Table of Contents

With a full charge, the device can be used continuously about 60

times. The built-in rechargeable battery supports approximately

300 full-charge and discharge cycles, retaining around

Instructions for the Use of the Optional Power Adapter

. The power adapter, as an optional accessory, should comply with

the IFC 60601-1 and IFC60601-1-2 standard requirements. Safe

cycles may vary depending on usage and settings.)



# 70 iHealth Fresh **Electric Nasal Wash System** iHealth Instruction Manual 4. Always inspect charging cable for damage prior to using, even Do not wear any nasal jewelry while using. If you wear nasal iewelry, please remove it before use. stoves, or hot ovens to avoid damaging the product. Do not use in an OXYGEN-RICH ENVIRONMENT. 8. When shipping the device without packaging, ensure it is securely fastened to prevent it from falling during transit This product is only designed for nasal cleaning. Do not use for purposes other than intended. Do not inject water directly into eyes, ears, or other sensitive areas, as improper use can cause accidental injury. product specifications. 1. At the end of the product's lifespan, a reduction in water flow may occur, but it will not affect safety.

2. When the product reaches the end of its life, it must be properly

according to the laws and regulations of the country or region

3. The material of the Nasal Wash Tip is food-grade silicone, which

is non-toxic and hypoallergenic to human tissue; if you are

allergic to plastic/silicone, please do not use this product.

4. Avoid electromagnetic interference above three V/m when

electromagnetic, or other interference, between the Electric

Nasal Wash and other devices, and provides suggestions fo

avoiding or reducing such interference. Please refer to the

"Electromagnetic Compatibility Information" section. It is

away from other wireless devices, such as WLAN unit, microwave

5. The user manual includes information on potential

microwave ovens, X-rays, etc.

of it strictly in accordance with local household waste

Box Contents -Contents and Display Indicators Specifications Classification -Setup and Operation Safety Precautions -Troubleshooting -Explanation of Symbols Warranty Information

Please read this instruction manual carefully before using the product.

and children over five years old to use for nasal irrigation. Contraindications What is Nasal Wash?

oven, etc. It cannot be used near active HF SURGICAL EQUIPMENT

resonance imaging, where the intensity of EM DISTURBANCES is

and the RE-shielded room of an ME SYSTEM for magnetic

7. Avoid choking due to tension, lack of concentration, or not

9. Do not position the device in a way that would make it difficult

1. If the water level in the tank is less than 400 mL, the temperatur

2. The Electric Nasal Wash is not intended to be exposed to the

Frequency Identification (RFID), and electromagnetic security

4. Attention that changes, or modification not expressly approved

by the party responsible for compliance, could void the user's

This equipment has been tested and found to comply with the

limits for a Class B digital device, pursuant to part 15 of the FCC

Rules. These limits are designed to provide reasonable protection

equipment generates, uses, and can radiate radio frequency

interference will not occur in a particular installation. If this

television reception, which can be determined by turning the

equipment off and on, the user is encouraged to try to correct

instructions, may cause harmful interference to radio

communications. However, there is no quarantee that

equipment does cause harmful interference to radio or

romagnetic Interference (FMI) environments

. (MR) Please do not use the Electric Nasal Wash within the

authority to operate the equipment.

probe cannot measure the water temperature. To avoid scalding

environment of the following device: Magnetic Resonance Imaging

Use the device only while in a stationary position

8. The patient is an intended operator.

to be disconnected.

# Contraindications

Intended Use

 Patients with severe nasal conditions should consult a physician before using the device;

The iHealth Fresh Electric Nasal Wash System is intended for adults

- Children under the age of five are not recommended to use it: • In case of a nosebleed, please discontinue use or follow the doctor's instructions.
- Patients with otitis media should not use this device. • Individuals with extensive nasal trauma are advised against using it.

### What is Nasal Wash?

Nasal wash (nasal irrigation), a common home remedy, involves rinsing the sinuses air-filled cavities located behind the bones of your face. Normally, these sinuses stay open to facilitate easy breathing. However, when they become irritated or inflamed Electric Nasal Wash System can help to thin and flush out the mucus, clearing the blockage and removing substances that contribute to inflammation.

the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and received.

—Connect the equipment into an outlet on a circuit different

-Consult the dealer or an experienced radio/TV technician for

should be used only in environments with a temperature range

please charge the battery fully for prior to storing and recharge it

26. This product is equipped with a built-in lithium battery, which

7. If you do not plan to use the Electric Nasal Wash for a long time.

29. If the battery cannot be charged, please contact customer

31. 🛕 Avoid high temperatures or direct exposure to sunlight.

