

GoLife  
Nasal Pillows Mask

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Instructions for Use

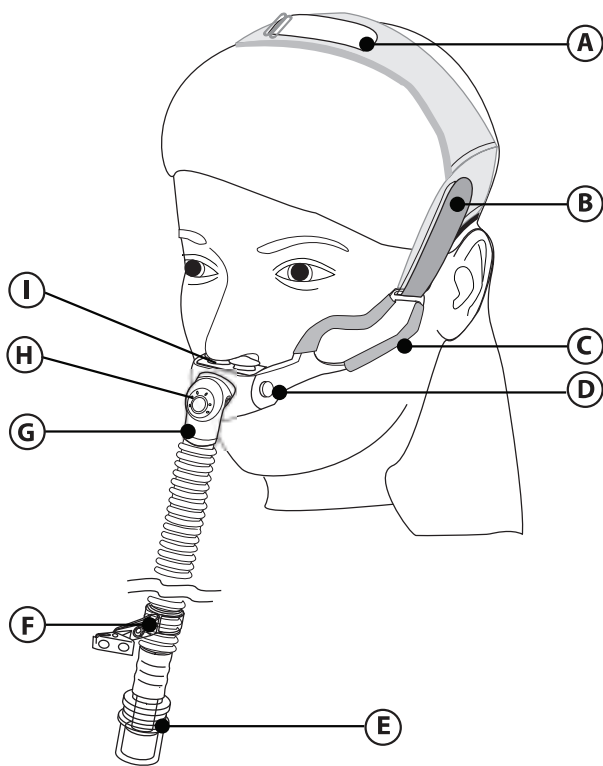
## Package Contents

- GoLife Nasal Pillows Mask with Cushions
- Headgear and Headgear Frame
- Instructions for Use
- QuickStart Fitting Tips



### Note:

*Not all packages contain listed items. Please contact your Home Care Provider or Philips Respironics for additional items.*




**Figure 1**

- A = Top Headgear Strap
- B = Side Headgear Strap
- C = Headgear Frame
- D = Cushion Nub
- E = Swivel (Integrated with the 15mm Tubing)
- F = Tube Management Clip
- G = Mask Elbow with Integrated 15mm Tubing
- H = Built-in Exhalation (Do not block)
- I = Pillows Cushion

## Intended Use

The GoLife Nasal Pillows Mask is intended to provide an interface for CPAP or bi-level therapy. This mask is intended for single-patient use in the home or multi-patient use in the hospital/institutional environment. This mask is to be used on patients greater than 66 lbs /30 kg.

 **Important Note:** An exhalation port is built into the GoLife Nasal Pillows Mask so a separate exhalation port is not required.

 **Note:** This mask does not contain natural rubber latex or DEHP.

## Caution

U.S. Federal law restricts this device to sale by or on the order of a physician.

## Warnings

- This mask is not suitable for providing life support ventilation.
- This mask is designed for use with CPAP or bi-level systems recommended by your health care professional or respiratory therapist. Do not wear this mask unless the CPAP or bi-level system is turned on and operating properly. **Do not block or try to seal the exhalation port. Explanation of the Warning:** CPAP systems are intended to be used with special masks with connectors which have vent holes to allow continuous flow of air out of the mask. When the CPAP machine is turned on and functioning properly, new air from the CPAP machine flushes the exhaled air out through the attached

## Warnings (continued)

mask exhalation port. However, when the CPAP machine is not operating, enough fresh air will not be provided through the mask, and exhaled air may be rebreathed. This warning applies to most models of CPAP systems. Rebreathing of exhaled air for longer than several minutes can, in some circumstances, lead to suffocation.

- If oxygen is used with the device, the oxygen flow must be turned off when the device is not operating. **Explanation of the Warning:** When the device is not in operation, and the oxygen flow is left on, oxygen delivered into the ventilator tubing may accumulate within the device enclosure. Oxygen accumulated in the device enclosure will create a risk of fire.
- Oxygen supports combustion. Oxygen should not be used while smoking or in the presence of an open flame.



