



RESPIRONICS INC.®

T r a n q u i l i t y **Q** *u e s t*TM

The Respironics Tranquility Quest is a medical device that is prescribed for nightly use by a physician for the treatment of sleep apnea syndrome.

Compact Nasal CPAP System
Model 7300
Patient Operating Instructions

GLOSSARY OF SYMBOLS

Symbol *Description*



Attention, consult accompanying documents. Read thoroughly and understand this manual before attempting to use this CPAP system.



Power switch Off (Disconnection from the mains)



Power switch On (Connection to the mains)



Alternating current



Ramp



Class II equipment (Double insulated)

IPX1

Protected against dripping water



Type BF equipment (Patient contact)

USER/OWNER RESPONSIBILITY

This Respiroics nasal CPAP system and authorized accessories are designed to function as described in this manual. The user(s) of this system should not use parts that have failed, exhibit excessive wear, are contaminated, damaged, or otherwise ineffective. Read this entire manual before using this CPAP system.

The user/owner of this system shall have the sole responsibility and liability for any injury to persons or damage to property (including this equipment) resulting from:

1. Operation not in accordance with supplied operating instructions;
2. Maintenance not in accordance with authorized maintenance instructions;
3. Maintenance by anyone other than a factory-authorized service representative;
4. Modification of the system or accessories; or
5. Use of damaged or unauthorized components or accessories.

THE SCOPE OF THIS MANUAL

This manual will show you how to operate the Respiroics Tranquility Quest model 7300 nasal CPAP system for the treatment of adult obstructive sleep apnea syndrome. **Read thoroughly and understand this manual before attempting to use this CPAP system.**

INTRODUCTION

Nasal CPAP devices produce small amounts of air pressure which is applied by way of a nasal mask. This pressure inflates the breathing passages to prevent obstructions that can occur with obstructive sleep apnea syndrome. The Tranquility Quest nasal CPAP system is a medical device incorporating a blower design that provides sufficient flow for leak compensation and yet provides minimal additional pressure during exhalation. Additionally, this compact unit features a linear ramp, a convenient handle and an easily replaceable or washable filter.

WARNINGS AND CAUTIONS

WARNING-indicates a potentially harmful situation

1. Do not use this CPAP unit in the presence of flammable anesthetics.
2. Do not use the CPAP unit around water in any way, with the exception of water contained in a Respironics Humidifier.
3. If this unit should come in contact with water, unplug the unit.
4. This unit should never be turned on and left unattended.
5. Never operate this unit if the power cord or plug is damaged.
6. If this unit has been dropped or damaged, contact your dealer or Respironics at once.
7. Adjusting the pressure without a physician's instruction could be harmful.
8. Make sure that all breathing connections are properly secure.
9. For 12VDC operation, do not use any DC to AC inverter other than that supplied or recommended by Respironics.
10. Check and verify fuse rating before replacement.
11. When using supplemental oxygen with this system make sure that this CPAP system is switched on before the oxygen source is turned on. When you wish to stop using this CPAP system turn off the oxygen flow first before turning this CPAP unit off.
12. Oxygen vigorously accelerates combustion. If you are using supplemental oxygen, this CPAP system as well as the oxygen source must be kept away from heat or open flame. Smoking in the area of use must not occur.
13. Do not use this CPAP unit during an electrical storm.
14. Do not use this CPAP unit with a portable electrical generator.
15. Be aware that *interference* with the operation of this device can occur from external sources. Even though this device contains methods and techniques which can provide protection from external sources of interference, you should take the following precaution: Keep the device at least three feet away from all electrical appliances such as TV sets, electric blankets, air conditioners, cordless phones and cellular phones.

CAUTION-indicates a condition that may lead to equipment damage, malfunction, or inaccurate operation.

CAUTION: FEDERAL USA LAW RESTRICTS THIS DEVICE TO SALE BY, OR ON THE ORDER OF, A LICENSED PHYSICIAN. THIS CPAP UNIT SHOULD BE USED ONLY UNDER THE SUPERVISION OF A LICENSED PHYSICIAN.

