

PHYSIOMER® Nasal Irrigation Kit

Patented device - Adults and children over 4 years
Suitable for pregnant or breastfeeding women.

CONTENT

- 1 bottle, approximately 240ml
- 1 screw-on collar for bottle
- 1 curved nozzle for mild irrigation : administration by gravity,
- 1 straight nozzle for use with dip tube for intense irrigation: administration by manual pressure
- Pre-dosed, ready to use sachets

DOSAGE

Adult supervision is recommended for use in children, away from mealtimes. Recommended for allergy sufferers.

In case of rhinitis, sinusitis, rhinosinusitis, allergic rhinitis, in post-operative care and for general hygiene:

- 1 sachet dissolved in 240mL** spring or mineral* water provides a buffered isotonic solution equivalent to 9 g/L of NaCl.
- Frequency: In case of illness or in post-operative care: 1 to 3 applications per day. For general hygiene: 2 to 3 applications per week.

Occasionally as needed, in case of heavy nasal congestion:

- 2 sachets dissolved in 240mL** spring or mineral* water provide a buffered hypertonic solution equivalent to 18 g/L of NaCl.
- Frequency: 1 application per day for 3 to 5 days.

May be used in case of asthma, allergic rhinitis and in cystic fibrosis for nasal hygiene, and in case of chronic rhinosinusitis.

PHYSIOMER® Nasal Irrigation Kit is a nasal cleansing device that irrigates the sinonasal cavities in an ample and continuous flow in order to decongest, cleanse and soothe the mucous membranes of the respiratory system.

PHYSIOMER® Nasal Irrigation Kit is effective for all nasal and sinus symptoms: nasal congestion, sinus pressure, secretions, nasopharyngeal discharge, encrustations, and nasal dryness ...

PHYSIOMER® Nasal Irrigation Kit's unique qualities lie in the physiological nature of the formula (similar to that of extracellular fluid) and in the device itself, with the option to choose between 2 irrigation modes according to the severity of your symptoms and your personal preference.

COMPOSITION OF PHYSIOMER® NASAL IRRIGATION SACHETS

Single-use sachet 4g. **Complex of 5 mineral salts:** sodium chloride, potassium chloride, calcium chloride, magnesium chloride and sodium bicarbonate.

Controlled pH between 7 and 8 (respecting the nasal mucosa) - Free from preservatives - Pharmaceutical grade. Hydrophilic formula (dissolves instantly)

MODE OF ACTION





When dissolved in 240ml spring or mineral* water, one Physiomer Nasal Irrigation sachet:**

- Thoroughly irrigates the nasal cavities and moistens the nasal mucosa,
- Loosens mucus and removes all types of secretions, scabs and infectious agents,
- Relieves nasal congestion and sinus pressure (osmotic effect),
- Helps reduce the need for medication in case of rhinosinusitis and allergic rhinitis,
- Promotes correct functioning of the respiratory system defence mechanisms (mucociliary beats and clearance),
- Ensures good tolerance through a sodium bicarbonate based buffer system.

To view the user guide video, please visit www.respimer.com



MODE OF ADMINISTRATION - Choose the administration mode according to your symptoms severity:

MODERATE & CHRONIC SYMPTOMS: Assembly 1 MILD IRRIGATION - Administration by gravity	SEVERE SYMPTOMS: Assembly 2 INTENSE IRRIGATION - Administration by manual pressure
<p>Before using the device for the first time, wash each part using soapy water and rinse well. Wash your hands. Pour the contents of 1 or 2 sachet(s) into the bottle. Fill the 240mL bottle with spring or mineral* water, either lukewarm or at room temperature.</p>	
<p>Assembly 1 by gravity PREPARATION AND ASSEMBLY OF THE DEVICE</p>  <p>— curved nozzle — collar — bottle</p> <p>For mild irrigation: Screw the collar onto the bottle and snap on the curved nozzle.</p>  <p>The bottle and the curved nozzle should be facing down. Squeezing the bottle with your hand allows the solution to flow into your nostril by gravity.</p>	<p>Assembly 2 by manual pressure PREPARATION AND ASSEMBLY OF THE DEVICE</p>  <p>straight nozzle collar dip tube bottle</p> <p>For an intense irrigation: Attach the dip tube to the bottom of the collar in the opening provided. Screw the collar with the dip tube onto the bottle, and snap the straight nozzle onto the collar. Adjust the intensity of the flow: «1 drop» for a medium stream, «3 drops» for a full stream.</p> <p>Shake the bottle while placing your finger over the top of the nozzle.</p>  <p>Hold the bottle and straight nozzle in an <u>upright</u> position. Squeezing the bottle with your hand allows the solution to enter your nostril.</p>

