



Patient Compass

Your companion for the therapy devices*

prisma20C / 20A / 25S / 25S-C / 25ST / 30ST / CR

* availability of devices differs per region





Congratulations on your new therapy device!

Equipped with state-of-the-art medical technology tailored to your requirements, your device will help you to sleep soundly again and thus greatly improve your quality of life.

To make sure you feel at ease with your new therapy partner at once and can start your treatment immediately, we have compiled the most important information about your device in this patient compass.

Other interesting and helpful information about starting your treatment can also be found in the user film on our YouTube channel or on our Website www.loewensteinmedical.de.

Under my.prismajournal.com we also provide you with the therapy diary prisma JOURNAL, a software program that assists you in managing your therapy with prisma20C and prisma20A.

We wish you all the best!



This document does not replace the instructions for use.
You'll find complete information in the instructions for use.

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Preparing the therapy device

The therapy device has to be connected to the electrical power supply.
The breathing tube and mask have to be connected to the device.

Connecting the therapy device to the power supply

- a. Plug the power cable into the connection to power supply on the rear of the device. Make sure that the plug is inserted correctly!
- b. Now plug the other end of the power cable into the electrical outlet.



Connecting the breathing tube and mask

- a. Attach the breathing tube to the outlet port of your device as shown in the photo.
- b. Now connect the breathing tube to the mask, e.g., our comfortable CARA mask, which fits nearly every patient.



If you want to separate the therapy device from the power supply, press the clip on the plug and pull out the plug. Do not pull the power cable.

Making therapy device settings

Your therapy device has to be configured before you can use it. The authorized dealer often makes the configuration settings for you. If that is not the case, you can easily do it yourself.

Making device settings with SD card

With the help of an SD card prepared by your dealer, making the settings is child's play. You need only insert the SD card in the therapy device and you're finished! The settings will be transferred to your device automatically. Please note that your therapy device has to remain connected to the power supply during this procedure.



Do not disconnect the device from the power supply while the configuration process is running.

Using the SD card

The SD card is included in your device's scope of supply. The device saves the settings automatically as soon as the SD card is inserted. You also can save your therapy data on the SD card and easily make them available to your physician or authorized dealer. With the SD card and the patient software prisma JOURNAL you can create your own therapy diary. For more information, go to my.prismajournal.com.

Removing the SD card

Prerequisite: The  symbol is no longer flashing.

- a. Open the cover of the SD card slot.
- b. Briefly press the SD card.
The SD card is ejected slightly.
- c. Remove the SD card.
- d. Put your name and date of birth on the SD card to prevent any mix-ups when it gets to your physician or dealer.
- e. Send the SD card via standard post.



Inserting the SD card

- a. Open the cover of the SD card slot.
- b. Slide the SD card into the card slot until you hear it click into place.

Please note:

The beveled corner of the SD card has to be at the top and facing the device when you slide it into the slot.

After the device has been switched on, the  symbol appears in the status line of the screen.



The device saves the therapy data automatically when an SD card is inserted.

For instructions on saving data for a specific period, please see the section "Using the SD card" in the instructions for use.

Explanation of symbols and displays on screen

When you switch on your therapy device, information about the patient-specific operating hours is displayed on the screen for 30 seconds. If your dealer, for example, asks about the operating hours, you can easily read them within the 30 seconds.

Then the screen shows that the device is in standby mode.



Time of day with wake-up time
Set by pressing the time.

Screen is in standby mode



Info menu key
calls up
Info menu.

Wake-up time
Alarm is ON.
Displays the set
wake-up time.

Dimmer key
Darkens the display.

Menu key
Offers access
to settings.

Key functions



Navigate forwards
to next screen



Navigate backwards
one screen



Confirm



Cancel



Back to
start screen



Access to main menu

Starting therapy and ending therapy

You have two ways to start your therapy:

Press the On/Off key  briefly

or

When the autoSTART-STOP function is activated: Breathe deeply into the mask and your therapy device will switch on automatically. Make sure that the breathing tube is placed so that it cannot be squashed and cannot prevent you from falling asleep.

