

Sere-flow

Nasal Irrigator

Thank you for purchasing the *Sere-flow*

Why Sere-flow - YOUR NASAL CARE SOLUTION

Our air quality is deteriorating daily, our noses and general health are continually exposed to conditions that can cause nasal irritation and sickness. Cleaning your nose regularly using *Sere-flow* with a nasal saline solution such as *Sere-Salt* helps control and eradicate the symptoms caused by dust mites, air pollution, bacteria and dust.

The proactive use of the *Sere-flow* ensures a clear nose and healthier breathing.

This unique and innovative design ensures the *Sere-flow* is comfortable and easy to use. No squeezing of the bottle is necessary, no pressure or pain will be associated with its use, just a spontaneous flow of saline solution up one nostril and out the other naturally.....as nature intended.

***Suitable
for
Nasosinusitis
Allergic Rhinitis
Hayfever
Stuffy Nose Sneezing
Post Nasal Drip
Nasal Congestion
Dry Nose
Snoring
Odour Prevention
Nasal Cavity Infections
Nasal Care following Surgery
Proactive Nasal Care
and
General nasal hygiene***

Daily Usage

Can be used by all ages above 4 years old.
Use once every morning and evening or between 4 - 8 times a day (anytime or consecutively depending on severity of symptoms or if symptoms persist).

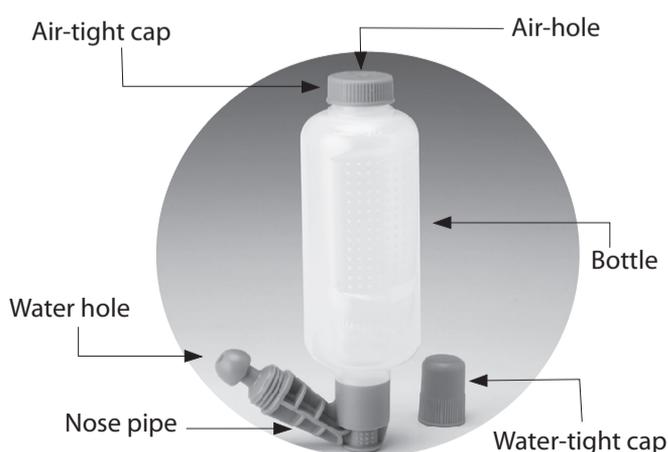
Dosage Guide

Sere-Salt, or similar, are available from your local pharmacy or directly from Sere-med Direct (www.seremed.com),

Dissolve the contents of one sachet of *Sere-Salt* or suitable approved equivalent (as recommended by your medical professional or pharmacist) in 300ml of lukewarm tap water (comfortable temperature of 37°C) that is clean or cooled boiled. DO NOT use boiling, hot or cold water.

Need to Know

Components of *Sere-flow*



Remove Sere-flow from the box packaging. Clean the bottle and components with dishwashing liquid and rinse thoroughly thereafter. (CAUTION: Do not clean with boiling water.)

Getting Started

Attach the nose pipe to the lower opening of the bottle by turning all the way until the nose pipe is secure (see Fig. A). Tighten the water-tight cap to the nose pipe securely as shown in Fig. B.

1. Pour clean warm water (comfortable temperature of about 37°C) into the bottle (CAUTION: Do not use boiling, hot or cold water).
2. Open and empty the contents of one sachet (Sere-Salt or a suitable equivalent) to the water in the bottle.
3. After securing the air-tight cap to the bottle, use one hand to hold up the bottle vertically and using your forefinger of the same hand, seal the air hole of the air-tight cap tightly. See Fig. C.
4. Keep the air hole sealed and shake the bottle well to ensure the contents added to the water are dissolved adequately.



Irrigating Procedure Helpful Hints

During the irrigating procedure, should you experience that the saline solution is unable to flow out the nostril adequately possibly due to serious nasal congestion, change to the other nostril and commence rinsing.

If this is unsuccessful, a warmup exercise or a hot drink may be required before use.

- Before use and while keeping the **air-hole** sealed with your finger, remove the **water-tight cap** and then your finger to let a little dissolved solution out to prevent the initial flow being too strong.
 - Should you require a more forceful approach of water up your nostril, close **air-hole** with your finger and squeeze bottle for the required pressure. **This procedure is not recommended.**
1. Remove **water-tight cap** from the **nose pipe**. See Fig. D.
 2. Keeping the **air-hole** closed with your forefinger, lean forward and tilt your head to one side so that the input nostril is higher than the other.
 3. Position the water hole at the entrance of the chosen nostril sealing the entrance.
 4. Open your mouth. Keep your mouth open for the duration of the wash. Remember, breath through your mouth.
 5. Remove your forefinger from the **air-hole**, see Fig. E. Water (**saline solution**) will automatically flow up the nostril cleaning the nasal cavity and out through the other naturally.
 6. To pause, not necessary to pause but if required, close the **air-hole** with your forefinger as before.
 7. To continue, open your mouth again, remove your forefinger from the **air-hole**, water (**saline solution**) will resume its natural flow.
 8. Continue the irrigation until the bottle is empty. As the flow becomes insufficient, it may be necessary to tilt the bottle so the remaining saline solution flows out completely.
 9. On completion, remove the **Sere-flow** immediately. Close the nostril the **nose pipe** was attached to and blow the nose gently to clear the nasal cavity. Repeat the gentle blowing procedure with the other nostril.

Important Recommendations

1. Please replace your *Sere-flow* after one year of use.
2. Always use clean water to flush the *Sere-flow* after use.

South African Distributor

Sere-med

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