



## Physician's Guide Treatment & Prescribing

Safe,  
Simple,  
Superior Results.

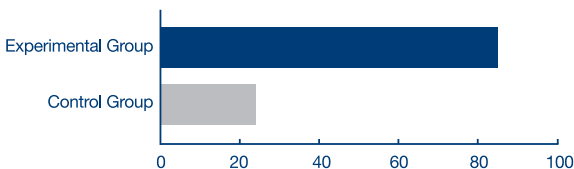
**FOR CHILDREN & ADULTS**





## The results are in...

In a four-year study sponsored by the National Institutes of Health involving children diagnosed with hearing loss from persistent Otitis Media with Effusion (OME), a few weeks of home treatment with the EarPopper restored hearing to normal in 85% of patients in the experimental group compared to 25% in the control group, without antibiotics or vent tubes. <sup>[1]</sup>



The EarPopper can be used by both children and adults for such common conditions as:

- Middle Ear Effusion (Otitis Media with Effusion)
- Eustachian Tube Dysfunction
- Hearing loss
- Ear pain and pressure caused by airline travel
- Ear fullness caused by colds, allergies, sinusitis

**The EarPopper... safe, simple, superior results.**

[1] "Non-Surgical Home Treatment of Middle-Ear Effusion and Associated Hearing Loss in Children. Part I: Clinical Trials" ENT JOURNAL Sept. 2005. ("Part II: Clinical Trials – Follow Up" ENT JOURNAL Oct. 2005)

## What is the EarPopper®?

The EarPopper is a safe, simple, non-invasive, non-drug related device for treating such common conditions as Otitis Media with Effusion, Aerotitis/Barotitis (caused by rapid elevation changes), and Eustachian Tube Dysfunction in children and adults.

Based on the Politzer Maneuver, the EarPopper delivers a safe, constant, regulated stream of air into the nasal cavity. During the moment of swallowing, the air is diverted up the Eustachian Tube, clearing and ventilating the middle ear. The EarPopper relieves negative ear pressure and allows accumulated fluids to drain.

Designed for both; treatment in a practitioner's office with the EP-3000 Professional Version, and for patient's use at home with the EP-2100 Home Version (Rx only in US).

## Healthcare Provider Instructions

Treatment can be performed in the practitioner's office with the EP-3000 Professional Version. Some situational conditions can be treated successfully in the office and may only require one or two treatments.

The following conditions may require a prescription be written for the patient for an EarPopper Home Version (EP-2100) for continual use, along with specific treatment recommendations based on the condition being treated.

- OME
- Eustachian Tube Dysfunction
- Serous Otitis Media
- Middle ear pressure from frequent airline travel, scuba diving, etc.

## Using the EarPopper : It's as quick as a swallow!

*(Always refer to instruction manual for proper use and care.)*

1. Hold nosepiece firmly against nostril opening—creating a tight seal (crucial). Press other nostril closed with finger.
2. Push button to start the airflow and have the patient swallow while the device is running.  
*(Hint: holding a small amount of liquid in the mouth, may aid the patient in swallowing.)*
3. Repeat on other nostril.

After 5 minutes, repeat steps 1-3 above.  
This will complete one treatment.

One good indication that the treatment has been carried out successfully, is to listen for a pitch change in the sound of the motor while swallowing. This is due to a temporary slowing of the motor due to back-pressure. You can experience this sound by plugging the hole with your finger while the device is running. This is the same sound you should hear when the patient swallows. If you don't hear the pitch of the motor change, you may not have a good seal with the nostril or the patient's mouth may be open.

**NOTE: If the patient does not feel any change in the ear, repeat the treatment, making sure the EarPopper remains firmly against the nostril as the patient swallows with mouth closed.**

## Recommended Treatment Guidelines

### *Otitis Media with Effusion (OME)*

Treatment should be done twice a day, once in the morning and once in the evening, for 7 to 11 weeks — a protocol based on a clinical study. In this study group, hearing was restored to normal in 74% of patients after 7 weeks of treatment and 85% after 11 weeks of treatment<sup>[1]</sup>. There appears to be no contraindication to extended use.

