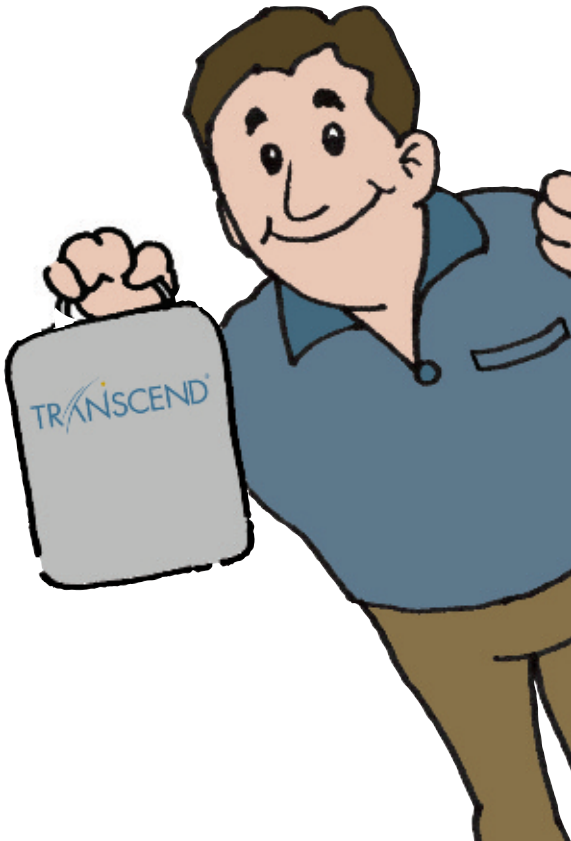
freedom to sleep anywhere

TRANSCEND®

Quick Guide



• TRANSCEND INTRODUCTION

1

Thank you for choosing Transcend, the first obstructive sleep apnea therapy device designed solely around your lifestyle. The Transcend Sleep Apnea Therapy System is the smallest, lightest and most portable CPAP system. It truly gives you the freedom to sleep anywhere.

Begin by inspecting all items shipped to you. Please report any damaged or missing items to the home healthcare provider that provided the device to you.

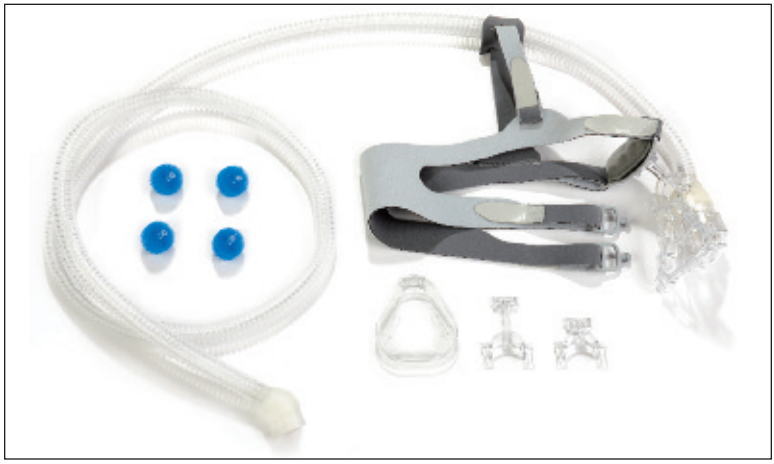
Included in the Transcend Sleep Apnea Therapy Starter System:

1. Transcend CPAP
2. Standard 6 Foot Hose - Not HME Compatible
3. Universal Hose Adaptor
4. Universal AC Power Supply
5. Travel Bag
6. CD containing user manual, compliance software, and Quick Guide
7. Video User Guide DVD
8. Quick Start Guide

What's Not Included (all sold separately)

- Transcend Docking Station
- Transcend H_6B and H_9M Waterless Humidification Systems
- Transcend Mobile Power Adaptor
- Transcend Battery P_4 and P_8 Battery Systems

Two waterless humidification systems are available:



1) Transcend H_6B Waterless Humidification System includes:

- Mask Shell Assembly
- Adjustable Arm Bars (S,M,L)
- Forehead Pad & Holder
- Adaptor ring
- Transcend H_6B Headgear
- Transcend H_6B Hose (6 foot hose with pressure line, HME-compatible)
- 4 HME's

2) Transcend H_9M Waterless Humidification System includes :

- Mask Shell Assembly
- Adjustable Arm Bars (S,M,L)
- Forehead Pad & Holder
- Adaptor ring
- Transcend H_9M Headgear
- Transcend H_9M Hose (9 inch hose with pressure line, HME-compatible)
- 4 HME's