### Warning

*A warning indicates the possibility of injury to the user or operator.*



### Caution

*A caution indicates the possibility of damage to the device.*



### Note

*A note places an emphasis on an operating characteristic.*






## Warnings (continued)

- At a fixed flow rate of supplemental oxygen flow, the inhaled oxygen concentration will vary, depending on the pressure settings, patient breathing pattern, mask selection, and the leak rate. This warning applies to most types of CPAP and bi-level machines.
- Some users may experience skin redness, irritation, or discomfort. If this happens, discontinue use and contact your healthcare professional.
- At low CPAP or EPAP pressures, the flow through the exhalation port may be inadequate to clear all exhaled gas from the tubing. Some rebreathing may occur.
- If an additional exhalation device is added to the patient circuit, you may need to adjust the pressure level to compensate for the additional leak of the exhalation device.
- GoLife can be used with devices that offer System One resistance compensation enabled by your provider and GoLife can be used with the Trilogy device utilizing pressure control modalities. GoLife can be used on devices without System One resistance compensation if operating with auto-titration disabled or without auto-titration capabilities.

## Warnings (continued)

- Disconnect sensing systems on ventilators may not work as expected with GoLife pillows. Caregiver should visually monitor patients for disconnects or use an alternate interface. Do not rely on any single alarm to detect a patient disconnect condition. The Low Tidal Volume, Low Minute Ventilation, Low Respiratory Rate and Apnea alarms (if available) should be used in conjunction with this mask to ensure proper ventilation. **Explanation of the Warning:** The ventilator disconnect alarm attempts to detect changes in patient circuit resistance (including the filter, humidifier, tubing, and mask) while connected to the patient. In the event the patient becomes disconnected from the interface during ventilation with the GoLife pillows, the circuit resistance change is not sufficient to activate the disconnect alarm. Therefore, the circuit disconnect alarm may not function.
- Use of a nasal or full face mask may cause tooth, gum, or jaw soreness or aggravate an existing dental condition. Consult your physician or dentist if symptoms occur.
- Hand wash prior to first use. Inspect the mask for damage or wear (cracking, crazing, tears, etc). Discard and replace any components as necessary.

## Symbols

Symbol	Description	Symbol	Description
	Warning or Caution		Consult Instructions for Use
	Note		Does Not Contain Natural Rubber Latex
	Tip	X1	System One Resistance Control

**Before Use**

- Read and understand the instructions completely.
- Hand wash the mask.
- Wash your face.
- Remove the QuickStart fitting tips (if attached to the headgear).

**Cleaning Instructions**

Hand wash the entire mask, including headgear frame and straps before first use. The pillows cushions and tubing should be hand washed daily and the headgear frame and straps should be hand washed weekly, or as needed. The headgear frame and straps do not need to be removed for daily cleaning.

1. Hand wash the mask and headgear straps in warm water with a mild liquid dish washing detergent.

**⚠Caution:** Do not use bleach, alcohol, cleaning solutions containing bleach or alcohol, or cleaning solutions containing conditioners or moisturizers.



## Cleaning Instructions (continued)


2. Rinse thoroughly with water and air dry out of direct sunlight. Make sure the mask is dry before use. Lay the headgear flat or line dry. Do not place the headgear into the dryer.

**⚠ Warning:** Inspect the mask for damage or wear (cracking, crazing, tears, etc). Discard and replace any components as necessary.

## Institutional Disinfection

For **multi-patient use** in the hospital/institutional environment, use the **Disinfection Guide** to reprocess the mask between patients. These instructions can be obtained by visiting us online at [www.philips.com/respironics](http://www.philips.com/respironics) or by contacting Philips Respironics Customer Service at 1-800-345-6443 (USA or Canada) or at 1-724-387-4000.

## Philips Respironics System One Resistance Control

This mask uses the System One Resistance Control setting (e.g., X4). The following symbol may appear on your Philips Respironics therapy device (e.g.,  X4). This represents the level of mask resistance compensation. Match the setting to the mask as appropriate.

