

Notes



OPERATING MANUAL

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Thank you for purchasing the EWOTpro System. This guide will provide easy step by step instructions on how to set up and use the bags.

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Parts Lists

Included with the EWOTpro:



EWOTpro Bag (shown with stand, not included)



Mask



Pulse Oximeter



Pressure Relief System



Tubing Caps



Bungees



Mask Adapter



Tubing

Attach the valve to the inlet hole in the mask. [Figure F]. Take off the black cap on the end of the EWOT tubing and push the clear fitting connected to the tubing onto the inlet opening of the EWOT mask. You are now ready to use the bag.



FIGURE F

What to expect: When you begin, you may notice it is a little more difficult to breathe. The EWOTpro encourages taking deep breaths. If you are a shallow breather this may be difficult. As you continue, your breathing style will change to deeper, stronger breaths, which is the goal.

Breathing Oxygen

Beginners: Starting out, we recommend using the EWOTpro for 10 to 15 minutes and setting your exercise equipment on low intensity. This will give you the ability to understand the equipment and know your limitations.

Beginner Goals: Increase oxygen saturation throughout the body and increase the motion of the circulatory system to flush out waste.

Intermediate Users: When you become familiar with the equipment, we recommend using it for 15 to 30 minutes based upon your physical ability, and setting your exercise equipment to low or moderate.

Intermediate Goals: Increase oxygen saturation while expanding blood flow to crucial parts of the body to aid in recovery and optimum performance.

Advanced Users: For people who are familiar with this equipment, you can utilize it for 25 to 40 minutes based upon your ability. We recommend setting the exercise equipment to moderate or advanced. This is for people who are physically fit and exercise regularly.

Advanced Goals: Increase oxygen saturation throughout the entire body while allowing your body to naturally sweat and eliminate toxins.

Cleaning Your Mask

Cleaning your mask after each use is recommended. Fill a container with warm, mild, non-fragrant soapy water. Swish the mask back and forth for 30 seconds in the water or until clean. It is also recommended to lightly scrub the entire mask. This will ensure the septa valves are washed. When done, rinse with water to remove any soap and then air dry.

Approximate Fill Times

10LPM Concentrator: EWOTpro Bag - 85 minutes

5 LPM Concentrator: EWOTpro BAG - 170 minutes

If you go past the fill time the pressure system will release air and prevent the bag from over-inflating [Figure E].

Using the Mask

The first time you use your mask you'll need to put it together. See the diagram below.