Transcend Sleep Apnea Therapy Starter System

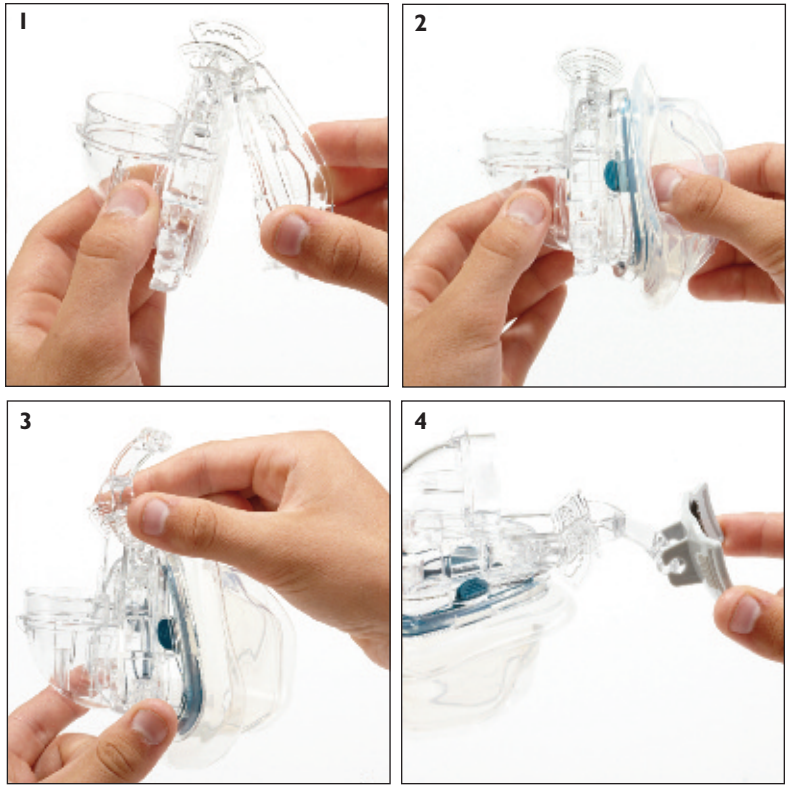
To completely assemble the Transcend Sleep Apnea Therapy Starter System:

1. Attach the Universal Hose Adaptor to the CPAP nose cone.
2. Attach the standard 6 foot hose to the Universal Hose Adaptor.
3. Attach the interface to the other end of the hose.
4. Plug the power supply into the CPAP.
5. Connect the power supply to a power source.

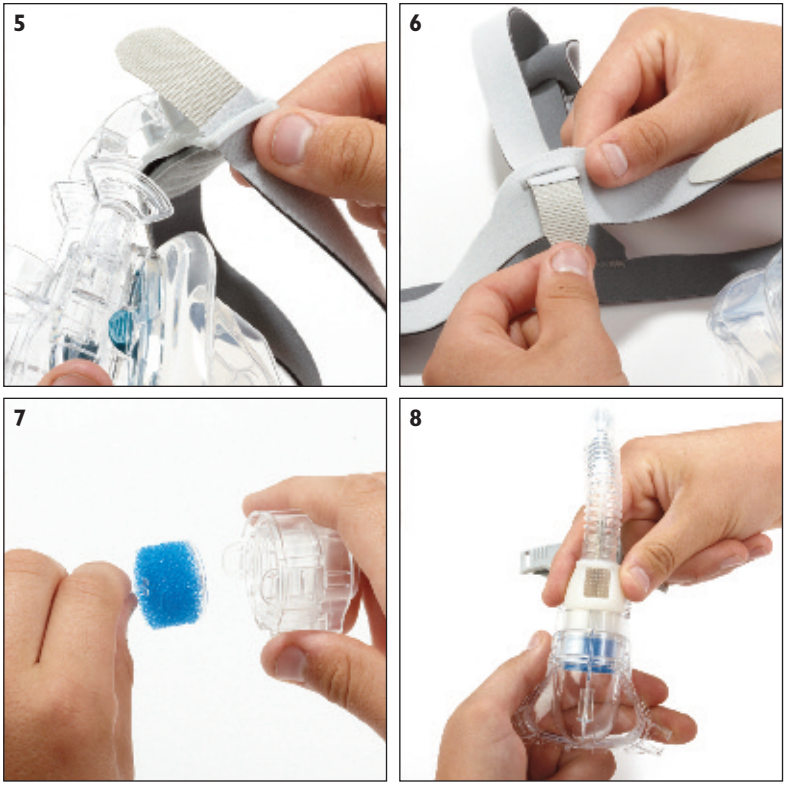
Transcend H_6B Waterless Humidification System

