revolutionary patented SinuMist® Tip (spray atomizer). Choose the tip which works best for you or ask your physician which they recommend.



NOTE: The SinuMist® Tip is for moisturizing and light cleansing only (1 oz.) and not for the purpose of large volume (16 oz.) nasal irrigation. Large volume irrigation for daily hygiene cannot adequately be performed by use of a spray mist feature. For large volume irrigation use our Standard Flex Sinus Irrigator Tip.



Light Blue Tip

The revolutionary SinuMist® Tip produces a mist spray to help humidify, moisturize and cleanse the nasal and sinus passages.



Dark Blue Tip

The Standard Sinus Irrigator Tip delivers a pulse rinse to reach higher into the nasal cavity promoting drainage and enhanced cleansing.

Step 4

The irrigation water flow rate and pressure control is adjusted by the right hand water flow controller knob. The higher the number, the greater the flow rate. Start with the lowest setting and gradually increase the strength until the vertical height of the water stream exiting the Standard Sinus Irrigator Tip is about one inch or 2.5cm. For best results it is advised the Standard Sinus Irrigator Tip™ be used between settings 4 and 6 on the water flow controller. The SinuMist® Irrigator Tip, designed to moisturize and for use with doctor recommended additives is best used at low settings between 3 and 5.

Important: Be sure irrigator is set at low before each use or when switching irrigator tips for proper water flow and pressure control. Hold irrigator tip away from face over sink prior to turning on the unit to set a safe water flow and pressure control before placing tip against nostril.

Nasal bulbs for the Sinus Irrigator Tip and the SinuMist® Tip are not designed to be removed. Do not remove bulbs from the white stem.

Step 5

To operate, push the micro switch button until it clicks to turn the unit on. The LED display will illuminate. Push until it clicks again to turn the unit off. Irrigate according to directions or your physicians instructions. When finished, replace the tip in the holder. When using saline rinses or other antimicrobial agents, always run a few cups of warm water through the unit afterwards. Never leave liquids in the reservoir. To temporarily stop water flow use pause button on handle.

Nasal Sinus Irrigation Instructions

- Hold irrigator tip away from face over sink. Set SinuPulse Elite® irrigator to the lowest pressure setting. When using the Standard Sinus Irrigator Tip adjust the water stream to approximately one inch high before placing against the nostril. The SinuMist® Irrigator Tip should be used at the lower settings for the mist spray feature.
- Place the tongue against the roof of the mouth to help guide drainage out of the nose instead of the mouth.
- Place the tip of the bulb firmly but gently into one nostril and lean over the sink looking at the drain. (Fig. 1)
- Turn on the irrigator from the base of the unit or release the pause switch on the handle to begin the flow of solution. Rinse solution will enter the nostril and bathe the nose and sinus and exit the other nostril. (Fig. 2)
- Adjust pressure to a comfortable setting.
- When using the Standard Sinus Irrigator Tip continue irrigation until the fluid comes out clear (approximately 250cc or half the water tank). When using the SinuMist® Tip for moisturizing and light cleansing far less solution is required due to the fine mist spray (1 oz.). To rinse and irrigate allow the mist spray to fill sinus passages and flow out nostrils. To moisturize use mist spray until moisture is restored to dry nasal passages.
- Turn off the SinuPulse Elite® irrigator.
- Remove the sinus tip attachment from the current nostril and switch sides and repeat process. Refill water tank reservoir as is necessary.
- Discontinue nasal irrigation when nasal condition clears or as directed by your physician.
- After finished irrigating, gently blow your nose. In order to prevent pressure on the ear drum, do not block nasal passages completely.



Fig. 1

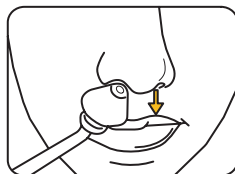


Fig. 2

Warning: USE ONLY LUKEWARM WATER- NOT HOT OR BOILING WATER. Do not use if nasal passage is completely blocked. Do not use if you have a new or acute ear infection. **Stop use and contact your physician** if you experience pressure in your ears while using. Follow the irrigation instructions and use only as directed. It is advised you talk with your doctor about using this product. Follow your physician's instructions carefully when using this product. Remove all nose jewelry before use.

