



Getting Started Guide

Thank you for purchasing the Vertigo Recording Goggles for use with the DizzyDoctor System. Please carefully read these instructions to ensure safe and proper operation.

Product Description

The DizzyDoctor system consists of the Vertigo Recording Goggles version 1.0 (VRG), the DizzyDoctor iPhone app, and the DizzyDoctor website. It enables users to properly perform and track eye movement recordings as they are experiencing episodes of disequilibrium or vertigo when remote from their treating Health Care Practitioner. The username and password protected eye-movement videos automatically upload to the DizzyDoctor website. Videos may then be processed for a small fee*, so that the raw video eye movements as well as the eye tracking data and head stability data are presentable to a healthcare practitioner at the next user follow-up. All these data sets are available in the healthcare practitioner website portal after the user securely logs in with their healthcare practitioner. The user may also view their personal processed videos in their user portal for their own education. All the information provided in the healthcare practitioner portal at www.DizzyDoctor.com website is helpful to the user's healthcare practitioner in helping create a more accurate differential diagnosis regarding why the user is episodically dizzy or vertiginous.

**Please note each time you select PROCESS VIDEO it will cost you 1 credit. Credits may be purchased on the DizzyDoctor App or at www.DizzyDoctor.com for approximately \$19.99/credit*

The DizzyDoctor system uses the following components:

1. A specially designed iPhone 5/5s/6/6s/6plus/7/7plus goggle recording set named “Vertigo Recording Goggles” or VRG.
2. A magnetic box and a soft optics bag for storage of the Vertigo Recording Goggles.
3. A user-supplied Apple iPhone 5/5s/6/6s/6plus/7/7plus operating with iOS 8.0 or later. NOTE: the iPhone 5/5s/6/6s/6plus/7/7plus must be purchased separately.
4. The DizzyDoctor iOS app (available on the Apple App Store) that is used to record, view, and upload encrypted video and gyroscopic head positional data to the secure DizzyDoctor web server.
5. Our secure web server is enabled to review and process unlocked videos recorded on the mobile application. Access the user portal at www.dizzydoctor.com NOTE: the DizzyDoctor web app is supported on the following web browsers: Google Chrome, Internet Explorer 8, Firefox and Safari.

Package Contents

- DizzyDoctor Vertigo Recording Goggle compatible with either iPhone 5/5s/6/6s/6plus/7/7plus. (NOTE: The User must purchase the proper Vertigo Recording Goggle for their model iPhone)
- Soft storage optics bag
- Quick Start Guide
- Getting Started Guide

IOS Download Information

Download the DizzyDoctor mobile IOS application from the Apple App Store. To find, search for “DizzyDoctor” under the search option in the App Store. Follow the steps within the app to create a user account or visit www.dizzydoctor.com to create a user account. Contact DizzyDoctor support on the website with any questions.



Full User Manual

The full user manual is available online at www.dizzydoctor.com/user_manual.pdf . Please be sure to read the full manual before use.

Accessories Required

Apple 5/5s/6/6s/6plus/7/or 7plus with iOS 8.0 or later (Available for purchase from Apple Retailers). For more info on purchasing an iPhone visit www.Apple.com/buy/

Please note these are not supplied by DizzyDoctor System

Indications For Use

The DizzyDoctor System is intended to provide information used to assist in the identification of balance disorders such as benign paroxysmal positional vertigo (BPPV) and detect nystagmus in positional maneuvers such as Dix-Hallpike and supine positional tests, by recording, tracking, measuring, storing, and displaying vertical, horizontal, and torsional eye movements. The DizzyDoctor System is intended for use by users during an episode of vertigo remote from their treating healthcare practitioner’s clinic. However, it may also be used by the healthcare practitioner in their clinic to evaluate the patient. This device does not provide any medical diagnosis and is intended to be part of a larger balance assessment battery used by the healthcare practitioner to help provide a more accurate diagnosis regarding their patient’s vertiginous complaints.