FIGURE E

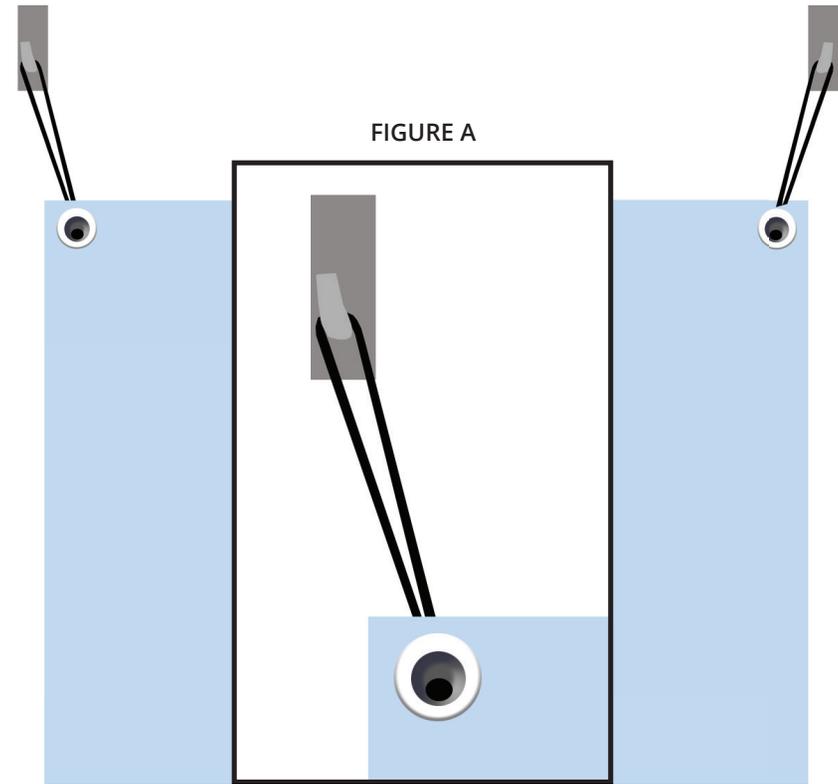
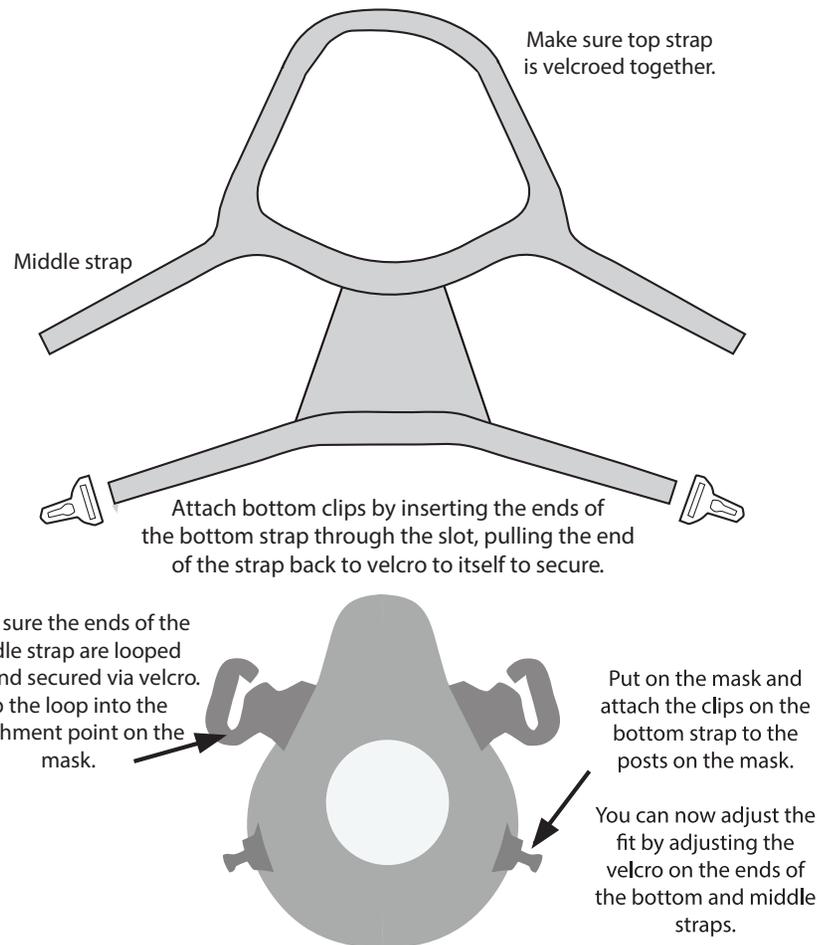
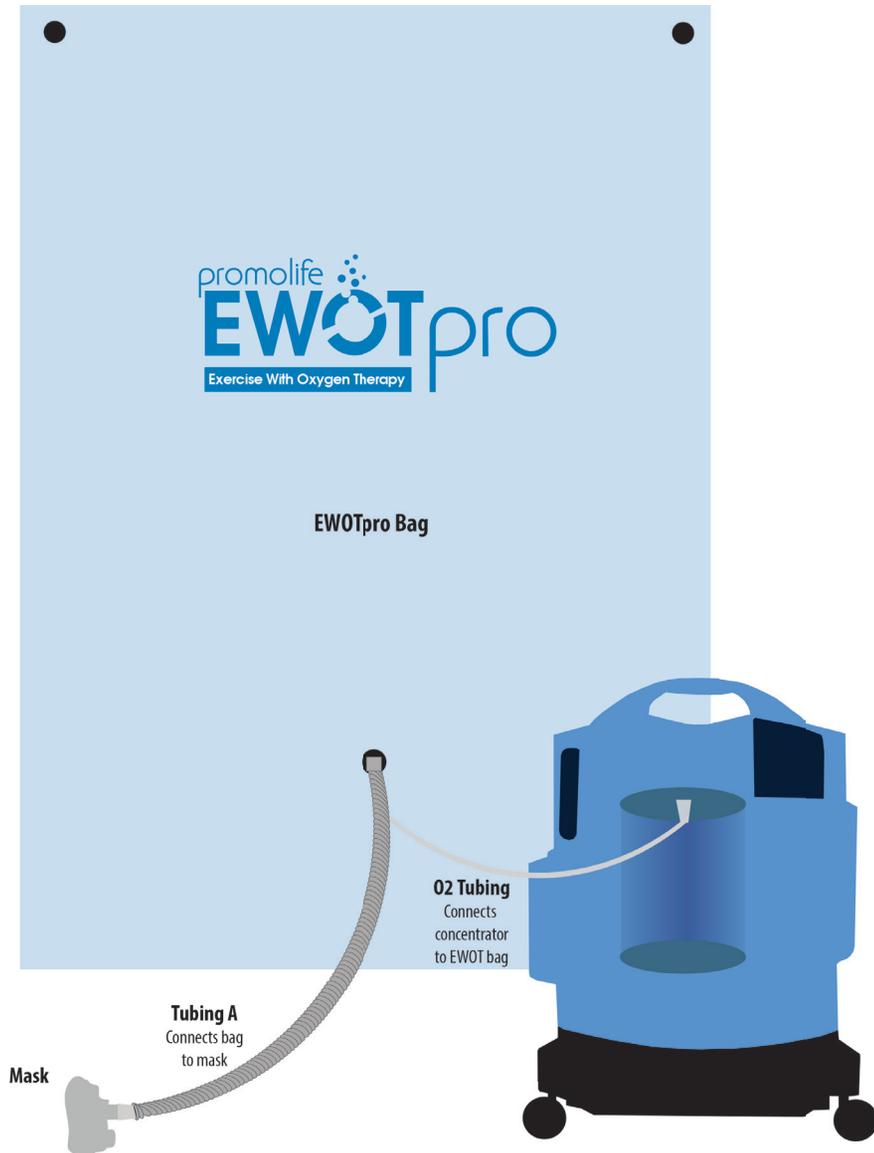