Product should be used only by individuals capable of fully understanding and following the instructions. Patients who are not able to stand up and position themselves over a basin are advised not to use this product. It should not be used by individuals who are bedridden and/or seriously disabled. **If used on a child**, the adult administering the irrigation should fully understand the process prior to using it on a child. It is recommended that it be used only on children older than 5 years of age who are capable of understanding the process and fully complying with adult instructions.

Sinus Irrigation Health Tips

Why is sinus irrigation helpful?

Nasal irrigation is a procedure that uses a saline solution to cleanse the nasal passages. It helps do the following:

- Clear out sticky, persistent mucus.
- Temporarily reduce symptoms of post nasal drainage.
- Help reduce nasal congestion.
- Cleanse the nostrils of pollen and other irritants or contaminants.
- Relieve nasal dryness.
- Improve breathing. Reduce cough caused by post nasal drip.

What type of water should I use for nasal irrigation?

Distilled water, filtered water or previously boiled water.

Is post irrigation drainage normal?

Yes, as the solution enters the lower sinus cavities the cilia are activated moving the solution out. It is not unusual to experience drainage up to 20 minutes or more after irrigation.

Can irrigation help prevent allergy symptoms?

Persons with seasonal allergies routinely use daily irrigation to remove pollen and allergy factors from the surface of the nose.

Should I irrigate without symptoms or once my nose is clear?

It is not necessary to continue irrigation without symptoms. However, for persons who catch common colds easily and are routinely exposed to the common cold virus in the workplace or when traveling can benefit by daily irrigation to reduce the incidence of cold infection.

Should I irrigate with a blocked or stuffy nose?

NO, irrigation is not advisable when the nose is completely blocked. In instances of severe congestion some persons find the use of an inhaler helpful to open the nose which allows the saline solution to flow freely when irrigating.

Should I use warm or cool water to irrigate?

Most prefer lukewarm or room temperature water. Cool water can help shrink the membranes and can be used but can cause temperature sensitivity. **NEVER USE HOT WATER.**

Can I use Sea Salt to make a saline solution?

No. Sea salt is high in mineral content and may even contain fish excrement. The high mineral composition will contribute to excessive calcification and salt deposits resulting in premature wear. The use of sea salt is expressly prohibited and will result in voiding the warranty.

How often should I irrigate?

Nasal irrigation is not addictive and is safe for everyone no matter how long it is used or how often. For best results, it should be used once or twice a day.

How do I clean my sinus and throat tips?

Simple antibacterial soap and water is sufficient for general daily cleansing.

Always hold tip away from face over sink before turning on the unit to set the proper water flow and pressure control before you place tip to the nostril

Nasal bulbs for the Sinus Irrigator Tip and the SinuMist® Tip are not designed to be removed. Do not remove bulbs from the white stem.

Throat Irrigation & Tongue Cleaning

- Use daily each morning for fresh breath
- Use 2 times daily for Halitosis
- Use up to 3 times daily for sore throat symptoms
- Use 2 or 3 times daily for cryptic tonsils and tonsils tones

Step 1

The plug and power cord are stored at the rear of the unit. Plug the electric cord into electrical outlet.

Step 2

Fill basin with distilled water, filtered water or previously boiled water. For throat irrigation you may irrigate with plain water or a saline solution. To make a saline solution add one teaspoon (5g) or one pre-measured packet (5g) of SinuAir® saline powder or one teaspoon of salt for every 16oz (.47 liter) of water. For best results mix solution first and then pour into tank. This will reduce settling of SinuAir® powder or salt which may accumulate on the bottom of the water tank contributing to clogging or premature wear. In addition, you may use your favorite mouth rinse for greater breath control. ***Due to the step down space saving design of the water tank it is imperative to always mix any salt or powdered solution thoroughly before each use to avoid any settling to the bottom of the tank. Be sure to rinse thoroughly after each use.***

Step 3

Select the type of tip you prefer. Remove the handle from holder and insert male end of throat tip into the opening on the handle of the SinuPulse Elite®. Push firmly to ensure the throat tip is fully inserted and properly seated with no gap between the tip and the handle. If you experience difficulty simply moisten the base of the tip with water or best apply a small application of Vaseline to ensure an easy installation.