To completely assemble the Transcend H_6B Waterless Humidification System:

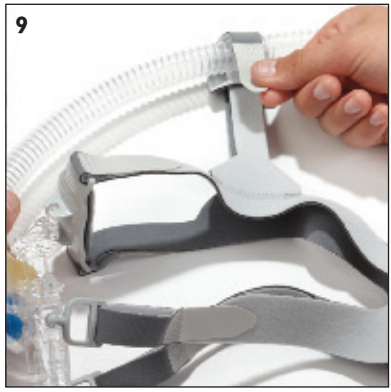
1. Attach the adaptor ring to the mask shell. Connect the top clip first; then connect the bottom clips. Both must click firmly into place.
2. Clip the nasal seal firmly into the adaptor ring.
3. Connect the adjustment arm bar of the appropriate size to the mask shell by squeezing the sides of the arm until it fits into place.
4. Slide the arm bar into the forehead piece.



5. Attach the headgear to the interface and connect the forehead pad to the forehead piece.
6. Connect the top headgear strap through the slot on the side of the headgear.
7. Insert the heat moisture exchanger (HME) into the HME cartridge using the plastic pin in the center of the HME.
8. Connect the Transcend H_6B hose to the mask shell. You will hear an audible click once it is in place.



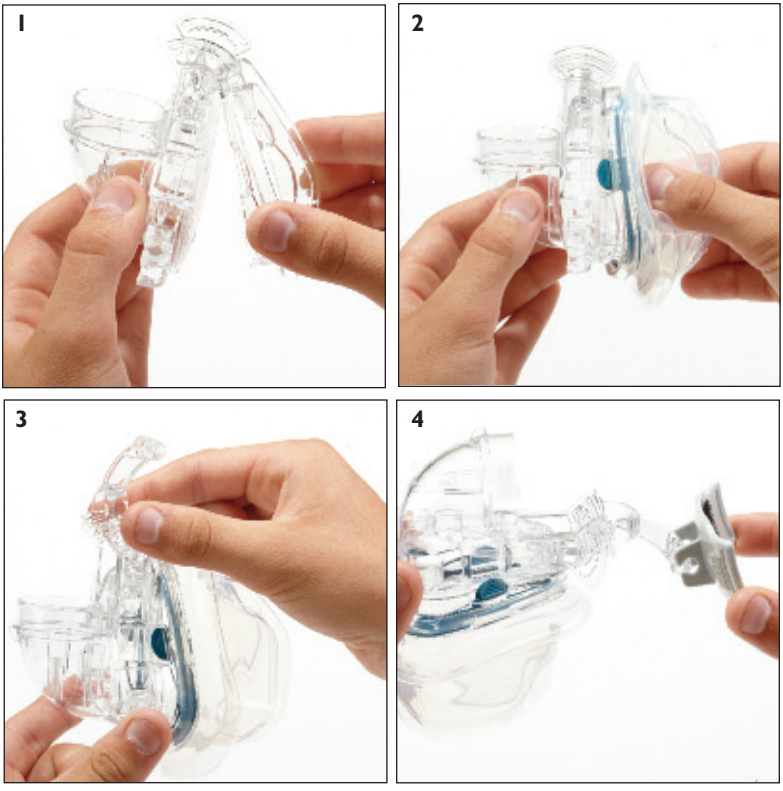
9. Secure the Transcend H_6B hose to the Transcend H_6B headgear using the fold over hook and loop strap.
10. Connect the Transcend H_6B hose to the CPAP.



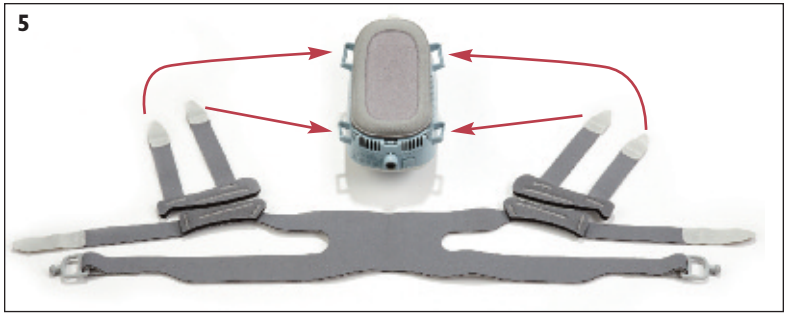
Transcend H_9M Waterless Humidification System