FIGURE A

Hanging the Bags

The EWOTpro bags have grommets in the corners. Bungees are included to make it easy to hang the bags from a stand or hooks. Please refer to the instructions provided with the stand for installation, if purchased. You will only use the top grommets to attach the bag. Attach one bungee to each top grommet and hang the bag. You can use hooks on the wall or ceiling. If you use the stand, simply attach the EWOTpro bungees to each corner of the stand.

Setting up the EWOTpro



Setting up the oxygen concentrator: When setting up your oxygen concentrator, make sure you provide adequate airflow to your machine. Do not place it up against a wall or objects that could restrict flow. Do not use your concentrator in highly humid environments. If you go past the fill time the pressure system will release air and prevent the bag from over-inflating. For more information on your oxygen concentrator see the instructions provided with it.



FIGURE B

Filling the bag: Once the bag is properly installed you can begin filling it. Before you begin, attach the 8' section of EWOT tubing with the threaded fitting to the inlet connection on the bag (you will need to screw it on to secure it) [Figure B]. The other end of the tubing has a clear fitting. You will attach a black cap to this to block the air from escaping while the bag is filling [Figure C].



FIGURE C

We highly recommend using the provided pressure relief system [Figure E] to prevent the bag from over-inflating in order to avoid damage. The tubing with the pressure relief system is labeled so you can easily attach it to your concentrator and the bag. The pressure valve will only release if the pressure is too high.

Once the tubing is attached to the oxygen concentrator and the bag, make sure the on/off valve is positioned vertically [Figure D]. This will open the flow from the concentrator to the bag.

Once everything is assembled, begin to fill the bag by turning on the oxygen concentrator. Run a 5 LPM concentrator on 5 LPM and a 10 LPM concentrator on 10 LPM. It will take about 170 minutes to fill at 5 LPM and about 85 minutes at 10 LPM.



FIGURE D

Once the bag is full: When the bag is full you'll want to keep the valve vertical on the bag inlet and the oxygen machine running [Figure D]. This will allow oxygen to continually flow into the bag which will increase the usage amount. To lock oxygen in the bag for later use, turn the dial to the horizontal position.