GoLife Nasal Pillows	
Size	Setting
P	X4
S	X3
M	X3
L	X2

### Important Notes:

- Verify the System One setting if the mask or mask cushion changes.
- The System One setting is not compatible with masks requiring a separate/additional exhalation device.

If your provider has locked the resistance compensation setting, you can view the setting but cannot change it, and the screen will display a lock symbol. If your provider has disabled the resistance compensation, you will not see this setting.

### Attaching the Cushion

1. To attach a cushion, pinch the sides of the cushion so it flexes inward (Figure 2).
2. With the cushion flexed inward, place the opening over the tubing post on the frame (Figure 3).
3. Push the ends of the cushion into the frame so the round nubs on the cushion fill the circles on the right side of the frame, and then on the left side of the frame (Figure 4). Massage the cushions into place.

### Removing the Cushion

To remove a cushion, grab one side of the cushion and peel it off of the frame.

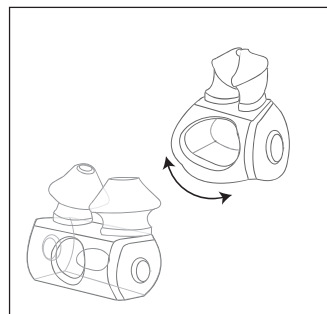


Figure 2

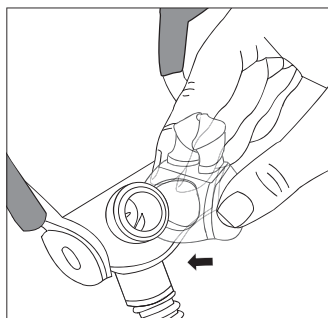


Figure 3

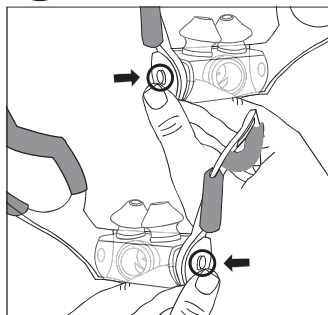


Figure 4

### Putting on the Mask and Achieving the Right Fit

1. Pull the elastic headgear on over your head (Figure 5).
2. Place the cushion into your nostrils (Figure 6). Select a cushion that fills your nostrils comfortably without any gaps between the cushion and the walls of your nostrils.
3. Evenly adjust the side straps at the same time by pulling the fasteners off of the headgear and adjusting the length of the straps (figure 7). Reattach the fastener when the cushion fits snugly in your nostrils and the mask and headgear feel comfortable.

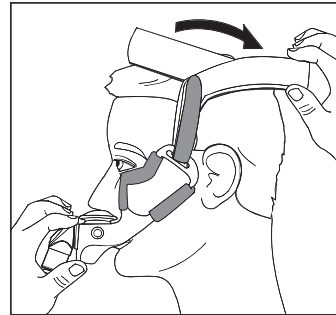


Figure 5



Figure 6

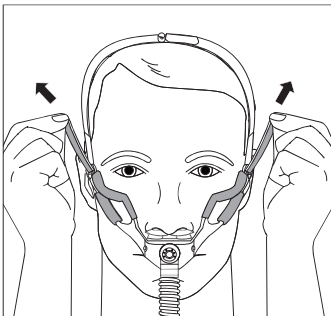
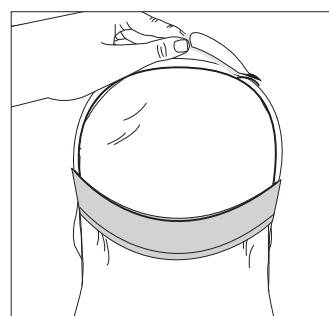


Figure 7

**Note:** Do not overtighten the headgear side straps.

## Putting on the Mask and Achieving the Right Fit (continued)

4. Adjust the top strap (Figure 8) so that the headgear side straps sit above the ears like a pair of eyeglasses. The back strap will sit at the base of your head.
5. Connect the tubing included with the CPAP or bi-level therapy device to the tubing swivel.
6. Lie down and turn on the airflow.
7. Make final adjustments while lying down.