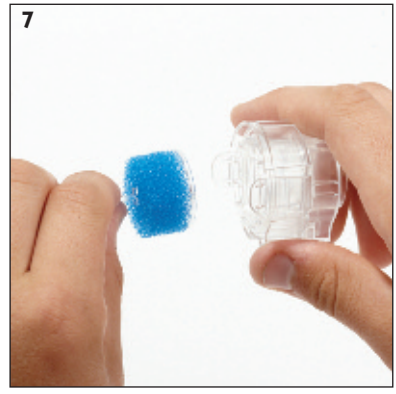
To completely assemble the Transcend H_9M Waterless Humidification System:

1. Attach the adaptor ring to the mask shell. Connect the top clip first; then connect the bottom clips. Both must click firmly into place.
2. Clip the nasal seal firmly into the adaptor ring.
3. Connect the adjustment arm bar of the appropriate size to the mask shell by squeezing the sides of the arm until it fits into place, as shown.
4. Slide the arm bar into the forehead piece.



5. With the darker side of the headgear facing up, and the CPAP placed top down with the rear facing towards you, attach the headgear to the CPAP as shown.
6. Attach the interface to the remaining headgear straps and place the forehead pad on the forehead piece.
7. Insert the heat moisture exchanger (HME) into the HME cartridge using the plastic pin in the center of the HME.



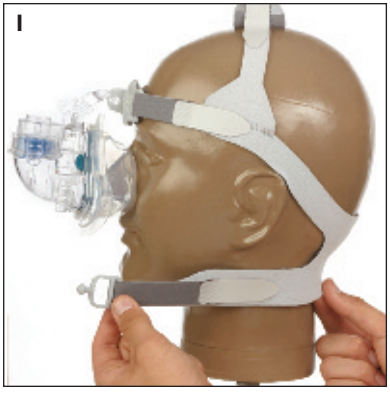


8. Connect the Transcend H_9M hose to the mask shell. You will hear an audible click once it is in place
9. Connect the Transcend H_9M hose to the CPAP.

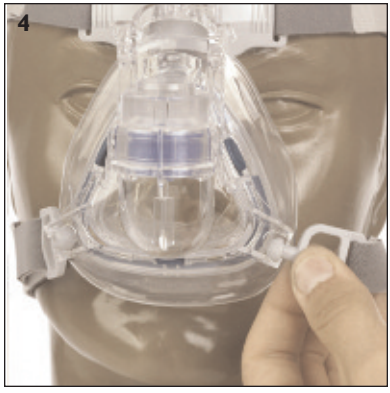
FITTING THE TRANSCEND H_6B AND TRANSCEND H_9M WATERLESS HUMIDIFICATION SYSTEMS

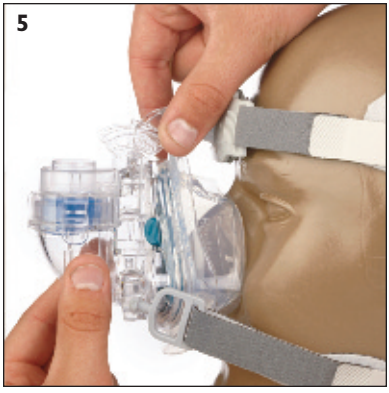
Transcend H_6B Waterless Humidification System

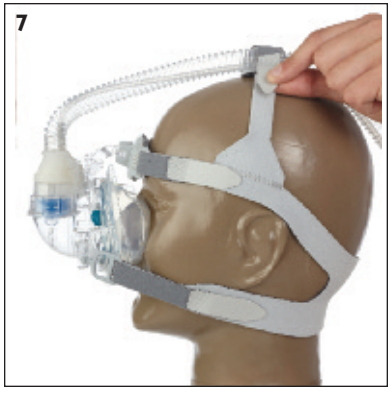
1. Put on the Transcend H_6B interface and headgear without the hose attached. The rear headband sits at the nape of the neck.
2. Fit the mask so the forehead pad rests just above the brow line.
3. If the mask does not fit so the forehead pad rests just above the brow line, change out the arm bar to the appropriate size. To change out the arm bar, rotate it out of the forehead piece, then remove the arm bar from the mask by pinching the sides to release it from the slide adjustment. Select another size arm bar and fit it into the mask slide adjustment and forehead piece.