5. Upon request, the supplier will make available circuit diagrams

information which will assist the user's appropriately qualified

technical personnel in repairing those parts of equipment that

storage temperature between uses until the monitor is ready for

its INTENDED USE when the ambient temperature is 68 °F (20 °C).

storage temperature between uses until the monitor is ready for

its INTENDED USE when the ambient temperature is 68 °F (20 °C).

ezed, or thrown into fire. If battery appears misshapen or

part lists, descriptions, calibration, instructions, or other

37. The monitor requires six hours to cool from the maximum

38. The battery must not be disassembled, subjected to impact,

swells severely, discontinue use immediately.

every two months to prevent over-discharge.

30. Overcharging the battery may reduce its lifespan.

32. /\ Do not attempt to disassemble this monitor.

34. Do not drop the monitor or subject it to strong impact.

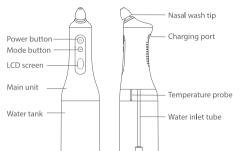
are designated by the manufacturer as repairable.

# Box Contents

- 1. Flectric Nasal Wash System x 1 2. Nasal Wash Tips x 3 3. Charging Cable x 1
- 5. Quick Start Guide x 1 7. Saline Packets (Box of 30) x 1

of 41 °F - 104 °F (5 °C - 40 °C).

Contents and Display Indicators



- Specifications 1. Product name: iHealth Fresh Electric Nasal Wash System 2. Product model: ANC1 3. SKU: NWS-Fresh 4. Device dimensions: 2.87 in × 10.89 in (73 mm × 276.5 mm)
- 5. Weight: 0.62 lb (282 g) 6. Temperature display range: 50 °F -122 °F (10 °C - 50 °C) 7. Temperature display accuracy: ±4 °F (±2 °C) 9. Environmental temperature for operation: 41 °F - 104 °F (5 °C - 40 °C)
- 10. Environmental humidity for operation: ≤80% RH 11. Environmental pressure for operation: 80 kPa - 105 kPa 12. Environmental temperature for transportation and storage
- 13. Environmental humidity for transportation and storage: < 90% RH 80 kPa - 105 kPa

40. A Battery replacement should only be performed by a qualified

service center technician. To do otherwise will void your

Battery is too low

Other reasons

Indicates that the

Indicates a fault in

the water

range

be clogged

adapter to charge

Ensure the water

Firmly pull out the

tube, and replace it

with a new one

temperature sensor the display range, wait

warranty and possibly damage your unit.

Troubleshooting

PROBLEM

symbol 🔾

The device

value shows"-

15. Internal power supply: 1x3.7 V == Li-ion 800 mAh 16. External power supply:

### Power adapter input: 100-240 V ~ 50/60 Hz 0.2 A Power adapter output: 5 V === 1.0 A 17. Expected service life: 5 years

### Classification

- 1. Classification by Type of Protection Against Electric Shock: Class II equipment, with an internal power supply
- TYPE BF APPLIED PARTS (The nasal wash tip is type BF applied part)
- 3. Classification by Degree of Protection Against Harmful Ingress of Water and Particulate Matter: IP27 4. Classification by Mode of Operation: Continuous operation

### Setup and Operation

# Installing the Nasal Wash Tip

Select the appropriate nasal wash tip based on your needs (refe to Tip Usage) and insert the selected nasal wash tip into the top of the main unit.

### Tip Usage

dard	Nasal- Congestion -Safe (L)	Nasal- Congestion -Safe (S)	Nasal Mist (Purchase separately)
se adults ildren.	Designed for adults with nasal congestion.	Designed for children with nasal congestion.	Ideal for children and first-time users. Generates a gentle mist instead of a water stream.

SOLUTION

is completely clogged)

Symbol for "MR Unsafe"

and avoiding such issues.

Fill the water tank up to the 13.5 oz line. Use only sterilized water or one of the following safe water options listed: - Boiled water (for at least five minutes)

- Micro-filtered water (through 0.2 microns) - Commercially bottled water

### Checking the Water Temperature

After adding the water to the 13.5 oz line, the water temperature will be displayed. For a comfortable nasal wash, the recommended water temperature range is 95 °E -104 °E (35 °C 40 °C), with 98 °F (37 °C) being ideal, as it is close to body

NOTE: To switch the temperature display unit between °C and °F, press any button to turn on the display, then press and hold the "Mode" button for 10 seconds.

### Adding the Saline Packet

Manufactured for iHealth Labs, Inc.

Tianiin, 300190 China

The essential performance

start and stop functions.