Important: To remove tip press and hold orange quick release button on back of handle grasp the stem firmly and pull tip straight out. Do not depress the orange tip release button while the device is in use. Doing so may result in the tip becoming dislodged. To remove tips make sure the device is off without power before depressing the tip release button.

Select a Tip

Your new SinuPulse Elite® Advanced Nasal Sinus Irrigation System is the only pulsatile device equipped with both our Standard Throat Irrigator Tip and our revolutionary patented Throat Mist Tip. Choose the tip which works best for you or ask your health care professional which one they recommend.



Light Blue Tip

The revolutionary Throat Mist Tip produces a fine spray mist for a moisturizing cleansing rinse. Great for use with favorite mouth rinse.



Dark Blue Tip

The Standard Throat Irrigator Tip delivers a cleansing intermittent pulse rinse to massage away food particles, and odor causing bacteria.

NOTE: The Throat Mist Tip is for moisturizing and light cleansing (1 oz.) and not for the purpose of large volume (16 oz) irrigation. Large volume irrigation for daily hygiene cannot adequately be performed using a spray mist feature. For large volume irrigation use our Standard Throat Irrigator Tip.

Step 4

The irrigation water flow rate and pressure control is adjusted by the right hand water flow controller knob. The higher the number, the greater the flow rate. Start with a lowest setting for the first time and gradually increase the strength. Refer to guide scale around control knob.

Important: Be sure irrigator is set at low before each use or when switching irrigator tips for proper water flow and pressure control. Hold irrigator tip away from face over sink prior to turning on the unit to set a safe water flow and pressure control before placing tip in mouth.

Step 5

To operate, simply push the micro switch button until it clicks to turn the unit on. The LED display will illuminate. Push until it clicks again to turn the unit off. Irrigate according to directions or your physicians instructions. When finished, replace the tip in the holder. When using saline rinses or other antimicrobial agents, always run a few cups of warm water through the unit afterwards. Never leave liquids in the reservoir. To temporarily stop flow of water use the pause button on handle.

Throat Irrigation Instructions

- Hold irrigator tip away from face over sink. Set SinuPulse Elite® irrigator to the lowest pressure setting. For best results use the shut off feature on the handle to stop flow of water.
- Place throat tip so that its length is parallel with tongue. Direct flow of water behind the last lower tooth.
- Lean over basin and turn unit on. Using the Standard Throat Irrigator Tip, make sure irrigator is set low and increase only as is comfortable. An intermittent pulse rinse will massage the throat circulate around and exit the left side. (Fig.3) For a mist moisturizing spray use the Throat Mist Irrigator Tip at low setting. It is an excellent alternative for use with your favorite mouth rinse.
- Gently pull the scraper back and forth on the tongue to remove and rinse away food particles and odor causing bacteria. (Fig. 4)
- Turn off irrigator and repeat on opposite side. When using the Cleansing Throat Irrigator Tip, one reservoir is all that is needed for both sides. (250 cc or 8 oz. for each side) When using the Throat Mist Tip, use only 1 oz. (approx. 20 sec.)
- When finished turn off the unit and rinse thoroughly with clean water.

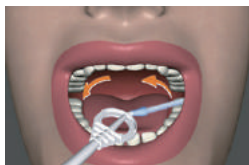


Fig. 3

Fig. 4



Why it works?

Pulsatile throat irrigation uses an intermittent pulse rinse to massage infected areas of the throat. Unlike harsh gargles and mouthwashes, the throat irrigator uses the intermittent pulse technology to irrigate and cleanse deep pores and crevices to rinse away food particles and odor causing bacteria for clean fresh breath. The pulsatile rinse action is excellent for cleansing tonsil stones and cryptic tonsils. The Throat Mist spray tip is excellent for delivering a gentle mouth rinse or irrigation spray.