4. Connect the headgear to the interface by inserting the ball clips into the notches on mask shell.
5. Gently squeeze the sides of the arm bar to slide the mask closer or further away from the face so that it fits comfortably against the nose.
6. Adjust the headgear straps until the interface feels secure.
7. Attach the Transcend H_6B hose to interface, then attach hose to headgear with the fold over hook and loop strap.
8. Attach the other end of the hose to the CPAP.

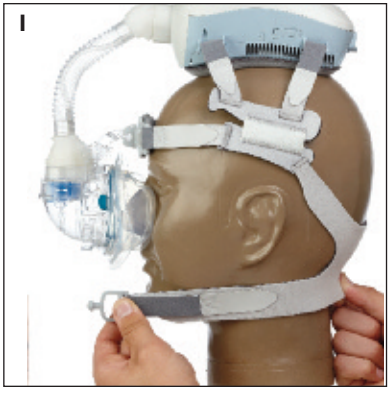






Transcend H_9M Waterless Humidification System

1. Once the Transcend H_9M Waterless Humidification System has been completely assembled (see Assembly section), place Transcend on the head so that the rear head band fits at the nape of the neck.
2. Fit the mask so the forehead pad rests just above the brow line.
3. If the mask does not fit so the forehead pad rests just above the brow line, change out the arm bar to the appropriate size. To change out the arm bar, rotate it out of the forehead piece, then remove the arm bar from the mask by pinching the sides to release it from the slide adjustment. Select another size arm bar and fit it into the mask slide adjustment and forehead piece.
4. Connect the bottom straps of the headgear to the interface by inserting the ball clips into the notches on mask shell.



5. Gently squeeze the sides of the arm bar to slide the mask further or closer to the face, so that it fits comfortably against the nose.
6. Adjust the headgear straps until the interface feels secure.
7. Once the interface is properly fitted, slightly tighten the top headgear straps that connect to the CPAP so that you may lie down.
8. Make sure that the rear headband is still seated at the nape of the neck.
9. Adjust the interface straps or mask adjustments as necessary so the interface creates a complete seal against the face. The interface should feel secure while lying down, but the CPAP will shift slightly with movement of the head.

Your Transcend comes with the universal AC power supply used with a wall outlet. The power supply can be used worldwide with standard plug adaptors suitable for the country you are visiting. Do not use a power converter with your Transcend, as it may damage the device.

To use the universal AC power supply:

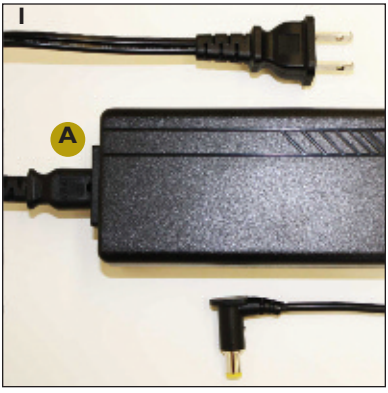
1 Connect the power cord to the power supply adaptor (A).

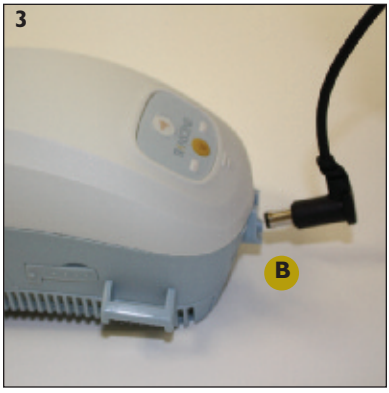
2 Connect the power supply to wall outlet power.

3 Insert the barrel connector into the power jack on the back of the device; be sure the connector and cord are facing up (B).

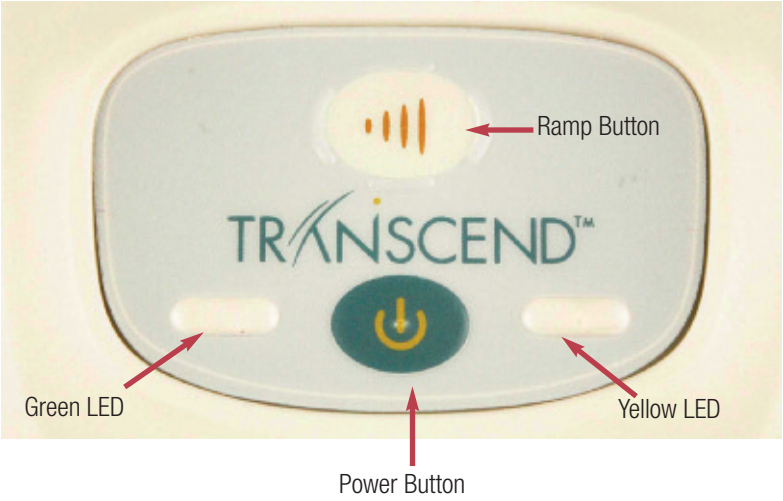
4 The control panel has green and yellow LED indicator lights. When connected to the power source, the yellow LED will flash once followed by three quick flashes of the green LED.