Screen in "Therapy" mode



Mask symbol shows how well the mask is positioned.
 means: no leaks;
 means the mask is not positioned correctly.

Respiratory phase symbol
Shows current respiratory phase (inhalation / exhalation)

Info key shows detailed information about ongoing therapy.

softSTART key

- Switches the softSTART function on or off.
- Shows the remaining softSTART time in minutes.

After 30 seconds the screen automatically goes dark so that you can sleep undisturbed. The therapy continues normally. As soon as you touch the screen, the start screen will be displayed.



Activate the autoSTART-STOP function in the main menu via the "Comfort" key (see page 14).

You also have two ways to end your therapy:

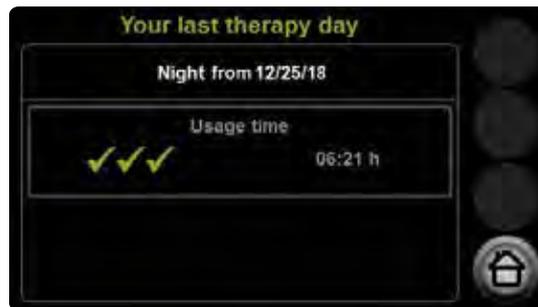
Press the On/Off key  briefly

or

When the autoSTART-STOP function is activated: Take off the mask.
The therapy will stop automatically after a few seconds.



or



The most recent (last) therapy session is displayed.
The number of green checkmarks (maximum three)
tells you how effective your therapy was.

Depending on the device settings made by your doctor or
dealer, only the usage time may be shown.



To switch off the device, hold down the ON/OFF key for more than four seconds.
To switch the device on again, press the ON/OFF key once.

Making settings in the menu

You can make the settings for comfort, accessories, time and device parameters in the settings menu. The therapy device has to be in standby mode while you do so. The availability of the listed menu items depends on the ventilation mode and the therapy device configuration (settings).

Press the menu key: .



Comfort parameters

- autoSTART-STOP *
- softSTART pressure *
- softSTART time *
- Mask test pressure
- softPAP*

Accessories parameter

- Type of tube (15 mm or 22 mm diameter)
- Air filter change (optional)

Time parameters

- Time *
- Time zone *
- Wake-up time *

Device parameters

- Display brightness
- Leakage alert
- Energy saving *
- Keypress volume
- Alarm volume *
- Alarm clock volume

*These parameters are explained in detail on the following pages.



Please note that under Accessories the setting is for the diameter of the tube type you use.

Setting the time

Press the Clock key and then Time to call up the screen shown below (a.). There you can set your device to Daylight Saving Time or Standard Time.

With the arrow keys you can change the minutes and select the 12-hour or 24-hour clock.

Setting the time zone

Call up the screen below (b.) to set the time zone. Use the arrow keys to select your time zone.

UTC is the acronym for Coordinated Universal Time.

Setting the wake-up time

To set the wake-up time on your therapy device, call up the following screen (c.). Use the arrow key on the left to set the hour and the arrow key on the right to set the minutes.

The wake-up alarm key switches the alarm on and off.



Arrow keys
To set the
minutes.

Here you select
Daylight Saving Time
or Standard Time.

Here you select
the 12-hour
or 24-hour clock.



Arrow keys
To set the
time zone.



Arrow keys
To set the
hour.

Arrow keys
To set the
minutes.

Wake-up signal keys
To switch the alarm clock
on and off.

autoSTART-STOP

Your therapy device is equipped with the autoSTART-STOP function to make its operation even more convenient. When it is activated, you can switch on the device simply by breathing into the mask.

After your therapy when you remove the mask from your face, the device switches off automatically after a few seconds. Please note that the use of nasal pillow masks or incompatible mask systems can restrict the autoSTART-STOP function.



softSTART

The softSTART function is suitable for patients who find high pressure unpleasant while they are awake and therefore cannot fall asleep. You can use the softSTART key to switch on or off the softSTART function.

When you touch the softSTART key during therapy, the remaining time for the softSTART function will be displayed.

If softSTART was active during the most recent therapy session, softSTART will start automatically when the next therapy session begins.