Storage and Handling

Store the device in the provided soft container when not in use. Store at a temperature between -20° and 45° C (-4° and 113°F) and humidity between 5% and 80%. Do not store in damp area as this may cause damage to the device.

Maintenance/Cleaning

The Vertigo Recording Goggles should be cleaned with a standard home cleaning solution and a clean cloth. Care should be taken not to scratch the lens on the Vertigo Recording Goggle. *Do not submerge in water.* Cleaning the goggles ensures a clear recording.

To clean use clean disinfectant wipes and wipe around the interior pad. Then continue to wipe the rest of the goggle set. Do not wipe the lenses with the disinfectant wipe! Only wipe the lenses with a clean microfiber cloth.

Set Up Instructions

1. Clip your smartphone in the holder with the iPhone touch screen pointed away from the holder and the camera on the iPhone placed directly over the clear magnification lens. Make sure that it securely fits. Different holders are available for the iPhone 5/5s, iPhone 6/6s, iPhone 6 plus, iPhone 7/7 plus.

Note: You must remove your personal iPhone holder/protector before you can place your iPhone into the goggle holder.

2. Put the goggles over your head and make sure to adjust the head-strap so that they TIGHTLY fit on your face
3. Make sure the iPhone is securely clipped in and that the goggles are nice and snug so that they will not move during testing.
4. Now remove the goggles and proceed to DizzyDoctor Mobile App Operating Instructions on the next page.

DizzyDoctor Mobile App Operating Instructions

1. Log in or sign up. To sign up, follow the instructions to create a username and password. Once you are signed up and logged in, you are ready to record your eye movement videos.
2. Get a friend or family member to aid in your recordings to ensure your safety if you experience vertigo while testing with the VRG.
3. VERY IMPORTANT: You must start the eye movement recording by sitting on a table/bed with your feet and body positioned as shown to the right. Your nose should be directly in front of you and in a neutral position (i.e. not pitched up or down).
4. Press the green button on the top of the VRG to turn on the goggle lighting. Then click on STEP BY STEP on the iPhone screen to start the standard recording session.



5. Follow the set up instructions shown on the iPhone App to properly perform the Dix-Hallpike and supine positional test.

**Step-By-Step
Starting Position:**

Step 1:



Step 2:



Step 3:



6. Follow the on screen pictorial and verbal instructions

Step4:



**ADVANCED TESTING
Step 5:**



**ADVANCED TESTING
Step 6:**



**ADVANCED TESTING
Step 7:**



7. Once the recording is complete take the goggles off of your head, and turn off the VRG light.

8. Review the videos from the recording session in the video player area of the app. If the videos show your eye in the

center of the recording screen and they appear in focus then click the process video button (this will cost you one credit). This process saves the video on the www.DizzyDoctor.com website and provides the opportunity to play the eye movement videos simultaneous with the eye tracking Nystagmograms and head stability data.

9. Go to your Health Care Practitioner and present your data for review in the Healthcare practitioner portal area. You will be asked to enter your secure log in and password on the DizzyDoctor Website while in your physician's office

For more information, please visit www.DizzyDoctor.com to access the complete instruction manual.


FAQ's

For answers to Frequently Asked Questions and Troubleshooting Tips visit www.dizzydoctor.com/FAQ.html


Contraindications


This device may only be used for the recording of eye movements in the 4-7 pre-determined positions. Do not use for any other purpose to avoid injury to the user or damage to the device.


General Safety Precautions


 **CAUTION:** This device is not designed or intended to provide an independent diagnosis of any vestibular disorder or any other eye or ear ailments. This device should not be used as a basis for starting or modifying treatment without independent confirmation by medical examination from a healthcare practitioner. Do not attempt self-diagnosis or self-treatment based on the recording results and analysis. Self-diagnosis or self-treatment may lead to deterioration of your health or death.