1. Do not use a room humidifier within six feet of this unit. Dampness may affect device parts.
2. Do not use attachments that are not recommended by Respirationics.
3. This CPAP system is to be used in the manner described in this manual.
4. Never drop or insert any objects into the connecting hose or air outlets or inlets.
5. Operating the unit with a dirty filter may impair proper operation of this CPAP unit.
6. Do not use extension cords or electrical adapters.
7. Do not sterilize this unit.

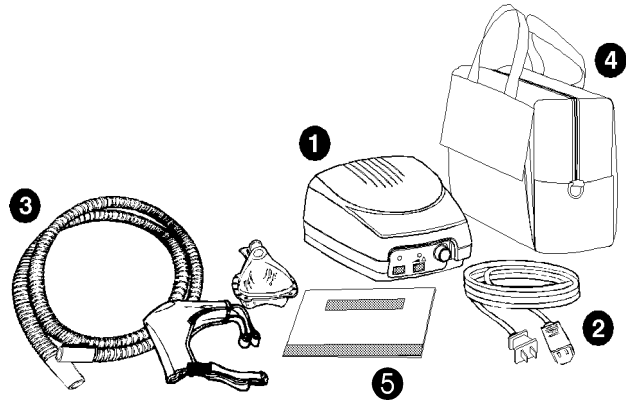
SET-UP AND USE

Unpacking and Inspection

Upon receiving your Tranquility Quest nasal CPAP system, carefully open the box and unpack the system, making sure that you have the following components and that nothing appears to be damaged. This basic package does not include accessories. Accessories are not included in this basic package and can be ordered separately.

Included with this system is the following:

1. Tranquility Quest nasal CPAP unit
2. AC Power Cord
3. Six-foot Hose
4. Carry Case
5. User Instruction Manual

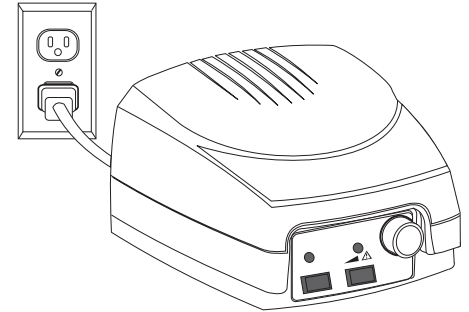


You will need a nasal mask and headgear in order to use this system.

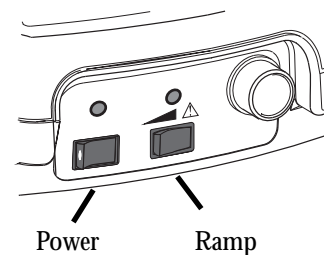
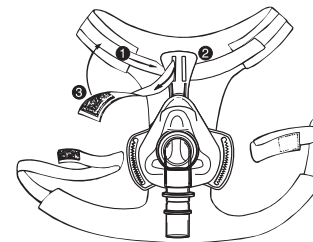
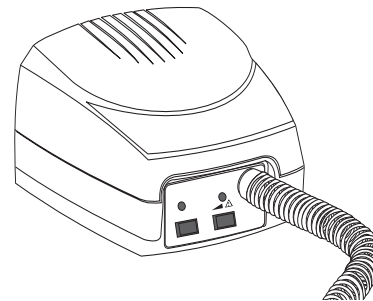
IF ANY OF THESE COMPONENTS ARE FOUND TO BE MISSING OR DAMAGED, CONTACT RESPIRONICS AT ONCE.

Initial Use

1. Prior to each use, inspect this unit for any signs of damage, failure or worn parts. Contact Respironics or your Home Care Dealer immediately to replace these parts. Also check for the presence of moisture in the area of this CPAP unit and the air inlets and outlets for any blockage or the presence of any dust or dirt. If moisture is found, dry the area thoroughly before use. Remove any blockage and/or dust or dirt from the air inlets or outlets prior to use. Do not use a room humidifier within six feet of this CPAP unit.
2. Place the CPAP unit in a clean, dry location within the reach of the power cord to an electrical outlet not controlled by a wall switch. *Do not use extension cords or electrical adapters.* Place this unit in an upright position on a nightstand or other suitable surface with the front facing you. Position this CPAP unit so that the vents are never obstructed. Never allow the CPAP unit to be placed on a table or nightstand which is not adequate to support the CPAP unit, for example a table or nightstand with inadequate support will turn over if it is accidentally bumped.
3. Connect the power cord to the AC power connector on the rear of the unit and after checking to be certain that the power switch is in the OFF position, plug the other end of the power cord into the electrical outlet.



