

Getting Started with NAVINA SMART APP

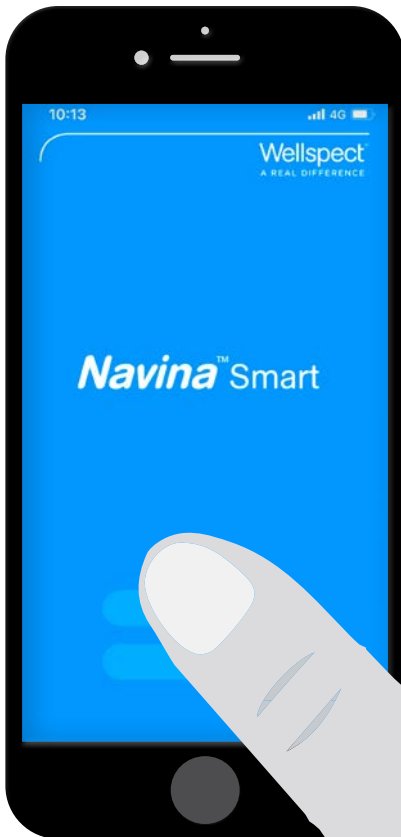


Navina™ Smart

1.

DOWNLOAD FROM APP STORE AND GOOGLE PLAY

- Search for *Navina* and *Navina Smart* will appear as an option.
- Download the Navina Smart app.
- When downloading is complete, click *Open*.





CONNECT NAVINA SMART CONTROL UNIT WITH NAVINA SMART APP

This step is only needed when you have either a new Navina Smart control unit, or when the app is newly downloaded.

Note: A message about notifications may appear during the use of the app, choose the alternative you prefer, i.e. *don't allow/allow*. For use of this app, notifications are not needed.

Note: If you receive the message *Allow Navina Smart to access this device's location?*, please allow to be able to download treatments from Navina Smart.control unit.

2a. Activating Bluetooth on mobile device

If Bluetooth is not already activated on the mobile device, activate it by turning *Bluetooth* on.

2b. Start using the app

- Click *Start* on the Navina Smart App start page.
- Turn on the Navina Smart control unit.



FROM HERE, YOU CAN FOLLOW THE INSTRUCTIONS IN THE APP, OR FOLLOW THIS INSTRUCTION.



- Click *Start*, and then *Proceed*.
- Accept the terms of use (this will only be shown once).



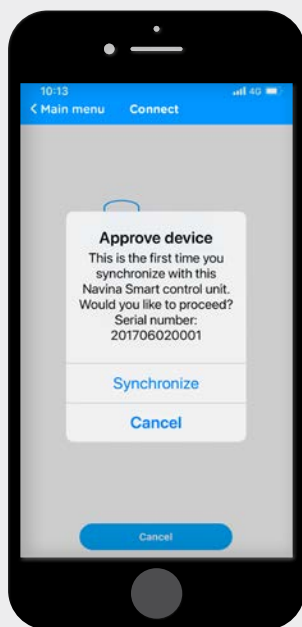
- Choose and enter a new pin code.
- Enter the pin code again.
- Close the PIN-code confirmation message

2c. Synchronization

When the mobile device and Navina Smart control unit are found, check that the serial number shown on the mobile screen is the same as on the back of the Navina Smart control unit (SN number).

- Click *Synchronize*

Note: The devices will only be found and synchronized when the Bluetooth symbol is shown on the screen on the Navina Smart control unit.

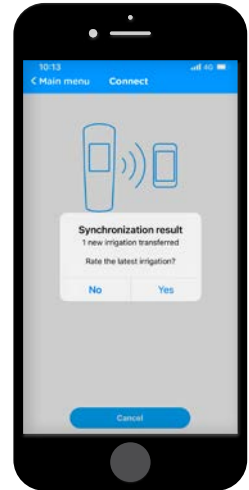


3. SYNCHRONIZATION

Note: If you receive the message *Synchronization result 0 new irrigations transferred*, click *Ok* and continue to 3b.

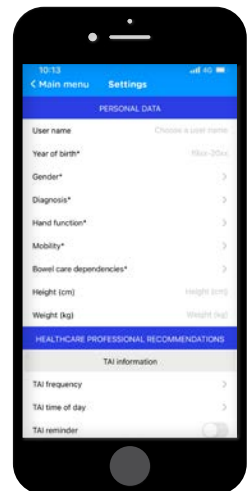
3a. Synchronization

- *No date*, click *Set date*.
- Choose date and time for your **latest** irrigation. Try to estimate the date and time as carefully as possible. When you receive the question, rate the latest irrigation, click, *No*.