You will be able to use the softSTART function if it has been activated by the doctor or dealer. If it has not been activated, the softSTART key will not be visible on the screen.

softPAP – Exhalation relief

The softPAP levels 1 and 2 are intended for patients who find it unpleasant to exhale against high pressure. softPAP reduces the pressure during the transition from inhalation to exhalation.

Level 3 is intended for patients who feel respiratory distress at low pressure. In this case the pressure is increased slightly during inhalation.

Level 1: low exhalation relief

Level 2: normal exhalation relief

Level 3: inhalation relief



softPAP is available only in the modes CPAP and APAP. The softPAP function and other setting options made by the patient have to be activated by the doctor or dealer.

Energy-saving function

You can activate the Energy-saving function in the main menu of your therapy device. When activated, the function causes the device to switch off automatically if it has been in standby mode for 15 minutes.

Another way to save energy: If you hold down the on/off key for more than four seconds, the device switches off completely.

To switch the device back on again, simply press the on/off key once.

Leakage alert

Here you can set whether an alarm should be triggered in case of a leak. The alert will prompt you to correct the position of your mask during nighttime therapy. When you eliminate leaks, you prevent side effects or reduced therapy quality.



If you cannot select this function, it has to be activated for use by your doctor or dealer.

Leakage alert



Energy saving

Cleaning the therapy device

Weekly

- a. Disconnect the therapy device from electric power.
- b. If applicable, remove the humidifier.
- c. Wipe the device housing with a damp cloth.

Caution! Risk of injury from electric shock!

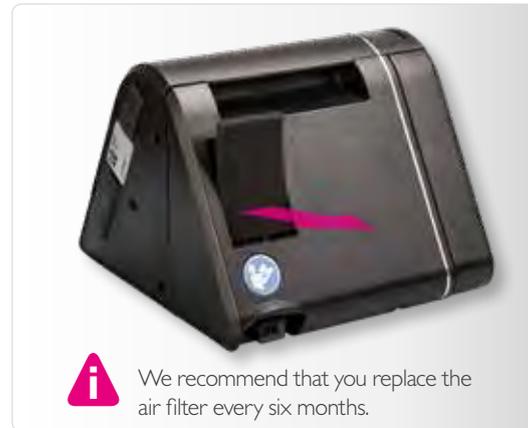
Liquids that penetrate the device can cause a short circuit, injure the user and damage the therapy device.

- Disconnect the therapy device from electric power before you begin cleaning it.
- Do not immerse the therapy device and components in liquids.
- Do not pour liquids over the therapy device and components.

Monthly

Cleaning the air filter (gray filter):

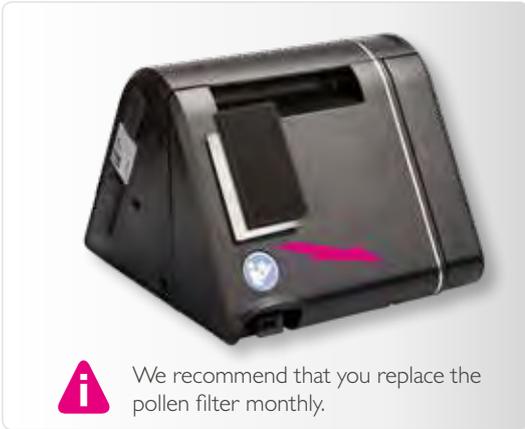
- a. Remove the air filter.
- b. Clean the air filter under running water.
- c. Allow the air filter to dry.
- d. Re-insert the air filter in the holder.



Monthly

Replace optional pollen filter (white filter):

- a. Remove the air filter.
- b. Remove and dispose of pollen filter.
- c. Insert a new pollen filter in the holder.
- d. Re-insert the air filter in the holder.



Daily

Clean the breathing tube:

- a. Remove the breathing tube from the therapy device.
- b. Clean the tube with warm water and dishwashing detergent.
- c. Rinse the tube with clean water.
- d. Shake the tube vigorously to remove the water.
- e. Hang up the breathing tube so the water can drip off.
- f. Dry the tube.

prismaAQUA humidifier

The prismaAQUA humidifier is available as an accessory. It is used with the therapy device by patients who have dry upper airways or who find the respiratory air uncomfortably cool.