 **Figure 8**

### **Comfort Tips**

- Do not adjust the top strap unless the side straps are on your ears. If the side straps are on your ears, tighten the top strap slightly so that the side straps rest just above the ears similar to eyeglasses.
- There should be no gap between the top of your ears and the side headgear strap.

## Removing the Mask

Easily remove the mask by grabbing the back headgear strap and slide the headgear forward over your head.

## Removable Elbow with Integrated Tube

The exhalation elbow with integrated tubing can be removed for cleaning.

1. Remove the cushion (Figure 9).
2. Hold the headgear frame with the elbow between your first and second fingers. With your thumb, push the back of the elbow through the frame (Figure 10).

**⚠ Caution:** Do not pull on the 15mm tubing or damage may occur.

3. Clean per instructions.
4. Reattach the clean elbow with integrated tubing to the frame (Figure 11).
5. Attach the pillows cushion.

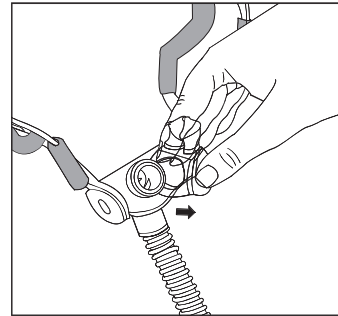


Figure 9

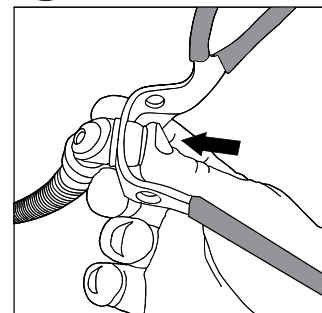


Figure 10

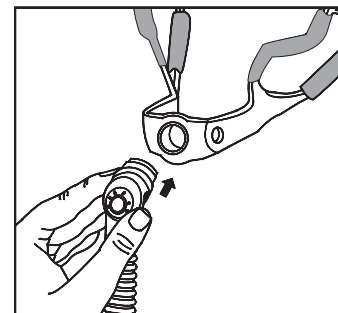
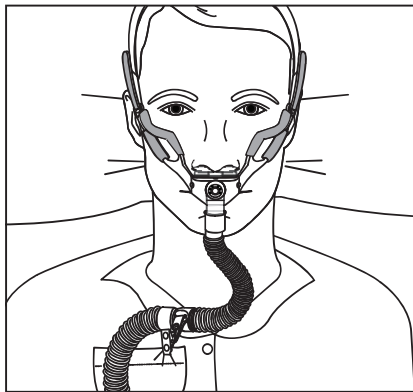


Figure 11

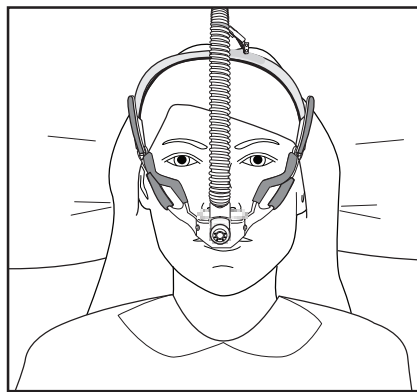
## Tube Management

Use the moveable tube management clip to position the CPAP or bi-level tubing to fit to your needs. The fabric ring can be moved and placed anywhere along the tube and the clip can be attached to your clothing or pillow case for easier tube management (Figure 12).

The elbow swivels so the tubing can go over your head and the tube management clip can be used to fasten the tubing to the headgear (Figure 13).