+1-855-816-7705

880 W Maude Ave, Sunnyvale, CA 94085 USA

Andon Health Co., Ltd.
No.3 JinPing Street, Ya An Road, Nankai District,

Electromagnetic Compatibility Information

through the gear buttons and power switch buttons;

Use of this equipment adjacent to or stacked with other

equipment should be avoided because it could result in improper

quipment should be observed to verify that they are operating

specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased

electromagnetic immunity of this equipment and result in improper

• Equipment (including peripherals such as antenna cables and

external antennas) should be used no closer than 12 in (30 cm) to

manufacturer, otherwise, degradation of the performance of this

any part of the device, including cables specified by the

operation. If such use is necessary, this equipment and the other

1. Control the Electric Nasal Wash's different modes of operation

. Press the power button to toggle the Electric Nasal Wash between

Phone number: +86-22-87611660

Properly mixing the saline solution is crucial, as incorrect one packet of iHealth Fresh Saline Packet to 13.5 oz (400 mL) of water and stir thoroughly until dissolved.

To avoid irritation to the nasal cavity, please do not substitute with other types of salt. Use only the iHealth Fresh Saline Packet

# Selecting Mode

Press the "Mode" button to activate the screen and select a mode based on your needs (refer to Nasal Wash Mode).

GENTLE REGULAR POWER MANUAL Designed Suitable Provides a Allows for customized for for daily more control of the nasal control of the nasal water stream activate, and release to

### 6 Performing the Nasal Wash

- A. Stand in front of a sink, bend forward, and tilt your head down. (See figure 6-1.)
- B. Keep your mouth open, and breath through your mouth
- C. Place the tip snugly against your nostril, then press the
- "Power" button to begin. The water will start flowing out of
- the other nostril. Note: When using the Nasal-Congestion-Safe Tip, the solution may flow out through the gap in the tip, or simultaneously through the gap and the other nostril. Depending on your head
- position, the residual water might also drain from your mouth D. After using approximately half of the water tank, switch to
- E. When the water tank is empty, the device will shut off automatically. You can also press the "Power" button to stop the device at any time (except in Manual mode). E. Gently blow your nose to remove any remaining solution and
- mucus. Avoid putting pressure on your eardrums. • For first-time users, please select the gentle mode. During use,
- To turn off the device, press and hold the "Power" button for three seconds (except in Manual mode). Alternatively, the device will automatically shut down after 60 seconds of inactivity.

do not speak, avoid swallowing motions, and breath through



NOTE: The device and water tank are NOT dishwasher safe. Do

When the LCD screen displays a low battery symbol (See figure

Plug the charging cable into the charging port and connect it to

8-1) or if the device fails to power on, please charge it.

icon (See figure 8-2) will appear on the screen.

Storing the Nasal Wash System After each use, empty the water tank, refill it with clean water

disinfection.

8 Charging The Device

Figure 8-1

450

the corresponding instructions. tank is completely empty. Rinse the tip under running water. . Do not use the iHealth Fresh Electric Nasal Wash while it is If disinfection is required, please use a 75-percent ethanol

Figure 8-2

- 3. Do not plug or unplug the charging cable and power plug with (medical alcohol disinfectant) to wipe down the device and its components. After disinfection, thoroughly rinse the product
- and internal tubing with clean water to ensure no disinfectant General Information

### 1. The Nasal Wash Tip is for personal use only and should not be

Safety Precautions

♠ Warning:

- Do not use the device beyond its intended purpose
- . Keep the charging cable away from children/infants to prevent the risk of strangulation or asphyxiation.
- 4. Children under 12 should use this device under adult supervision.
- 5. Keep this device out of reach of children, disabled individuals, or pets to prevent the inhalation or ingestion of small parts.

### 5. For your health and safety, please do not use non-original accessories. ne power adapter. Once the device is fully charged, a full battery

- 2. During the nasal irrigation process, gently press and release the
- "Power" button to stop the water flow. 3. Do not place or store the device in areas where it may fall into water.

# Table 1 - Emission

Phenomenon	Compliance	Electromagnetic Environment
RF emissions Conducted emissions	CISPR 11 Group 1, Class B	Home healthcare environment
Harmonic distortion	IEC 61000-3-2 N/A	Home healthcare environment
Voltage fluctuations and flicker	IEC 61000-3-3 N/A	Home healthcare environment

Table 2 - Enclosure Port					
		Immunity Test Levels			
Phenomenon	Basic EMC standard	Home Healthcare Environment			
Electrostatic Discharge	IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air			
Radiated RF EM field	IEC 61000-4-3	10 V/m 80 MHz - 2.7 GHz 80% AM at 1 kHz			
Proximity fields from RF wireless communications equipment	IEC 61000-4-3	Refer to Table 3			