5 Once the LED power-up flash sequence is complete, the device enters Standby mode and is ready for use (lights will be off).





Your Transcend can also be powered by an optional mobile power adaptor, or the optional Transcend battery systems. Visit your home healthcare provider for additional information about these power sources.



Starting Therapy

1 The Transcend control panel consists of a power button (bottom), ramp button (top) and two LED lights.

2 Ensure that the device is connected to a power source and is in Standby mode. (See Powering)

3 Press the lower, blue power button to turn on Transcend. Air flow will begin as the blower delivers your prescribed pressure.

Using the Ramp Function

Ramp settings will be programmed by your provider if your prescription includes ramp.

1 Initiate ramp by pressing the ramp, or top, button after the blue power button has been pressed.

  Please note: the ramp button on Transcend will not work unless your prescription includes ramp.

2 Therapy pressure will drop to a starting pressure that has been preset by your provider, and will gradually increase over a preset period of time until it reaches your prescribed therapy pressure.

3 To accelerate the ramp pressure, hold the ramp button down. The device will stop ramp mode when it reaches your prescribed therapy pressure.

Ending Therapy

- To end therapy, press the blue power button to return the device to the Standby mode.

Dry Mode - Cleaning the Inside of Your Transcend

Dry Mode should be used **daily** to clean the inside of your Transcend.

Caution: Do not wear Transcend while it is in Dry Mode

1 Set the device on a dry and stable surface. A cloth surface is not recommended as it may get soiled.

2 Plug the device into a power source.

3 To enable Dry Mode, press and hold the ramp button then press the power button.

4 Low pressure air flow will begin and last for 30 minutes until the cleaning sequence is completed. The device will then return to Standby mode. To end the Dry Mode before the 30 minute sequence is complete, press the power button. The device will return to Standby mode.

Caution: Clean the inside of your Transcend with the Dry Mode only. Do not attempt to use any other method to clean inside the Transcend device.

Cleaning the Transcend Exterior

1 Clean the exterior of your device as needed. To clean, wipe the surface with a lint-free cloth or paper towel that has been dampened in water containing mild dishwashing detergent. Following cleaning, wipe again after rinsing the cloth in clear water.

Caution: Never submerge Transcend in water. Do not allow soap or water to get into the device.

Cleaning the Transcend Components

The head pad, headgear, interface, and forehead pad should be washed weekly. The air supply tube should be washed daily.

1 Completely disconnect the components.

2 Hand wash in warm water with a mild dishwashing soap.

3 Rinse thoroughly.

4 Air dry; components must be completely dry before reconnecting.

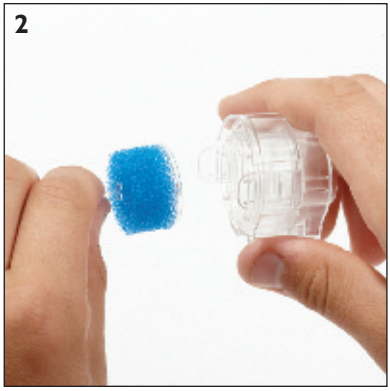
5 Reconnect the components.

Caution: Do not put any of the Transcend components in the dishwasher or laundry machine.

Replacing the Transcend HME

The HME should be changed weekly and can be purchased through your home healthcare provider.

1. Disconnect the Transcend hose from the mask shell by grasping the HME cartridge and release the lateral clips.
2. Insert the heat moisture exchanger (HME) into the HME cartridge using the plastic pin in the center of the HME.
3. Reconnect the Transcend hose to the mask shell. You will hear an audible click once it is in place.



Replacing the Air Inlet Filter

Transcend's air inlet filter should be replaced every six months. To purchase a new air inlet filter, please contact your home healthcare provider.

