

# iHealth® Fresh

Electric Nasal Wash System



Instruction Manual

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Please read this instruction manual carefully before using the product.

## Intended Use

The iHealth Fresh Electric Nasal Wash System is intended for adults and children over five years old to use for nasal irrigation.

## Contraindications

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

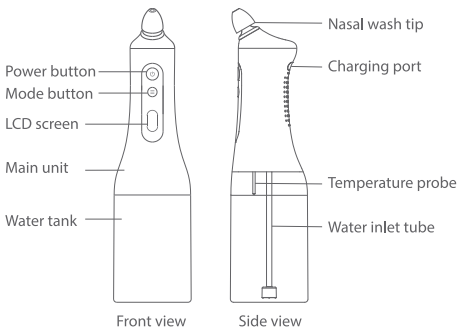
## What is Nasal Wash?

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, mucus can block your nasal passages. Using the iHealth Fresh Electric Nasal Wash System can help to thin and flush out the mucus, clearing the blockage and removing substances that contribute to inflammation.

## Box Contents

1. Electric Nasal Wash System x 1
2. Nasal Wash Tips x 3
3. Charging Cable x 1
4. Instruction Manual x 1
5. Quick Start Guide x 1
6. Extra Filter x 1
7. Saline Packets (Box of 30) x 1

## 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)
8. Noise: ≤ 60 dB(A) during operation
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: -4 °F - 131 °F (-20 °C - 55 °C)
13. Environmental humidity for transportation and storage: ≤ 90% RH
14. Environmental pressure for transportation and storage: 80 kPa - 105 kPa

15. Internal power supply: 1x3.7 V  $\equiv$  Li-ion 800 mAh
16. External power supply:  
 Power adapter input: 100-240 V  $\sim$  50/60 Hz 0.2 A  
 Power adapter output: 5 V  $\equiv$  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
2. Classification by Degree of Protection Against Electric Shock:  
 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

### 1 Installing the Nasal Wash Tip

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

### Tip Usage

Standard	Nasal-Congestion-Safe (L)	Nasal-Congestion-Safe (S)	Nasal Mist (Purchase separately)
			
Daily use for both adults and children.	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.

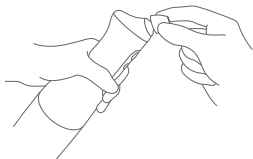
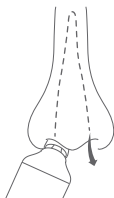


Figure 1-1

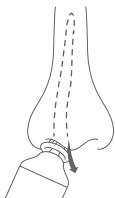
To replace the nasal wash tip, hold the silicone part of the tip and gently pull it out. (See Figure 1-1.)

### What is a Nasal-Congestion-Safe Tip

For other electric nasal irrigators, if a complete nasal blockage occurs during use, the water pressure generated by the device can cause discomfort and even damage the nasal mucosa. However, with the Nasal-Congestion-Safe nasal tip, even if the nostril is completely clogged the water can still flow in and out of the same nostril, preventing excessive pressure buildup in the nasal cavity and avoiding such issues.



Standard nose wash Tip  
water flow direction



Nasal-Congestion-Safe Tip Water  
flow direction (when nostril  
is completely clogged)

## 2 Filling the Water Tank

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)
- Distilled water
- Micro-filtered water (through 0.2 microns)
- Reverse osmosis filtered water
- Commercially bottled water

## 3 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 °F -104 °F (35 °C- 40 °C), with 98 °F (37 °C) being ideal, as it is close to body temperature.

**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.**

## 4 Adding the Saline Packet

Properly mixing the saline solution is crucial, as incorrect concentrations can cause discomfort. The correct ratio is to add 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.

## 5 Selecting Mode

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

## Nasal Wash Mode

GENTLE	REGULAR	POWER	MANUAL
Designed for children and first-time users	Suitable for daily use	Provides a more powerful water stream	Allows for customized control of the nasal wash: press and hold the "Power" button to activate, and release to stop

### 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. (See figure 6-2.)
- 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 irrigate the other nostril.
- 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).
- F. Gently blow your nose to remove any remaining solution and mucus. Avoid putting pressure on your eardrums.

#### TIPS:

- For first-time users, please select the gentle mode. During use, do not speak, avoid swallowing motions, and breath through your mouth.
- 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.



Figure 6-1



Figure 6-2

## 7 Storing the Nasal Wash System

After each use, empty the water tank, refill it with clean water, and reattach it to the main unit. Run the device until the water tank is completely empty. Rinse the tip under running water. Finally, place the main unit and tip in a dry area to air dry naturally. If disinfection is required, please use a 75-percent ethanol (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 residue remains.