Tongue Cleaning and Fresh Breath Protection

1. Follow all other instructions.
2. Irrigate nose and sinus.
3. Irrigate throat.
4. Use tongue scraper. Gently move from back of tongue to front. Either clean with stream on or clean with stream off and then turn stream on.

Warning: Follow the irrigation instructions and use only as directed. It is advised you talk with your doctor about using this product. Follow your physician's instructions carefully when using this product.

Product should be used only by individuals capable of fully understanding and following the instructions. Patients who are not able to stand up and position themselves over a basin are advised not to use this product. It should not be used by individuals who are bedridden and/or seriously disabled. **If used on a child**, the adult administering the irrigation should fully understand the process prior to using it on a child. It is recommended that it be used only on children older than 5 years of age who are capable of understanding the process and fully complying with adult instructions.

Throat Irrigation Health Tips

How does your throat irrigator help with my breath control?

The SinuPulse Elite® irrigator is the only pulsatile device to deliver both an atomized mist application and a more thorough cleansing pulsing rinse to remove bacteria and food particles for fresh breath protection. The SinuPulse® Throat Irrigator Tip & Advanced Tongue Cleaner provides soothing relief of sore throat pain, reduces swelling, and encourages healing by massaging and stimulating blood flow to the infected area. New state-of-the-art tongue cleaner utilizes a patented contour design and quad-edge action for greater comfort and control.

What type of solution is best for throat irrigation?

Consult your health professional. Most prefer to use a regular over the counter mouthwash solution or saline rinse. It is also advisable to use plain water. It is important to note, it is the intermittent pulse rinse that provides the cleansing and therapeutic action.

How often should I use the throat irrigator?

- For general cleansing and breath freshening, once a day is sufficient.
- To help prevent a sore throat or at the earliest sign of a throat problem irrigate twice daily.
- If a sore throat persists after treatment: two to three times a day, Consult your healthcare professional.

Is it possible to use a homemade saline solution or SinuAir[®], for throat irrigation?

Typical saline solutions generally used for nasal irrigation may be used for throat irrigation, but you cannot use ordinary throat solutions for nasal irrigation.

Is it possible to avoid tonsil surgery with the throat irrigator?

Rinsing the tonsils with pulsatile irrigation and bringing more circulation to the area helps to promote drainage which may help restore the tonsil to health. Consult your health care professional.

I have tried nasal and throat irrigation as well as the tongue cleaner, but I still have a breath problem. What are other factors that may be contributing to my breath problem?

Pulsatile nasal and throat irrigation and use of a tongue cleaner is generally sufficient to successfully resolve most causes of breath problems. However, good oral health is still crucial including daily flossing and brushing. Other contributors include: periodontal disease, acid reflux, cryptic tonsils, diet and many others. Speak to your health professional.

Breath Problems

Breath conditions can occur in otherwise healthy persons. Many breath problems result from food particles and bacteria in the back of the throat, on the surface of the tongue, and in the nose. Dryness in the mouth can lead to odor because the natural flora of the mouth is no longer washed away, the bacteria multiply, and give off odor. The SinuPulse Elite[®] is designed to aid most breath problems by cleansing the nose, throat, and tongue with an effective pulse rinse.

Wall Mounting

Remove bracket from the irrigator. Mark and drill holes in desired wall location. Secure bracket with provided screws and anchors. Slide unit into place on the bracket.

Care and Maintenance

Your SinuPulse Elite® Advanced Nasal Sinus Irrigation System is especially designed for nasal sinus irrigation and to be resistant to corrosive salts. However, daily care is required.