4. Attach the CPAP Hose to the Air Outlet Port on the front of the Nasal CPAP unit.
5. Attach the Headgear to the CPAP mask by first placing the top straps (1) of the Headgear through the back of the slits (2) located on the top of the mask. Fasten the Velcro of each strap back onto each strap (3). Each of these straps will be further adjusted later.
6. Connect the open end of the hose to the Nasal CPAP Mask. It should fit securely in place. Do not obstruct the hole (bias flow port) located at the base of the Mask.
7. Turn the Nasal CPAP Unit on using the Power Switch located on the front of the unit. The set pressure will be delivered by the unit once the mask is in place and flow will begin to move through the hose.
8. Place the Mask over your nose, bringing the headgear over your head and bring the bottom straps around to the front, one on each side. Place the hooks of the bottom straps into the middle holes located on the rim of the mask. Adjust the top and bottom straps, as needed, to get a comfortable and secure fit. Further adjustment can be made by relocating the hooks on the bottom straps to different holes.



9. The Ramp button on the front of the CPAP unit may be used to decrease the pressure to about 3 cm H₂O and then increase it to the set pressure over the period of time which has been set by the Homecare Dealer. The ramp is helpful in making the CPAP more comfortable as you fall asleep.
10. In the morning or whenever you wish to stop using the unit you can switch the unit off by switching the Power Switch to the OFF position and removing the Nasal Mask.



Routine Use

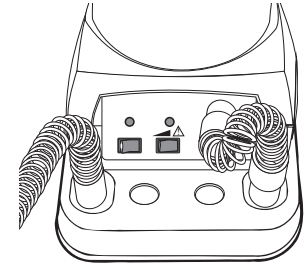
Regular use of the model Tranquility Quest CPAP system involves a simple brief routine that is detailed here.

1. Switch the Power Switch to the ON-position. The power indicator will become lit. Airflow will be felt coming out of the hose. The pressure will come up to the level set by the Homecare Dealer once the mask is in place.
2. Place the Nasal Mask, with the Headgear and Hose attached, on and adjust the Headgear straps as needed. Check the mask for any leaks and adjust as needed.
3. Press the ramp button to begin the ramp period. The ramp light will come on and the pressure will be reduced.
4. Should the Hose become disconnected from either the Nasal Mask or the CPAP Unit, the unit may Flow Limit. In this mode the pressure will be reduced so as to prevent any damage to the unit. As soon as the connection is reestablished the pressure will return to that of the level set by the Homecare Dealer.
5. If you need to get up during the night, turn the power switch to the OFF position and remove the Mask. When you wish to resume use of the CPAP unit, replace the Mask and Headgear and turn the unit ON. Make sure to check for leaks as you have previously.
6. In the morning or when you are through using the unit, turn the Power Switch OFF and remove the Mask.

7. The nasal mask, headgear and hose should be removed from the system for cleaning.

Humidifier Use

An optional Humidifier is available through Respirationics for use with the system. The Humidifier is a reservoir that fits under your unit and when properly filled with distilled water adds moisture to the airflow which reduces nasal dryness and irritation. Do not leave water in the Humidifier when the hose has been disconnected. Inadvertent blower operation may result in ejection of small amounts of water. Follow the instructions included with the Humidifier regarding cleaning.



CONTACT YOUR DEALER FOR FURTHER INFORMATION.

Using Oxygen With This System

It is important that you read, understand and carefully follow these instructions regarding the use of oxygen with your Tranquility Quest nasal CPAP system.