**NOTE: The device and water tank are NOT dishwasher safe. Do not place them in a microwave or use boiling water for disinfection.**

## 8 Charging The Device

When the LCD screen displays a low battery symbol (See figure 8-1) or if the device fails to power on, please charge it. Plug the charging cable into the charging port and connect it to the power adapter. Once the device is fully charged, a full battery icon (See figure 8-2) will appear on the screen.



Figure 8-1



Figure 8-2

## Battery life:

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 80-percent of its normal capacity. (Note: Battery life and charge cycles may vary depending on usage and settings.)

## Safety Precautions

### Warning :

#### Instructions for the Use of the Optional Power Adapter

1. The power adapter, as an optional accessory, should comply with the IEC 60601-1 and IEC60601-1-2 standard requirements. Safe usage and related safe use and related matters should adhere to the corresponding instructions.
2. Do not use the iHealth Fresh Electric Nasal Wash while it is charging.
3. Do not plug or unplug the charging cable and power plug with wet hands.

#### General Information


1. The Nasal Wash Tip is for personal use only and should not be shared with others.
2. Do not use the device beyond its intended purpose.
3. 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.
6. For your health and safety, please do not use non-original accessories.

#### Precautions

1. Do not insert any foreign objects into the tip hole or power socket.
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.

4. Always inspect charging cable for damage prior to using, even at first use.
5. Do not wear any nasal jewelry while using. If you wear nasal jewelry, please remove it before use.
6. Do not place the device and the accessories near heat sources, stoves, or hot ovens to avoid damaging the product.
7. 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.
9. 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.
10. Please use this device in an environment that meets the product specifications.
11. At the end of the product's lifespan, a reduction in water flow may occur, but it will not affect safety.
12. When the product reaches the end of its life, it must be properly disposed of by removing the internal battery for recycling according to the laws and regulations of the country or region. If the battery cannot be removed, it is recommended to dispose of it strictly in accordance with local household waste management regulations.
13. 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.
14. Avoid electromagnetic interference above three V/m when using the Electric Nasal Wash, such as from televisions, microwave ovens, X-rays, etc.
15. The user manual includes information on potential electromagnetic, or other interference, between the Electric Nasal Wash and other devices, and provides suggestions for avoiding or reducing such interference. Please refer to the "Electromagnetic Compatibility Information" section. It is suggested that the Electric Nasal Wash be kept at least 30 cm away from other wireless devices, such as WLAN unit, microwave

oven, etc. It cannot be used near active HF SURGICAL EQUIPMENT and the RF-shielded room of an ME SYSTEM for magnetic resonance imaging, where the intensity of EM DISTURBANCES is high.

16. Clean and disinfect promptly after use to prevent bacterial growth.
17. Avoid choking due to tension, lack of concentration, or not operating as per instructions during use.
18. The patient is an intended operator.
19. Do not position the device in a way that would make it difficult to be disconnected.
20. Use the device only while in a stationary position.
21. If the water level in the tank is less than 400 mL, the temperature probe cannot measure the water temperature. To avoid scalding, do not rinse the nasal cavity if the tank is not full.
22. The Electric Nasal Wash is not intended to be exposed to the Electromagnetic Interference (EMI) environments.
23.  Please do not use the Electric Nasal Wash within the environment of the following device: Magnetic Resonance Imaging (MRI), Computerized Axial Tomography (CT), Diathermy, Radio Frequency Identification (RFID), and electromagnetic security systems, such as metal detectors.
24. Attention that changes, or modification not expressly approved by the party responsible for compliance, could void the user's authority to operate the equipment.
25. 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 against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct

the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.


—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.

26. This product is equipped with a built-in lithium battery, which should be used only in environments with a temperature range of 41 °F - 104 °F (5 °C - 40 °C).
27. If you do not plan to use the Electric Nasal Wash for a long time, please charge the battery fully for prior to storing and recharge it every two months to prevent over-discharge.
28. Do not replace the lithium battery yourself to prevent fire or explosion.
29. If the battery cannot be charged, please contact customer service.
30. Overcharging the battery may reduce its lifespan.
31. ⚠️ Avoid high temperatures or direct exposure to sunlight.
32. ⚠️ Do not attempt to disassemble this monitor.
33. ⚠️ No servicing/maintenance while the monitor is in use.
34. Do not drop the monitor or subject it to strong impact.
35. Upon request, the supplier will make available circuit diagrams, part lists, descriptions, calibration, instructions, or other information which will assist the user's appropriately qualified technical personnel in repairing those parts of equipment that are designated by the manufacturer as repairable.
36. The monitor requires six hours to warm from the minimum storage temperature between uses until the monitor is ready for its INTENDED USE when the ambient temperature is 68 °F (20 °C).
37. The monitor requires six hours to cool from the maximum storage temperature between uses until the monitor is ready for its INTENDED USE when the ambient temperature is 68 °F (20 °C).
38. The battery must not be disassembled, subjected to impact, squeezed, or thrown into fire. If battery appears misshapen or swells severely, discontinue use immediately.