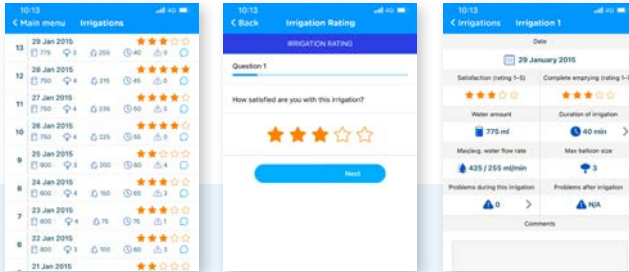
3b. Settings

- Add requested information.
- **Mandatory information is marked with ***.
- When completed, return to the *Main menu*.



4. IRRIGATIONS

- Click on *Irrigations* in the main menu.
- Choose the latest irrigation to perform rating (only the latest irrigation can be rated), and then click *Rate this irrigation*.
- 7 questions will follow. Answer the questions and click next after each question.
- When ready, click *Finish*.
- A summary of the irrigation will be shown.



MAIN MENU - FUNCTIONS

Synchronize: When you need to connect the Navina Smart control unit with the Navina Smart App make sure Bluetooth is activated on the mobile device. Synchronization will only occur when the Bluetooth symbol is shown on the Navina Smart control unit.

Irrigations: Shows the transferred irrigations and from here, you can also rate the irrigations.

Graphs: Showing graphs over the rated irrigations.

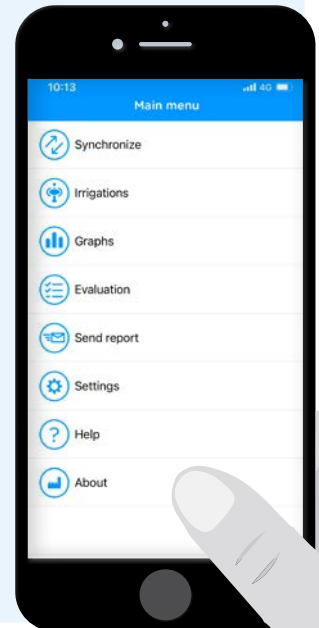
Evaluation: Answer the NBD questionnaire here.

Send report: Generate and send reports from here. Just add the email address you want to send it to.

Settings: Add your personal data and personal settings here.

Help: Frequently asked questions about the Navina Smart app and link to Wellspect website.

About: Information about manufacturer of Navina Smart app.



References

1. Lamin and Newman. Int Urol Nephrol. 2016;48:931-9.
2. Vahr et al. EAUN guideline urethral intermittent catheterization. EAUN 2013.
3. Chartier-Castler E, Denys P. Neurology and Urodynamics 2011;30:21-31.
4. Li L et al. Arch Phys Med Rehab 2013;94:782-7.

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com).

Join the conversation on LinkedIn, Twitter, Facebook and Instagram.

wellspect.com

Wellspect HealthCare,

Aminogatan 1, P.O. Box 14, SE-431 21 Mölndal, Sweden. Phone: +46 31 376 40 00.

Navina Irrigation System

Intended use

Navina Irrigation System is intended for Transanal Irrigation by instilling water up into the lower part of the colon through a rectal catheter.

Indications

The Navina Irrigation System is indicated to help adults and children from 3 years who suffer from fecal incontinence, chronic constipation, and/or time consuming bowel management. By instilling water up into the lower part of the colon, the peristaltic muscles in the bowel can be triggered and start to evacuate the content of the lower colon and rectum.

Contraindications

Do NOT use Navina Irrigation System if you have one or more of the following:

- Known anal or colorectal stenosis
- Active inflammatory bowel disease
- Acute diverticulitis
- Colorectal cancer
- Ischemic colitis
- You are within three months of anal or colorectal surgery
- You are within 4 weeks of previous endoscopic polypectomy

As the list may not be exhaustive, healthcare professionals will always consider individual user factors as well. Before use see Instructions for Use.

Symbols glossary



Manufacturer: Wellspect HealthCare, Aminogatan 1, P.O. Box 14, SE-431 21 Mölndal, Sweden.
Phone: +46 31 376 40 00.
www.wellspect.com