▲ Figure 12

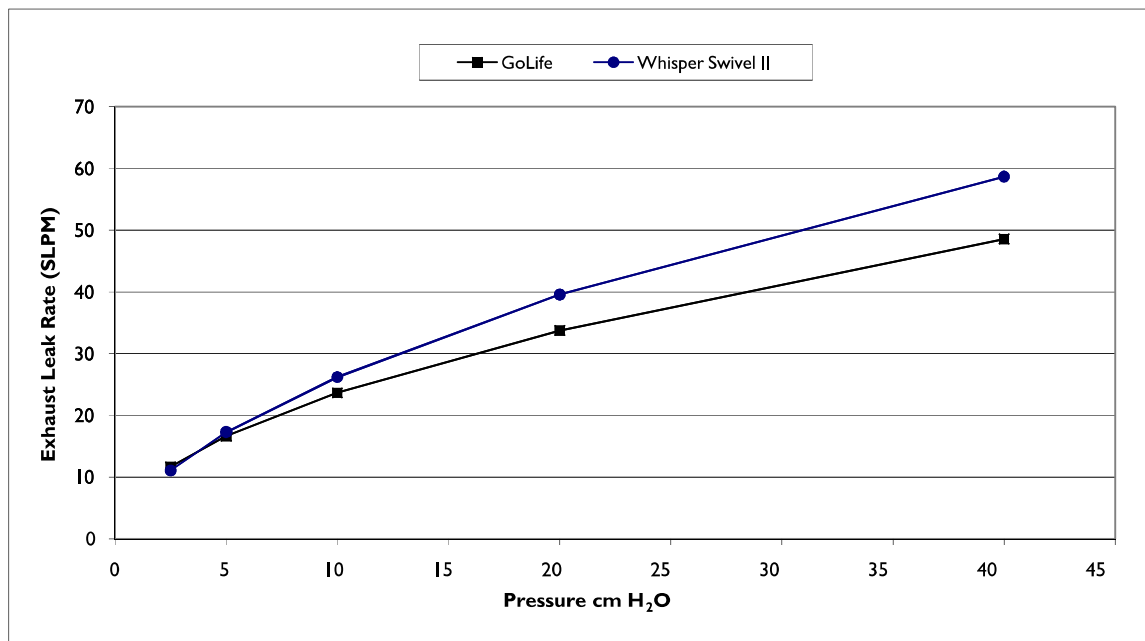


▲ Figure 13

## Specifications

**⚠ Warning:** The technical specifications of the mask are provided for your clinician to check that they are compatible with the CPAP or bi-level device. If used outside these specifications, or if used with incompatible devices, the comfort of the mask may not be effective, optimum therapy may not be achieved, and leak, or variation in the rate of leak, may affect the CPAP or bi-level device function.

### Intentional Leak



GoLife for Men | GoLife for Women



Specifications (continued)

Pressure Drop (cm H<sub>2</sub>O)

	50 SLPM	100 SLPM
All cushion sizes	<2.9	<9.5

Deadspace Volume

All cushion sizes     <27 mL

Disposal

Dispose of in accordance with local regulations.

Storage Conditions

Temperature: -4° to 140° F (-20° to +60° C)  
Relative Humidity: 15% to 95% non-condensing

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## Reorder Information

1073114 S-M-L GOLIFE MEN NSL MSK PLW W/HGR  
1073328 GOLIFE MEN SA W/O PLW W/O HGR  
1073329 S-M-L GOLIFE MEN W/O HGR  
1082577 P-S-M GOLIFE WOMEN NSL MSK PLW W/HGR  
1082578 GOLIFE WOMEN SA W/O PLW W/O HGR  
1082579 P-S-M GOLIFE WOMEN W/O HGR  
1073332 RP P GOLIFE PILLOWS CUSHION  
1073333 RP S GOLIFE PILLOWS CUSHION  
1073334 RP M GOLIFE PILLOWS CUSHION  
1073335 RP L GOLIFE PILLOWS CUSHION  
1073336 RP GOLIFE MEN HEADGEAR  
1082581 RP GOLIFE WOMEN HEADGEAR  
1073337 RP GOLIFE TUBE MANAGEMENT CLIP 2PK  
1078407 RP GOLIFE SWIVEL TUBING W/ EXH (18";45.7CM)  
1078408 RP GOLIFE MEN FRAME ONLY  
1082583 RP GOLIFE WOMEN FRAME ONLY

Visit [www.philips.com/respironics](http://www.philips.com/respironics) for a complete list of products and reorder information, or contact Philips Respironics Customer Service at 1-800-345-6443 (USA or Canada) or at 1-724-387-4000 for additional information.