Caution: *Oxygen is a prescription gas and should be used only under supervision/direction of a licensed physician. While using oxygen, the CPAP system and oxygen source must be kept away from heat and open flame. Smoking by anyone in the presence of oxygen must not occur.*

1. SET-UP

Attach the oxygen tubing to the hose using the loops included with the Oxygen Administration Kit. Thread the oxygen tubing through the holes in the loops. Attach the tee adapter between the mask and the hose. Attach one end of the tubing to the tee adapter and the other end to the oxygen source.



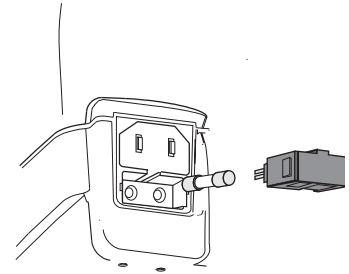
2. OXYGEN USE

Turn on the CPAP unit so that air flow has begun prior to turning on the flow of oxygen. When turning the CPAP unit off, always turn the oxygen flow off first and then the CPAP unit.

NEVER TURN THE CPAP UNIT ON OR OFF WITH OXYGEN FLOWING INTO THE UNIT.

AC Fuse

If the CPAP unit power indicator does not light up when the unit is plugged in and turned on, the fuse may need to be replaced. When replacing the fuse make sure that the power cord is not plugged into the electrical outlet. Remove the power cord from the receptacle on the rear of the unit. Remove the fuse holder by pressing the two tabs together and pulling out. *The fuse must be replaced with an identically rated fuse.* The correct fuse is a T1A, 250V,(1Amp, 5mm x 20mm, 250 Volt Slo-Blo). After replacing the fuses in the fuse holder press the holder back into the receptacle and replace the power cord.



Traveling With Your Nasal CPAP System

The Tranquility Quest nasal CPAP device will operate on a range of voltage from 100 VAC to 240 VAC and on 50 or 60 cycles. No switching from one voltage setting to another is needed. You will need to use a plug adapter in some locations in order to connect the power cord into the available wall outlet. When traveling by airplane do not check your CPAP system as baggage because it may be damaged.

DC Operation

Operation of the Tranquility Quest nasal CPAP system from a DC power source will require the use of a Respironics DC to AC Inverter (Part Number 7304). When connecting the DC to AC Inverter, turn the nasal CPAP-system power switch off, connect the AC power cord to the AC receptacle of the Inverter. Then plug the DC to AC Inverter into a cigarette lighter type of connector as found in cars, trucks, boats, etc. Under normal conditions this unit will typically draw less than 3 amperes. The maximum draw for the inverter is listed in the DC to AC Inverter manual. For 10 hours of DC to AC Inverter usage this unit will typically consume less than 30 Amp hours.

Altitude Compensation

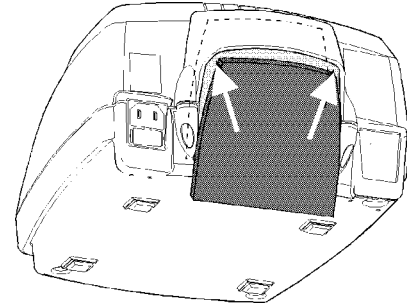
If you should travel or move to a location that is at a different altitude than that at which the pressure was set by the Homecare Dealer you may need to have the pressure reset on your unit. All nasal CPAP units, except those which have a pressure transducer (such as the Tranquility and the Tranquility MP.r) will produce less pressure as altitude increases. These lowered pressures may cause a return of symptoms. Contact your Homecare Dealer to have the pressure reset at or to reflect the new altitude that the unit will be operating at.

MAINTENANCE

Changing the Filter

The Tranquility Quest is supplied with a reusable filter. This filter can be removed from the rear of the unit by pulling it directly out of the filter receptacle. The filter should be washed thoroughly with a mild soap and water solution, rinsed thoroughly with clear water and allowed to dry completely before use. The filter is returned to the unit by pressing it against the filter receptacle and tucking the edges in to place.

An optional disposable filter is available for removal of smaller particles.