Preparation prior to first use

Remove the protective transport paper and clean the humidifier as described in "Cleaning the humidifier" on Page 22.

Filling with water

- a. Open the humidifier by grasping the lower recess on the rear of the housing and press the housing lightly with your thumb.
- b. Remove the top of the humidifier.
- c. Pour out any water in the base of the humidifier.
- d. Fill the base of the humidifier with fresh, cold water (max. 400 ml).
- e. Place the top of the humidifier on the base from the back and press it gently until it clicks into place.



We recommend that you change all the water in the humidifier several times per week.

Alternative filling

In the following we show you an alternative way to refill the humidifier quickly.

- a. Press the release catch on the therapy device.
- b. Remove the humidifier from the side of the device.



Caution! Risk of injury from hot heating element!
During and shortly after operation, the humidifier's heating element is hot. You will get burned if you touch it.

- Allow the element to cool down completely.
- Avoid touching the heating element.

- c. Tilt the humidifier carefully to the left and place it on its side.
- d. Fill fresh, cold water through the inlet up to the mark (max. 400 ml).
- e. Carefully return the humidifier to an upright position.
- f. Attach the humidifier to the therapy device and re-start the therapy.



When you want to start your therapy, but there is no water in your prismaAQUA, a warning signal  appears after 30 seconds and the humidifier switches off automatically. Please end the therapy at that point, refill the humidifier and start your therapy again.

Connecting to therapy device

- a. Press the release catch on the therapy device.

Then remove the cover from the device.



- b. Push the humidifier onto the therapy device from the side until you hear the release catch click into place. Make sure that both devices are on a solid surface, e.g., a table.



Before you transport your therapy device, remove the humidifier from the device and empty it.

Making settings for humidifier

When the humidifier is connected to the therapy device, it is ready for use. The humidifier starts automatically when the therapy starts. To make your therapy even more comfortable, you can preheat the humidifier prior to starting your therapy.

To do so, press the humidifier key , set your preferred humidifier level and start your therapy a few minutes later. You can choose from seven humidification levels, with 1 being the lowest and 7 the highest. The level suitable for you depends on the room temperature and humidity. Level 3 is the standard setting.

Screen in "Standby, humidifier ready for use" mode.



Press the key .

Screen in "Standby, humidifier in operation" mode (preheating)



Screen in "Standby, humidifier active" mode



Set humidification level:
Increase or decrease the
humidification level
with the keys  or .



Increase the humidification level if your airways feel dry during therapy. Choose a lower level if condensation builds up in the breathing tube during therapy. If problems persist, ask your dealer about the heatable tube prismaHYBERNITE.

Cleaning the humidifier

We recommend that you clean your humidifier weekly.

- a. Remove the humidifier from the therapy device (see page 19).



- b. Open the humidifier by removing the top. (see page 18).



- c. Pour out any water in the humidifier.
d. Remove the humidifier insert from the top of the humidifier.



- e. Clean the housing with warm water.
f. As needed, remove the limescale from the humidifier insert and the base of the humidifier.
g. Rinse all parts with clean water and dry them carefully with a soft cloth.

- h. Insert the humidifier insert in the top of the humidifier again.
- i. Before the next use, fill the humidifier with water and connect it to the therapy device.



You'll find more information and cleaning tips in Section 6 "Hygiene treatment" in the instructions for use and on the Löwenstein Medical YouTube channel.

Accessories

The following accessories which increase comfort are available from your dealer:

prismaAQUA humidifier

To treat dry upper airways or respiratory air the patient perceives to be cold

Patient tube

Ø 15 mm

For greater freedom of movement

prismaHYBERNITE

Ø 22 mm or Ø 15 mm

Heatable breathing tube, less condensation

Pollen filter

Additional protection from pollen and fine dust

Power inverter 12V / 24V

Travel accessory

prismaBAG basic

prismaBAG premium

Transport bags