ADVICE WHEN USING

- Use spring or mineral* water either lukewarm or at room temperature. Avoid using cold or hot water, you may feel a burning sensation.
- You may warm the solution in bottle by gradually heating in a microwave in 5-second increments. Only the bottle has been designed for microwave use: no other part of the device should be placed in a microwave oven.
- Keep your mouth open during use: this closes the soft palate preventing the solution from running down the throat. Apart from a salty taste that can be unpleasant, swallowing the solution is completely harmless.
- Adjust the tilt of your head to facilitate the solution flow from one nostril to the other. Even if the solution does not pass from one nostril to the other, nasal irrigation is effective.

CONTRAINDICATIONS

Do not use:

- If your nose is completely blocked or you are suffering from severe nosebleeds,
- If you have an ear infection such as otitis, a build up of earwax or have recently undergone ear surgery,
- If you have difficulties in keeping your balance.

POSSIBLE EFFECTS

- A tingling sensation may occur during use, leave longer intervals between applications until the sensation disappears.
- If you feel a slight headache during or after use, it may be due to tilting the head incorrectly. If this sensation persists discontinue use.
- If you feel pressure in your ears, stop irrigation and consult your doctor.

PRECAUTIONS

- Do not replace PHYSIOMER® Nasal Irrigation sachets, produced especially for nasal irrigation, with "home-made" salt formulas containing cooking salts, which are liable to contain impurities or anticaking agents.
- Do not carry out nasal irrigation with spring or mineral water* without the addition of 1 or 2 PHYSIOMER® Nasal Irrigation sachets (according to the desired dosage). Water alone is hypotonic and may cause nasal congestion.
- Do not substitute any part of device.
- Use the sachet immediately after opening. To prevent incorrect dosage do not reuse a sachet that has already been opened.
- Use one device per person.
- Carry out the nasal irrigation at least 1 hour before going out in the cold (risk of rhinitis).
- In case of acute illness (cold, temporary sinusitis or rhinosinusitis), if symptoms persist for more than 10 days, please consult your doctor.
- Keep out of the sight and reach of children.
- Do not use the sachets after the expiry date.
- Do not use if the packaging has lost its original appearance.

MAINTENANCE

- After each usage,
- Disassemble the device,
 - Rinse each part: with clear water or soapy water (rinsing thoroughly afterwards),
 - Dry with an absorbent paper towel or with a clean, lint-free cloth,
 - Store the device in a clean cloth, in a clean, dry place.

USAGE

- Choose the preferred administration mode and the corresponding nozzle.
- Lean over a sink and tilt head to one side.
- Keep mouth open and continue to breathe normally throughout the nasal irrigation.
- Place the nozzle into the upper nostril so that it seals perfectly.
- Lightly squeeze the bottle to begin irrigation - For adults, use between 60 and 120mL per nostril using the graduations on the bottle to help you. For children, adjust the flow to the "1 drop" position and use 60mL per nostril.
- Tilt your head to drain the remaining solution from the nasal cavities and gently blow your nose.
- Discard any remaining solution.
- With your first nasal irrigation, as the solution enters the nasal cavity, you may experience the sensation of «being submerged» which should not alarm you. This sensation is normal and disappears during subsequent uses.

DISINFECTION

- To disinfect the device, disassemble once a week and immerse all pieces of the device in: either diluted white vinegar (diluted by half) or 70° alcohol (or 70% alcohol solution). Leave to soak for 5 minutes. Rinse and dry each part
- The device can withstand the following disinfection techniques, especially for patients with specific hygiene requirements:
- Heating method: use a steam steriliser, according to the manufacturers' instructions
- Chemical method: use disinfecting tablets, according to the manufacturers' instructions

* non-carbonated - ** approximately