Cleaning the System

The CPAP unit can be cleaned using a cloth moistened with water and mild soap solution. **Caution: Unplug the unit before cleaning it. Do not immerse the unit in water. Do not use alcohol or other organic solvents to clean this unit. Let the unit dry completely before plugging it in or operating it.**

Routine Maintenance

Other than the cleaning detailed above, there is no maintenance required by the user. ***NOTE: The user should not attempt to open the unit's enclosure; there are no user serviceable components inside. Unauthorized tampering with the units enclosure or unauthorized servicing will void the warranty and could result in damage.***

TROUBLESHOOTING GUIDE

PROBLEM	POSSIBLE CAUSES	INSTRUCTIONS
1. Unit does not turn on.	Unit not connected to live power source.	Check to see if unit is plugged into a live power source.
	Fuse needs to be replaced.	Contact your dealer for a new fuse.
	Incorrect fuse was used.	Contact your dealer for a new fuse.
2. No air comes out of device when it is turned on.	Filter may be blocked by debris.	Wash or replace filter.
	Internal component has failed.	Contact your dealer.
3. Air from unit seems warm.	Filter may be blocked by debris.	Wash or replace filter.
	Inlet vent may be blocked.	Move the unit away from the source of blockage.
	Room air temperature has increased.	Reduce room air temperature.

PROBLEM	POSSIBLE CAUSES	INSTRUCTIONS
4. Feeling that the pressure is to high or too low.	<p>Leak in the system.</p> <p>Filter may be clogged.</p> <p>Internal component has failed.</p> <p>Ramp is active.</p> <p>Altitude has changed.</p>	<p>Verify that the mask isn't allowing air to leak and that there are no leaks in the hose. (Pressure check at zero flow.)</p> <p>Wash or replace the filter.</p> <p>Contact your dealer.</p> <p>Turn power OFF and then ON to deactivate ramp.</p> <p>Have dealer verify pressure at the new altitude.</p>
5. Feelings of discomfort from the sensation of too much pressure.	<p>Pressure from the CPAP unit.</p>	<p>An initial period of adjustment, of up two or three weeks, may be required. Relax and take slow deep breaths. If discomfort continues after two to three days, contact your physician for assistance.</p>
6. Air leaks around the nasal mask irritating the eyes.	<p>Mask is not fitting properly.</p> <p>Wrong size nasal mask.</p>	<p>Try again to fit the mask to your face. If leaks continue contact your dealer.</p> <p>Contact your dealer.</p>

PROBLEM	POSSIBLE CAUSES	INSTRUCTIONS
7. Skin becomes red where mask touches skin.	Headgear too tight. Wrong size nasal mask. General irritation or allergic reaction to the mask material.	Readjust the headgear. Contact your dealer. Discontinue use and notify your physician.
8. Runny nose.	Reaction to air flow.	Discontinue use and notify your physician.
9. Dryness of throat or nose.	Inadequate humidity.	Increase humidity or contact your physician regarding the use of a humidifier.
10. Nasal, sinus, or ear pain.	Sinus infection or middle ear infection.	Discontinue use and notify your physician.
11. Symptoms of obstructive sleep apnea have recurred.	Physical condition has changed.	You may need to be retested. Notify your physician. Have your dealer verify the proper operation of the CPAP unit.

MAINTENANCE RECORD

	Dates					Notes
Replaced Nasal Mask	/ /	/ /	/ /	/ /	/ /	
Replaced Headgear	/ /	/ /	/ /	/ /	/ /	
Replaced Hose	/ /	/ /	/ /	/ /	/ /	
Replaced Filter	/ /	/ /	/ /	/ /	/ /	
Checked CPAP Pressure	/ /	/ /	/ /	/ /	/ /	

PATIENT CHECKLIST

As you and your Home Care Dealer go through the operation of your CPAP system, make sure that you thoroughly understand the following:

- Why your physician has prescribed the CPAP system.
- The importance of using your CPAP System each and every night.
- How to properly connect the Hose to the device and to the Nasal Mask.
- How to put on the Nasal Mask and Headgear to achieve a good fit.
- The importance of **not blocking** the Inlet Vent on the CPAP unit.
- How to operate the Ramp feature.
- How to care for the Nasal Mask, Headgear, and Hose.
- How to clean and/or replace the filter.
- How to check the operation of the CPAP unit.
- What to do if symptoms of obstructive sleep apnea reappear.
- What to do if you experience any ear, nose or sinus pain.