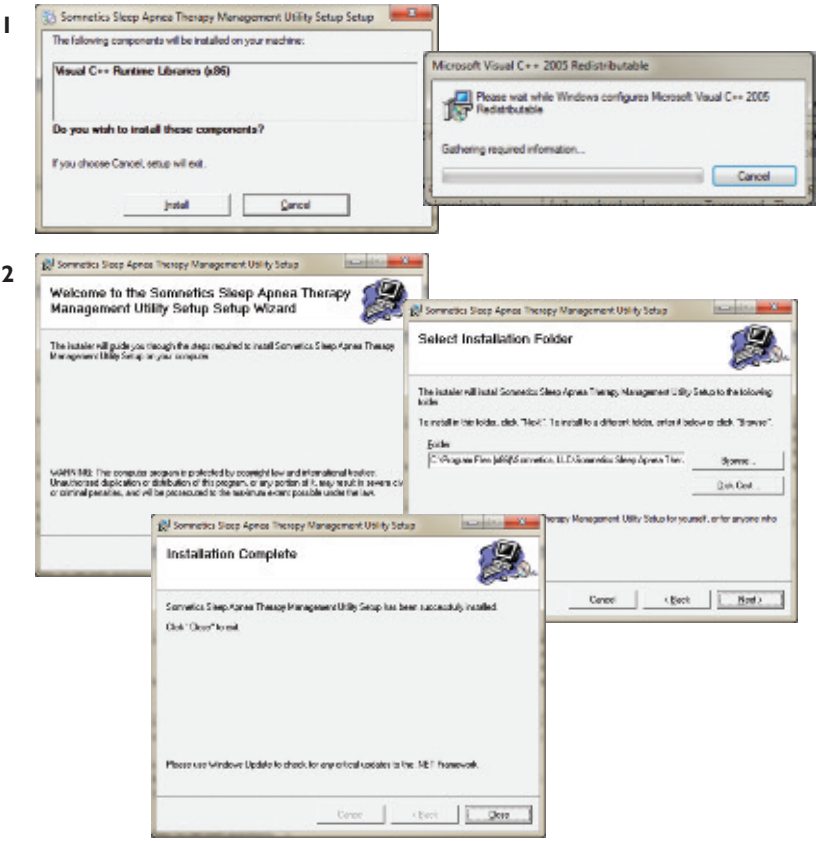
1. Remove the CPAP pad from the bottom of the CPAP.
2. Remove the filter plate by gently squeezing the tab at the back of the plate towards the front of the plate and pulling the plate away from the CPAP.
3. To replace the new filter plate, lay it on the bottom of the CPAP. Snap the front clips into place first; then the back clips. Make sure the filter plate is completely connected and discard the used filter plate.
4. Reattach the CPAP pad.

Transcend comes with a CD that includes the Somnetics Sleep Apnea Therapy Management Utility program. You will need this CD to install the program software onto your computer.

Installing the Sleep Apnea Therapy Management Utility Program

1 Insert the Transcend CD into your computer. The setup program launches automatically and displays the ***Somnetics Sleep Apnea Therapy Management Utility Setup*** dialog box. Click the Install button.

2 Follow the instructions displayed by the Setup Wizard.



Using Somnetics Sleep Apnea Therapy Management Utility Functions

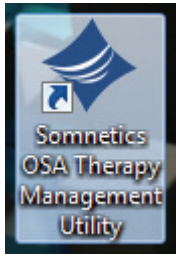
1 Connect Transcend to your computer with a USB cable and to a power source.

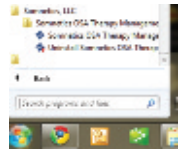
2 Launch the Management Utility program from your desktop or Start menu.

3 You will see a Welcome box.

4 Click the Patient button to view device settings, view patient compliance, email a compliance report to your provider, and view or email a device fault log.

2





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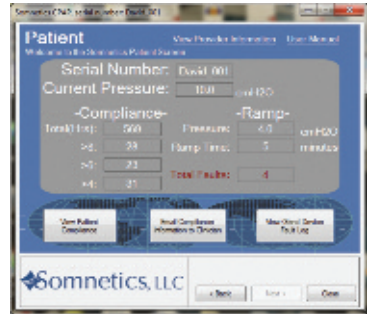

View Provider Information

1. The View Provider Information link is on the top right of the Patient box.
2. View your provider's company name, email address, and phone number.

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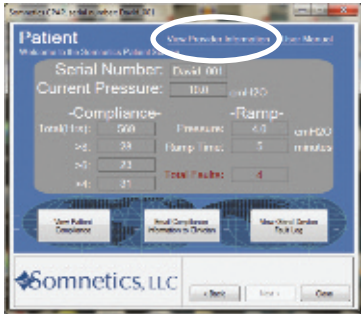

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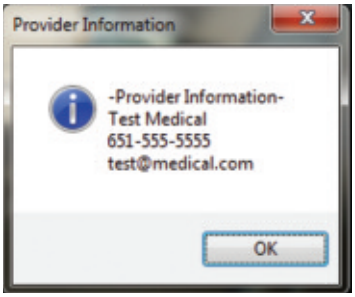

View Patient Compliance

1 Click the View Patient Compliance button.

2 From the Patient Compliance screen you may generate a PDF of your compliance report for your records. This is automatically saved to the desktop.