## Table 3 - Proximity Fields From RF Wireless Communications Equipment

		Immunity Test Levels				Immunity Test Levels	
frequency <u>z</u> )	Band (MHz)	Professional Healthcare		Phenomenon	Basic EMC Standard	Home Healthcare Environment	
		Facility Environment  Pulse modulation 18 Hz,		Electrical fast	IEC 61000-4-4	±2 kV	
	380-390	27 V/m		transients/burst		100 kHz repetition frequency	
	430-470	FM, ±5 kHz deviation, 1 kHz sine, 28 V/m		Surges line-to-line	IEC 61000-4-5	±0.5 kV, ±1 kV	
		I KHZ SIIIE, ZO V/III	-	Conducted	IEC 61000-4-6	3 V, 0.15 MHz-80 MHz 6 V in ISM and amateur radio bands between 0.15 MHz an	
	704-787	Pulse modulation 217 Hz, 9 V/m		disturbances induced by RF			
		3 47111		fields		80 MHz 80% AM at 1kHz	
	800-960	Pulse modulation 18 Hz, 28 V/m		Vales as alter	IEC 61000-4-11	0% Ut; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	
)	4700 4000	Pulse modulation 217 Hz, 28 V/m		Voltage dips	IEC 61000-4-11	0% Uτ; 1 cycle and 70% Uτ; 25/30 cycles	
) `	1700-1990						
)		0.1 1.1.11 24711	1			Single phase: at 0°	
)	2400-2570	Pulse modulation 217 Hz, 28 V/m		Voltage interruptions	IEC 61000-4-11	0% Uτ; 250/300 cycles	
)				·			
)	5100-5800	Pulse modulation 217 Hz, 9 V/m		Date of issue: 2024.6.21 ANC1-SMSY			
:			1		Date Of Issue	. 2027.0.21 /MC1-31VI3TU2 V	

Date of issue : 2024 6.21 ANC1-SMSY02 V1.0

against solid foreign obj characteristic numeral s		protection against access to hazardous parts and against solid foreign objects." The second characteristic numeral symbol for "Degrees of protection against ingress of water."
	SN	Symbol for "Serial number"

CAUSE

The device stops automatically when the water Add water and restart the device

Note: For any issues that cannot be resolved independently, please

Symbol for "Refer to instruction manual" (The sign

**P27** The first characteristic numeral symbol for "Degrees of

background color: blue. The sign graphical symbol: white)

tank empty

**Explanation of Symbols** 

Symbol for "General warning sign"

Symbol for "CLASS II equipment"

Symbol for "TYPE BF APPLIED PART"

Symbol for "Manufacturer"

Symbol for "Date of manufacture"

LOT Symbol for "Batch code"

To replace the nasal wash tip, hold the silicone part of the tip and

For other electric nasal irrigators, if a complete nasal blockage

cause discomfort and even damage the nasal mucosa. However

occurs during use, the water pressure generated by the device car

completely clogged the water can still flow in and out of the same

What is a Nasal-Congestion-Safe Tip

### Warranty Information

iHealth Labs, Inc. ("iHealth") warrants the iHealth hardware (the 'Product"), and only the Product, against defects in materials and artistry under regular use for one year from the date of purchase by Warranty, if a defect arises and a valid claim is received by iHealth to the extent permitted by law, iHealth will either (1) repair the Product using new or refurbished replacement parts or (2) exchange the Product with a new or refurbished Product. In the event of a defect, to the extent permitted by law, these are the sole

This warranty does not apply: (a) to consumable parts, such as the battery and nasal wash tips,

that diminish over time unless failure has occurred due to a defect (b) to cosmetic damage, including but not limited to scratches, dents; c) to damage caused by accident, abuse, misuse, contact with liquid;

user manual, the technical specifications or other iHealth product. (e) to damage caused by service performed by anyone who is not a

(d) to damage caused by operating the iHealth product outside the

Phenomenon	Compliance	Electromagneti Environment
RF emissions	CISPR 11	Home healthca
Conducted emissions	Group 1, Class B	environment
Harmonic distortion	IEC 61000-3-2 N/A	Home healthca environment
Voltage fluctuations	IEC 61000-3-3	Home healthca
and flicker	N/A	environment

				/ 15
				780
				810
				870
В		Immunity Test Levels		930
	Basic EMC standard	Home Healthcare Environment		1720
				1845
i		±8 kV contact		1970
	IEC 61000-4-2	±2 kV, ±4 kV, ±8 kV, ±15 kV air		2450
ı		10 V/m 80 MHz - 2.7 GHz 80% AM at 1 kHz		5240
	IEC 61000-4-3			5500
				5785
	IEC 61000-4-3	Refer to Table 3		

700