ANNUAL INSPECTION

It is recommended that a routine inspection of the nasal CPAP system be performed at least once each year. This service should include:

1. Visually inspecting for any damage.
2. Replacing the filter.
3. Verifying the pressure setting.
4. Checking the condition of the Mask and Headgear.

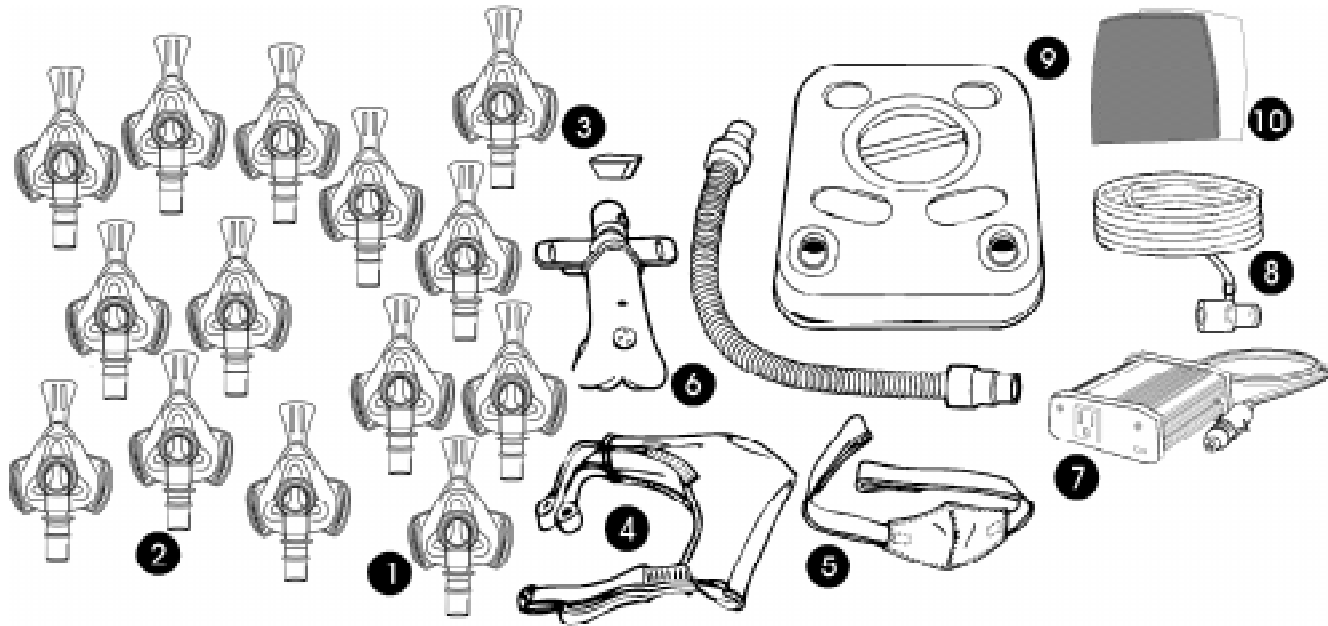
*** Contact your authorized dealer for further information ***

SPECIFICATIONS

CPAP Pressure	Approx. 3 to 20 cm H ₂ O
Weight	4.5 lbs., (2.1 kg)
Height	4.5" (11 cm)
Length	9.5" (23.6 cm)
Width	7.75" (18.9 cm)
Electrical Requirements	100 to 240 Volts AC 50/60 Hz, 12 Volts DC with Optional DC to AC Inverter
Warranty	1 year limited

ACCESSORIES

Respironics offers a full line of accessories and replacement parts for use with the Tranquility Quest. These accessories include our standard (1) and Soft Series (2) nasal masks, each available in seven different sizes; a bridge support (3); the Nasal Seal (6), two styles of Headgear (4); and a chin strap (5). Also available are high grade disposable filters and replacements for the standard filter (10); a humidifier (9); oxygen administration kit (8) and the DC to AC Inverter (7). Contact your Home Care Dealer in order to obtain these accessories.