**One treatment consists of four swallows. Use the EarPopper once in each nostril, then repeat the procedure again in 5 minutes (in each nostril) for a total of four swallows.**

Remember, the treatment only occurs at the moment of swallowing, while the device is running.

**Helpful hint:** Where compliance could be an issue in young children, a step-wise approach is recommended:

1. Hold the EarPopper nosepiece beneath the nostril and push the power button, to allow the child to get used to the sensation of air entering the nose, as well as the sound of the device.
2. Hold the EarPopper nosepiece against one nostril and press the other nostril securely shut.
3. To encourage the child to swallow with his mouth closed, give the child a sip of water to hold in his mouth, repeat Step 2, and ask the child to swallow the water while the device is running.

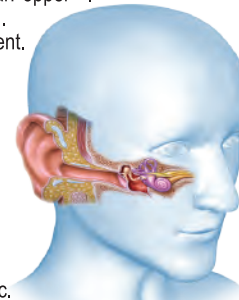
The EarPopper will not cause an ear infection. However, if the patient develops acute Otitis Media or other types of acute infection such as an upper respiratory infection during the treatment period, the EarPopper treatment can be temporarily suspended. Treatment can then be resumed after the infection resolves.

### *Eustachian Tube Dysfunction and Aerotitis / Barotitis*

A clinical study has demonstrated that negative pressure in the middle ear can be relieved by use of the EarPopper<sup>[2]</sup>. Patients can use the EarPopper as needed. Often relief will occur after only one treatment.

Eustachian Tube Dysfunction can cause development of negative pressure in the middle ear due to a lack of ventilation and can lead to Otitis Media with Effusion, Ear Block or Aerotitis/Barotitis.

Aerotitis/Barotitis is a result of negative middle ear pressure caused by rapid elevation changes, such as :  
airplane travel, diving, mountain climbing, etc.



[1] "Non-Surgical Home Treatment of Middle-Ear Effusion and Associated Hearing Loss in Children. Part I: Clinical Trials" ENT JOURNAL Sept. 2005. ("Part II: Clinical Trials – Follow Up" ENT JOURNAL Oct. 2005)

[2] "Efficacy of a Modified Politzer Apparatus in Management of Eustachian Tube Dysfunction in Adults" American Academy of Audiology Journal 10: 496-501 (1999).

[www.earpopper.com](http://www.earpopper.com)

## Prescribing the EarPopper

# Patient Clicks. We Ship.

- 1 Prescribe the EarPopper.  
*For patients in the US only.*
- 2 Patient visits  
**www.earpopper.com** to order.  
(or may call 1-888-229-2875)
- 3 We offer free shipping direct to the patient.\*

*\*Free UPS ground shipping within the continental U.S. only.*

## Treats ear problems caused by:

- Flying
- Allergies
- Colds
- Scuba diving
- Swimming



*As quick as a  
swallow!*



## EarPopper Professional Version

PRODUCT NUMBER	DESCRIPTION	UNIT/BOX
EP-3000	EarPopper Professional Includes : 10 disposable tips & 1-9-volt battery	1
EP-1000	Disposable Tips (Pro) Non-sterile, Single use	50



Healthcare practitioner's interested in purchasing the Professional EarPopper should contact their medical supply company or Summit Medical directly for additional information.

## EarPopper (Patient) Home Version

PRODUCT NUMBER	DESCRIPTION	UNIT/BOX
EP-2100	EarPopper Home Version Includes : 4-AAA batteries	1
EP-1010	Disposable Tips (Home) Non-sterile, Single use	50



See inside panel for patient ordering instructions once a prescription is written for them.

## About Summit Medical

Summit Medical, Inc. is a medical device manufacturer based in St. Paul, MN. Our company's first products, 30+ years ago, were implantable tympanostomy (ear ventilation tubes).

We have since developed a variety of ENT products, including the EarPopper.

Visit [summitmedicalusa.com](http://summitmedicalusa.com) for our full product offering.

**CE 0297**

EarPopper is CE registered in the EU.

In the U.S.A., the EarPopper is FDA cleared and is available by prescription only.

**USA Rx Only**  
For US Audiences Only



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