 **INTERPRETING LINE TRACINGS AND EYE MOVEMENTS IS DIFFICULT AND SHOULD ONLY BE DONE BY A MEDICAL PROFESSIONAL. DO NOT RELY ON YOUR OWN INTERPRETATIONS TO SELF DIAGNOSE!!**

 **CAUTION:** Proper care and handling is essential for satisfactory performance for the DizzyDoctor device. Examine the device thoroughly before and after use. If any damage or irregularities are found, do not use the device.

 **CAUTION:** Do not use if you are pregnant. Do not use if you have a preexisting heart condition. Do not use if you have a serious neck/spine or back condition or have had previous spine surgery.

 **WARNING: CHOKING HAZARD** – Small parts not for children under 3 years or any individuals who have a tendency to place inedible objects in their mouths.

 **TYPE BF APPLIED PART** – The DizzyDoctor Vertigo Recording Goggles is a type BF applied part.

 **RECYCLE RESPONSIBLY** – Do not throw in the wastebasket. Please recycle your plastics and battery responsibly.

Safety Precautions

- Do not use under the influence of drugs or alcohol.
- Users should always consult their healthcare practitioner if they notice changes in their health.
- Do not reuse the goggles without disinfecting it prior to use. See Cleaning Instructions.
- Do not use the device with any objects plugged into the iPhone's ports (i.e. headphone jack, lightning connector, 30-pin connector).
- Store out of reach of infants, small children, or anyone incapable of using the device properly.
- Do not use the device anywhere that the usage of the iPhone is not permitted.
- Do not use the device in conjunction with water, or in a wet environment.

Warranty

DizzyDoctor provides a limited warranty for the Vertigo Recording Goggle product. Please visit www.dizzydoctor.com for a full description of the warranty.



DIZZYDOCTOR

Information

If any injury or adverse event occurs call 911 right away or report it to a healthcare practitioner immediately. For general or product related comments, questions, concerns or experiences, please contact us directly at.

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Technical Description

 DizzyDoctor Vertigo Recording Goggle model number:

#DDS40401

- **iPhone 4 Vertigo Recording Goggles**
Dimensions: Height: 4.54in., Width: 2.31in., Depth: 0.37in.
Weight: 4.8oz.

#DDS40501

- **iPhone 5 Vertigo Recording Goggles**
Dimensions: Height: 4.87in., Width: 2.31in., Depth: 0.30in
Weight: 3.95oz.

#DDS405S01

- **iPhone 5s Vertigo Recording Goggles**
Dimensions: Height: 4.87in., Width: 2.31in., Depth: 0.30in.
Weight: 3.95oz.

#DDS40601

- **iPhone 6 Vertigo Recording Goggles**
Dimensions: Height: 5.44in., Width: 2.64in., Depth: 0.27in
Weight: 4.55oz.

#DDS406P01

- **iPhone 6 Plus Vertigo Recording Goggles**
Dimensions: Height: 6.22in., Width: 3.06in., Depth: 0.28in.
Weight: 6.07oz.

#DDS406S01

- **iPhone 6s Vertigo Recording Goggles**
Dimensions: Height: 5.44in., Width: 2.64in., Depth: 0.28in.
Weight: 5.04oz.

#DDS406SP01

- **iPhone 6s Plus Vertigo Recording Goggles**
Dimensions: Height: 6.22in., Width: 3.06in., Depth: 0.28in.
Weight: 6.07oz.

#DDS40701

- **iPhone 7 Vertigo Recording Goggles**
Dimensions: Height: 5.44in., Width: 2.64in., Depth: 0.28in.
Weight: 4.87oz.

#DDS407P01

- **iPhone 7 Plus Vertigo Recording Goggles**
Dimensions: Height: 6.23in., Width: 3.07in., Depth: 0.29in.
Weight: 6.63oz.

Visit us online at: **Website:** www.dizzydoctor.com | **Facebook:** facebook.com/dizzydoctor