LIMITED WARRANTY

Respironics Inc. (Respironics) warrants each new and unused Tranquility Quest model 7300 nasal CPAP system (hereinafter referred as CPAP system or Unit) to be free from defects in material or workmanship for a period of twelve (12) months from the initial date of purchase from Respironics. For the purpose of this Limited Warranty, the initial date of purchase from Respironics shall be the date of shipment from Respironics to the initial owner of record. Should the Unit be defective in material or workmanship during the term of this Limited Warranty, Respironics, at its option, will repair or replace the CPAP,-defective CPAP system or component parts. Replacement Units and/or parts do not carry a new warranty and shall only be warranted for the unexpired portion of the original Limited Warranty.

Specifically excluded from this Limited Warranty are ancillary items, including but not limited to, tubing, filters, nasal masks and headgear. This Limited Warranty does not cover the CPAP system or any component part thereof (i) which is not operated in accordance with the operating instructions contained in the operating instructions contained in the Patient Manual, as amended from time to time by Respironics, or (ii) which is not maintained in accordance with the all applicable service manuals, regardless of whether such maintenance is designated as required or recommended maintenance.

This Limited Warranty shall be void and not apply:

- A. If the CPAP system is not installed and connected in accordance with the instructions furnished by Respironics;
- B. If the serial number or letter identification of the Unit or any component part thereof has been altered, defaced or removed, or if purchaser cannot produce a bill of sale or other evidence to verify the initial purchase of the Unit.
- C. To defects arising from misuse, abuse, negligence or accident or from repair, maintenance, adjustment, modification or replacement made by anyone other than authorized Respironics Personnel; and
- D. To any charges for labor or expenses for making field replacement of warranted component parts.

THIS LIMITED WARRANTY IS IN LIEU OF ANY AND ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE; TO THE EXTENT THAT STATE OR FEDERAL LAW PROHIBITS EXCLUSIONS OF IMPLIED WARRANTIES, ANY SUCH IMPLIED WARRANTY IMPOSED BY LAW SHALL BE LIMITED TO A PERIOD OF NINETY (90) DAYS FROM THE DATE OF INITIAL PURCHASE FROM RESPIRONICS.

Respironics' responsibilities hereunder are limited to repair and replacement only. -Respironics shall have no obligations or liabilities in connection with the CPAP system other than as provided herein, including without limitation any and all obligations and /or liabilities for alleged negligence or for strict liability. In no event shall Respironics be liable of any incidental or consequential damages, either direct or contingent.

NOTE: Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

This Limited Warranty gives you specific rights and you may also have other rights which vary from state to state.

The terms of this Limited Warranty may not be varied by any person, whether or not purporting to represent or act on behalf of Respironics.

To obtain service under this warranty, the owner of the CPAP system must promptly notify Respironics of any defect in materials or workmanship and the serial number and date of purchase of the CPAP system by calling the toll-free number: 800-345-6443. If Respironics determines that repair is required under this Limited Warranty, Respironics shall provide the owner with a Return Authorization Number. The owner must return the CPAP system or designated parts to Respironics' factory or an authorized service center designated by Respironics. All items returned must be properly packaged, insured and shipped to Respironics, transportation charges prepaid. The costs associated with the return of the CPAP system or component parts to Respironics for warranty services are not included in the Limited Warranty.

Equipment Classification

Equipment classification with respect to protection from electric shock:

Class II

Degree of protection from electric shock:

Type BF

Degree of protection from ingress of liquids:

Drip proof, IXP1

Equipment not suitable for use in the presence of a flammable anesthetic mixture with air or with nitrous oxide.

Mode of Operation:

Continuous

Storage and Transport Conditions:

Temperature

-25°C to 60°C

Humidity

10 to 95%, noncondensing

Atmospheric Pressure

790-525 mm Hg

Operating Conditions:

Temperature

5°C to 40°C

Humidity

10 to 95%, noncondensing

Atmospheric Pressure

790-525 mm Hg

Sterilization and disinfection:

The Tranquility Quest can not be sterilized or disinfected internally.



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