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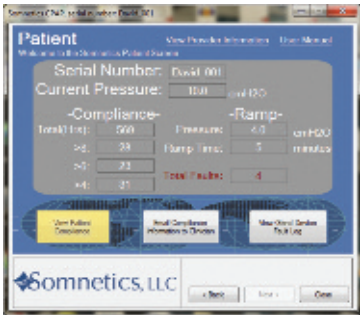

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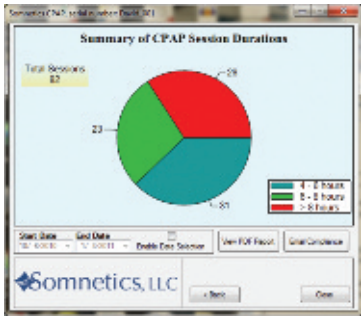

Email Compliance Information to Your Clinician/Provider

1 Click the Email Compliance from the Patient box or from the View Patient Compliance screen.

2 Click the Email Compliance button.

3 When using a locally installed email program, such as Outlook, an email box will automatically appear with your compliance report attached. Click Send.

4 When using a web-based email such as Gmail, Yahoo, or Hotmail, attach your compliance file located on your desktop to your email.

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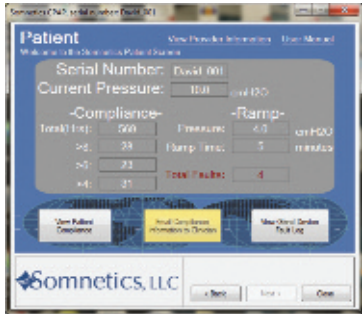

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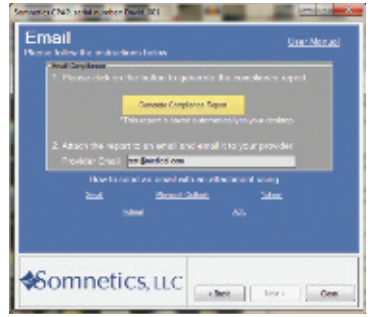

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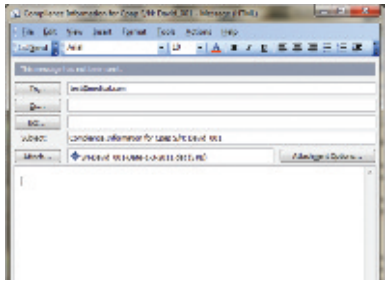

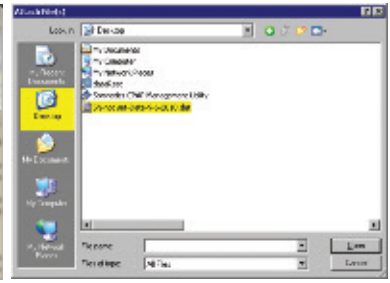

View and Send a Device Fault Log

1 From the Patient box, click the View/Send Device Fault Log button to view, save or email the log.

2 Emailing the device fault log is done in the same manner as shown above for emailing the compliance report.

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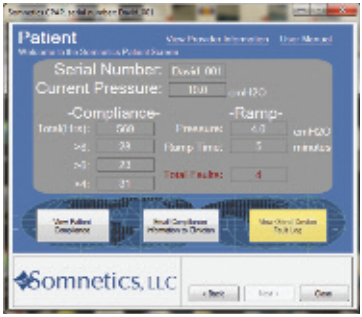

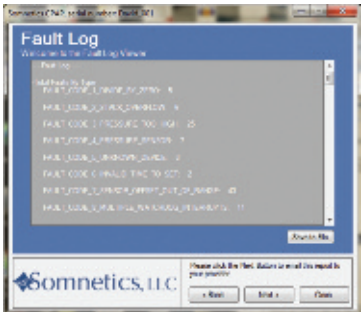

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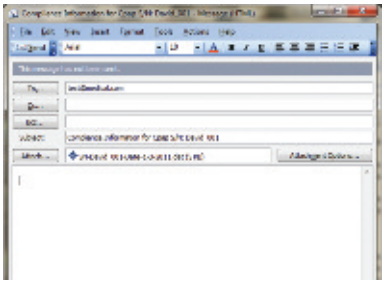

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