- Running a full reservoir of warm water through the unit after each use is required to flush out any residue which might clog tips or internal parts.
- Rinse and empty the reservoir after each use.
- NEVER drop or insert any object into any opening or hose.
- DO NOT use outdoors, near aerosol sprays or near oxygen equipment.
- Never operate irrigator continuously for **MORE THAN 5 minutes**.
- SinuPulse Elite® has no consumer serviceable parts. Repairs should be performed only by an authorized service center or Health Solution Medical Products Corporation.
- The SinuPulse has been designed balancing the need for performance and durability with noise level. However, certain surfaces and bathroom environments may exacerbate the noise level due to non sound absorbing surfaces such as granite and tile. A simple hand towel placed under the unit will absorb the sound considerably that resonates from the necessary drainage holes located on the bottom of the unit and reduce the noise level.

To Sanitize Irrigator and Attachments

- Fill reservoir with 20 oz of water and add 1 oz of household bleach.
- Run irrigator until small amount of solution exits.
- Place attachments into reservoir and let soak for 10 minutes.
- Completely rinse reservoir and attachments with clean water.
- Run a full reservoir of clean water (no bleach) through irrigator.
- DO NOT use bleach at full strength as this may damage “O” rings and seals which contribute to premature wear.
- Every two weeks, run dilute vinegar through the machine to help remove any calcification or salt deposits. If pressure drop is noticed salt deposits may be present.

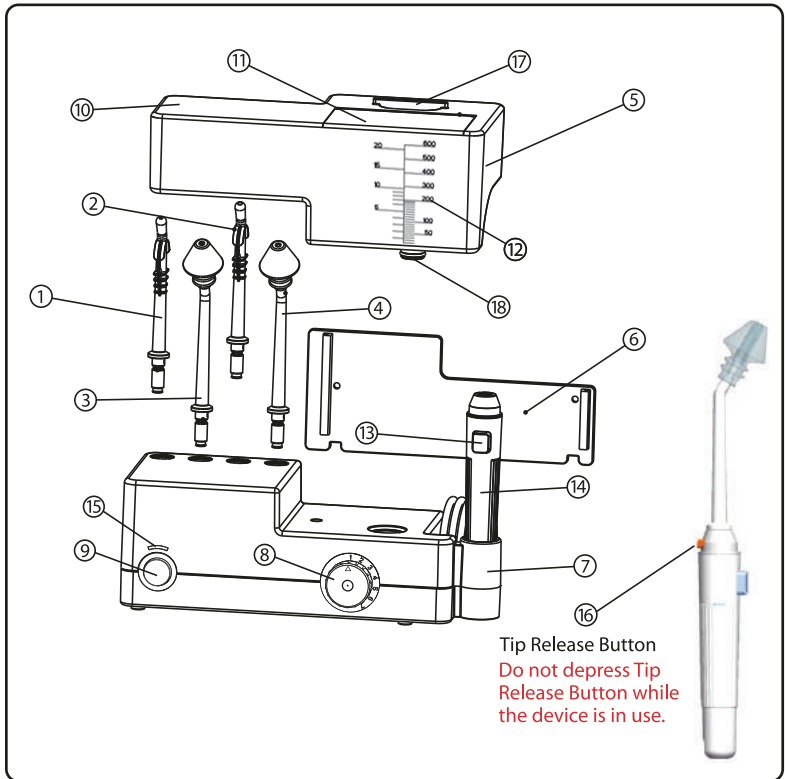
Following these simple steps will result in maximum performance and longevity of your SinuPulse Elite® Advanced Nasal Sinus Irrigation System. Should a malfunction occur, contact Health Solutions Medical Products Corporation at the address provided.

Nasal bulbs for the Sinus Irrigator Tip and the SinuMist® Tip are not designed to be removed. Do not remove bulbs from the white stem.