39. Do not place the battery in high-temperature environments.
40. ⚠ Battery replacement should only be performed by a qualified service center technician. To do otherwise will void your warranty and possibly damage your unit.

## Troubleshooting

PROBLEM	CAUSE	SOLUTION
The battery icon shows a low battery symbol 	Low battery	Connect the power adapter to charge the device
The device cannot start	Battery is too low	Connect the power adapter to charge
	Other reasons	Contact customer service
Temperature value turns red	Indicates that the water temperature is higher than the recommended temperature	Lower the water temperature
Temperature value shows "--"	Indicates a fault in the water temperature sensor or the temperature is outside the measurement range	Ensure the water temperature is within the display range, wait for the automatic shutdown, and try again. If the issue persists, please contact customer service
The water flow from the device significantly decreases or stops	The inlet filter may be clogged	Firmly pull out the connection between the filter and the water inlet tube, and replace it with a new one

PROBLEM	CAUSE	SOLUTION
The device stops automatically	Stops automatically when the water tank empty	Add water and restart the device

**Note:** For any issues that cannot be resolved independently, please contact customer service.

## Explanation of Symbols



Symbol for "General warning sign"



Symbol for "CLASS II equipment"



Symbol for "TYPE BF APPLIED PART"



Symbol for "Refer to instruction manual" (The sign background color: blue. The sign graphical symbol: white)



Symbol for "Manufacturer"

## IP27

The first characteristic numeral symbol for "Degrees of protection against access to hazardous parts and against solid foreign objects ." The second characteristic numeral symbol for "Degrees of protection against ingress of water ."



Symbol for "Serial number"



Symbol for "Batch code"



Symbol for "Date of manufacture"



Symbol for "MR Unsafe"

## 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 the original purchaser ("Warranty Period"). Under this Limited Warranty, if a defect arises and a valid claim is received by iHealth within the Warranty Period regarding the Product, at its option and 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 and exclusive remedies.

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 in materials or quality;
- (b) to cosmetic damage, including but not limited to scratches, dents;
- (c) to damage caused by accident, abuse, misuse, contact with liquid;
- (d) to damage caused by operating the iHealth product outside the user manual, the technical specifications or other iHealth product published guidelines;
- (e) to damage caused by service performed by anyone who is not a representative of iHealth or one of its representatives.

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## Electromagnetic Compatibility Information

- The essential performance:
  1. Control the Electric Nasal Wash's different modes of operation through the gear buttons and power switch buttons;
  2. Press the power button to toggle the Electric Nasal Wash between start and stop functions.
- When EMI affects the above performance, please stop using the device.
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Use of accessories, transducers, and cables other than those 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 operation.
- Equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 in (30 cm) to any part of the device, including cables specified by the manufacturer, otherwise, degradation of the performance of this equipment could result.

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

Phenomenon	Basic EMC standard	Immunity Test Levels
		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

Test frequency (MHz)	Band (MHz)	Immunity Test Levels
		Professional Healthcare Facility Environment
385	380-390	Pulse modulation 18 Hz, 27 V/m
450	430-470	FM, $\pm 5$ kHz deviation, 1 kHz sine, 28 V/m
710	704-787	Pulse modulation 217 Hz, 9 V/m
745		
780		
810	800-960	Pulse modulation 18 Hz, 28 V/m
870		
930		
1720	1700-1990	Pulse modulation 217 Hz, 28 V/m
1845		
1970		
2450	2400-2570	Pulse modulation 217 Hz, 28 V/m
5240	5100-5800	Pulse modulation 217 Hz, 9 V/m
5500		
5785		

Table 4 - Input AC Power Port

Phenomenon	Basic EMC Standard	Immunity Test Levels
		Home Healthcare Environment
Electrical fast transients/burst	IEC 61000-4-4	$\pm 2$ kV 100 kHz repetition frequency
Surges line-to-line	IEC 61000-4-5	$\pm 0.5$ kV, $\pm 1$ kV
Conducted disturbances induced by RF fields	IEC 61000-4-6	3 V, 0.15 MHz-80 MHz 6 V in ISM and amateur radio bands between 0.15 MHz and 80 MHz 80% AM at 1kHz
Voltage dips	IEC 61000-4-11	0% $U_T$ ; 0.5 cycle At $0^\circ$ , $45^\circ$ , $90^\circ$ , $135^\circ$ , $180^\circ$ , $225^\circ$ , $270^\circ$ and $315^\circ$
		0% $U_T$ ; 1 cycle and 70% $U_T$ ; 25/30 cycles Single phase: at $0^\circ$
Voltage interruptions	IEC 61000-4-11	0% $U_T$ ; 250/300 cycles

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