Trouble Shooting Chart

Problem	Cause	To Fix
Motor not working	<ul style="list-style-type: none"> ■ Blown fuse ■ Broken plug ■ Motor reset /shut off 	<ul style="list-style-type: none"> ■ Check outlets and fuse ■ Check alternate appliance in outlet ■ Wait 10 minutes for motor to cool
Motor on but no water pumping	<ul style="list-style-type: none"> ■ On initial startup unit must prime. ■ Water tank not seated correctly ■ Water tank empty ■ Attachment plugged ■ Pause button stuck ■ Bottom valve in tank is plugged 	<ul style="list-style-type: none"> ■ Allow 30-45 seconds for water to start running through unit. ■ Ensure water tank is aligned with base of unit and seated properly ■ Fill tank ■ Clean attachment or try alternate ■ Ensure pause button moves freely and is in the open position ■ Clean any visual residue
Reduced water pressure and flow or excessive noise	<ul style="list-style-type: none"> ■ Pressure not set properly ■ Hard water and salt deposits clogging unit ■ Difficulty with water tank seating or water flow is interrupted 	<ul style="list-style-type: none"> ■ Adjust pressure control knob ■ Run dilute vinegar – one part vinegar to four parts water. ■ Apply small amount of Vaseline to O-Ring on bottom of water tank

Parts List



(1) Throat Tip	(7) Handle holder	(13) Pause button
(2) Throat Mist Tip	(8) Water Flow Controller	(14) Handle
(3) Sinus Flex Tip	(9) Touch On/Off Switch	(15) LED Display
(4) SinuMist® Tip	(10) Hygienic tank lid	(16) Tip Release
(5) Water Tank	(11) Flip Lid	(17) Tank Lid Handle
(6) Wall bracket	(12) Scale	(18) Tank O-Ring

Storage

If the product is not to be used for an extended period of time it should be unplugged from the electrical outlet, cleaned, stored in a cool and dry area away from direct sunlight. The cord wrap at the bottom rear of the unit can be used to store power cord in an organized manner.

Specifications

Version	SP100
Voltage	120V/60H
Motor	120V AC Motor
Power Consumption	40W
Noise Level	Max 65db
Pulsation Rate	1250 PPM
Flow Rate	Approx 600ml / min
Unit Dimensions	120 (H) X 89 (W) X 190 (L) mm
Water tank volume	700ml max capacity
Weight	3lbs

Limited 2 Year Warranty

Health Solutions Medical Products Corporation warrants to the purchaser that this product is free from defects in material and workmanship for 24 months from the date of purchase. If the product proves to be defective, Health Solutions will repair or replace it at no charge, provided the product has not been abused, misused, damaged, or altered. Irrigation tips, reservoir, and other accessories are specifically excluded.

To order replacement parts or report a problem, Contact Health Solutions:

Voice: 800.305.4095 (Toll-free within the continental United States)

Voice: 310.837.3191 (Outside the United States, Alaska and Hawaii)

Email: sales@sinupulse.com

Website: www.sinupulse.com

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SINUSITIS:

The “Cold” That Just Won’t Quit, By Dr. Rob Ivker.
Excerpts from Sinus Survival



We often hear many people complaining about the “cold” that won’t go away. Autumn, after all, is the beginning of the cold season. But for many people who are feeling congested, have a constant headache or facial pain, are irritable and very tired, and have had their symptoms for longer than 2 weeks, they’re probably suffering from a sinus infection or acute sinusitis. And in most instances the sinusitis began with the common cold.

Since 1981, chronic sinusitis (persistent inflammation and/or infection of the sinuses, lasting longer than 8 to 12 weeks) has been the most common respiratory condition in the United States, with more than 40 million sufferers.

Risk Factors & Causes of Chronic Sinusitis

- air pollution – both indoor and outdoor
- overuse of antibiotics – causing antibiotic-resistant bacteria (“super germs”) and candida (yeast) overgrowth
- emotional stress – especially repressed anger and sadness
- cigarette smoking
- dry air
- allergies – pollen, animal dander, mold, and food (dairy and wheat are most common food allergens)
- occupational hazards – highest risk are auto mechanics, construction workers (esp. carpenters), airport and airline personnel
- GERD
- malformations – polyps, cysts, deviated septum
- dental problems

The primary conventional medical treatment for both acute and chronic sinusitis is antibiotics. If infection persists, surgery is often recommended, but in the majority of cases surgery does not cure the problem.

Many patients with chronic sinusitis are given the dismal prognosis: “You’re going to have to live with it.” Although it is not a terminal disease, chronic sinusitis can have a devastating impact upon quality of life.

THE HOLISTIC MEDICAL TREATMENT

Holistic medicine is the art and science of healing that addresses care of the whole person – body, mind, and spirit. Holistic physicians integrate conventional and complementary therapies to create optimal health and to treat and prevent disease. The holistic treatment for chronic sinusitis does not exclude conventional therapies. There are certainly instances in which antibiotics and even sinus surgery (especially with polyps) are the best options. But the primary way in which the holistic approach diverges from conventional treatment is in its focus on the mitigation and elimination of the causes of the condition.

The holistic treatment for chronic sinusitis, which I have been developing and refining for the past 26 years, begins with learning to love your nose. If you are willing to make the commitment, the following holistic approach has been consistently successful in dramatically improving and in the vast majority of cases, curing sinus disease. I suffered from chronic sinusitis myself for 10 years before curing it in 1987.

The primary **goals** of the Sinus Survival Program are:

1. To heal the chronically inflamed mucous membranes lining the respiratory tract.
2. To strengthen or restore balance to the immune system.
3. To reduce fungal/candida organisms in people with a yeast overgrowth.

AIR

The first step in nurturing the mucous membrane is to improve the quality of the indoor air you’re breathing; in essence to create healing rather than harmful or irritating air. I recommend the following to create such a healthy environment:

- **Negative-ion generator** -- one that does NOT emit ozone, such as the Sinus Survival Air Vitalizer.

Pleated or electrostatic **furnace filter** – Filtrete (3M) is a good one

- **Air duct cleaning.**
- **Carpet cleaning** with non-toxic cleaning agents; or remove carpets.
- Warm-mist room **humidifier** – Slant-Fin and Bonaire are both good choices.

WATER, MOISTURE, & NASAL HYGIENE

- **Water** - Bottled or filtered water, at least 1/2 oz/lb body wt. (e.g. 160 lbs drink 80 oz.).
- **Saline nasal spray** used frequently throughout the day, both irrigates and moistens the membranes – preferably a spray containing aloe vera, such as Sinus Survival Spray.
- Steam Inhaler, at least twice a day for about 20 minutes.
- Add highly medicinal **eucalyptus oil** to the steam (i.e. Sinus Survival Eucalyptus Oil).
- **Nasal irrigation.** In treating a sinus infection, irrigation can help quickly and dramatically, either alone or even better following steaming. There are many irrigating devices; however the most effective method for general cleansing and to restore ciliary function is pulsatile irrigation. I highly recommend the **SinuPulse Elite®** irrigating device, which is the only irrigation device capable of delivering both a gentle moisturizing mist spray and a more thorough cleansing pulsatile rinse. One study¹ has demonstrated it to be 100 times more effective at removing bacteria from the mucous membranes than other irrigating methods.

¹Evaluation of wound irrigation by pulsatile jet and conventional methods. L L Brown, H T Shelton, G H Bornside, and I Cohn, Jr

The effectiveness of saline lavage by high pressure (50 psi) pulsatile jet irrigation has been compared with conventional gravity flow and bulb syringe procedures. Irrigation diminished bacterial counts in all but only pulsatile jet irrigation brought about significant reduction of bacteria. Thus, pulsatile jet irrigation removed bacterial from experimental wounds more efficiently than conventional procedures.

DIET

- Eliminate milk and dairy products.
- Reduce or eliminate (if candida/fungal sinusitis) sugar and alcohol.
- Food elimination if food allergy is suspected. This is a frequent but overlooked cause of chronic sinusitis. Foods that most often trigger symptoms are dairy, wheat, chocolate, corn, sugar, soy, and yeast.
- Increase organic vegetables and fruits, whole grains, fiber, and protein.
- If candida or fungal sinusitis is suspected then a candida-control diet is strongly recommended.

VITAMINS, MINERALS, HERBS, AND NUTRITIONAL SUPPLEMENTS

- Antioxidants: Vitamins C and E, beta carotene, grape seed extract, selenium, and zinc picolinate.
- Multivitamin, vitamin B6, chromium picolinate, calcium hydroxyapatite, magnesium glycinate.
- Essential fatty acids (natural anti-inflammatories): flaxseed oil, fish oil, cod liver oil.
- Herbs: high potency garlic or Allimax; with acute sinusitis add the herbs echinacea, goldenseal or berberis, and additional garlic; with fungal sinusitis add grapefruit seed extract.
- For treating candidiasis/yeast overgrowth/fungal sinusitis (including nearly all cases of chronic sinusitis): Allimax (100% pure allicin), Candex, Flora Balance, and acidophilus, and candida-control diet.

Since most sinus infections begin with the common cold, if the cold can be prevented then so can acute sinusitis. The Chinese herb, Yin Chiao, taken with the first symptom of a cold, usually a sore throat, in addition to high doses of vitamin C (either Ester C or a polyascorbate), and echinacea can often eliminate the cold or at least significantly shorten its duration.

EXERCISE

Although studies have shown regular aerobic exercise can strengthen the

immune system, in people with chronic sinusitis and active infection, too much exercise can weaken their immunity even further. An exercise program should be initiated very gradually.

SLEEP

Possibly the most overlooked therapeutic modality for strengthening immunity is sleep. The majority of Americans are sleep-deprived. If you're waking up to an alarm clock, then you're not getting enough sleep.

HEALING YOUR MIND

Since most patients with chronic sinusitis believe they have to learn to live with this debilitating condition, many of them are feeling angry, depressed, and hopeless. The holistic treatment is focused on changing their beliefs, e.g. "I can get better and possibly even cure chronic sinusitis;" which in turn allows them to feel better emotionally. This approach utilizes **affirmations**, **positive attitudes**, and **imagery** to change a limiting belief system, gain greater clarity about their goals, and manifest their desires.

The Sinus Survival Program is an integrative holistic medical approach that has proven to be remarkably successful, not only in curing chronic sinusitis but for experiencing optimal health. As I turn 60, I am more fit physically, mentally, emotionally, and spiritually than I have ever been. All that's required is a commitment and a willingness to change your life.



Dr. Rob Ivker is the co-founder and past-president of the American Board of Holistic Medicine; past-president of the American Holistic Medical Association; assistant clinical professor in the Department of Family Medicine at the University of Colorado School of Medicine; fellow of the American Academy of Family Physicians; the author of the bestselling *SINUS SURVIVAL: The Holistic Medical Treatment for Sinusitis, Allergies, and Colds*, 4th edition (Tarcher/Penguin); and the recipient of the National Nutritional Foods Association (NNFA) 2006 Clinician Award. Dr. Ivker maintains a holistic medical practice in Denver, CO. The Sinus Survival book is available at all major book stores. You can access the information and obtain many of the products used in his program through the website: www.sinussurvival.com, or by calling 888-434-0033.

Certificate of Medical Necessity

A requirement of your patient's health insurance and/or the Board of Equalization.

Patient Name: _____ DOB: _____

Sex: M _____ F _____ Initial _____ Prescription Date: _____

Address and Phone: _____

HIC#: _____ Renewal _____

Insurance Company (s): _____ Policy/Group # (s): _____

#1 _____ #1 _____

#2 _____ #2 _____

Medical supplies and/or equipment will be needed for _____ months from the above date.

Related Diagnosis with applicable diagnosis code (s): _____

Reason supplies and/or equipment is necessary _____

Billing Code: _____ Required Medical Items (if necessary, list additional items on back)

Note: The SinuPulse Elite® Nasal Sinus Irrigation System may eligible for potential insurance reimbursement using billing code HCPCS-E1399, Durable Medical Equipment (DME), Miscellaneous

Prognosis: _____

Date last seen PRIOR to this prescription: _____

Physician's Name: _____ Phone Number: _____

Complete Address: _____

Medi-Cal Provider #: _____

Unique Physician ID Number (UPIN) _____

Physician's signature: _____ Date: _____

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