

## STEP 8: Setup your computer software

*Complete your profile and configure your software options.*

01. Plug in the dongle. The dongle will support up to six GO and HRV devices.
02. Click on the CapnoTrainer® icon on the computer desktop.
03. Enter your email (username) and Password.
04. Complete your **USER (admin) PROFILE** to configure the software for your needs.
05. Click on **LIVE SESSIONS**. 8. Click on the **CONNECT CAPNOTRAINER** icon.
06. **REGISTER** the instrument by entering its Serial Number when prompted.
07. If you have additional instruments, plug in each one and repeat the process.

You may download the software, on any computer, at any time by returning to this website and clicking **DOWNLOAD GO software**.

## STEP 9: Learn to use your App and/or Computer software.

Read the appropriate software manuals. Scan the QR label to learn more.

**Customer Support:** If you own the *Professional Version* of the GO, *live support* is available to you; set a Zoom appointment at [tech@betterphysiology.com](mailto:tech@betterphysiology.com). If you own a Personal Version, support is provided by email only.

**IMPORTANT:** Please read.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**NOTE:** This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

### RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, this equipment should be installed and operated with minimum distance of 20 cm the radiator your body. This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna near transmitter.

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# QUICK START - GO

## STEP 1: Inspect your shipment.

*Make sure you have what you ordered.*

- 1 Instrument (in GO case), 1 Starter kit (if ordered), 2 water traps, 2 Sampling Lines
- 1 USB cable, 1 Bluetooth dongle (for computer users).

**Download access to the book, CapnoLearning: An Introductory Guide**, by going to [www.betterphysiology.com/book/](http://www.betterphysiology.com/book/). Enter **Capno** in the coupon space when prompted.

**GO Software Manuals** are accessed from within the software OR from the website. The cell phone/tablet Manual must be downloaded at [www.betterphysiology.com](http://www.betterphysiology.com); click on Software, then GO Manuals.

## STEP 2: Examine your instrument

*Learn the basic hardware features.*

UPPER BUTTON:  
Turn ON/OFF the instrument.

Indicator LED No 2:  
**GREEN**, battery fully charged  
**ORANGE**, battery medium charged  
**RED**, battery low, needs charging

Indicator LED No 4  
**GREEN**, Water Trap working  
**ORANGE**, Water trap NOT connected  
**RED**, Water Trap needs replacement

Indicator LED No 1:  
**GREEN**, ON; **RED** blinking, USB connected; No light, OFF.

Indicator LED No 3:  
**GREEN**, connected to Bluetooth  
**ORANGE**, plugged into USB port  
**RED**, no connection

LOWER BUTTON (See instructions later.)  
Zero calibrate the GO before each use.



## STEP 3: Charge your battery.

*Don't begin until your instrument is fully charged.*

1. Leave your instrument in the OFF position (all lights off on panel).
2. Find your USB cable/chord and plug it into your instrument.
3. Plug the other end into your computer or cell phone charger.
4. The battery light will show GREEN, ORANGE, or RED.
5. When the battery light turns to GREEN, it is fully charged.

## STEP 4: Download the GO App, OR go directly to STEP 6.

*Activate your account and/or configure your App, OR skip Steps 4 and 5.*

When you turn on your GO, it will automatically connect to your cell phone or tablet; you do NOT need to pair it. Follow these simple instructions for downloading the App.

01. Go to the **Apple Store** or **Play Store**, or scan the **QR label** on the GO.
02. Search for **CapnoTrainer** App and download it.
03. Turn on the GO (top button).

04. Start the CapnoTrainer App. Click on the icon.
05. If you've already created your account, enter your **email** and **password**.
06. If not, click on "**Create an account**," which includes a **database in the Cloud**.
07. Enter your **serial number** (backside of the GO) and **email**. Create a **password**.
08. Complete **your Profile**.
09. If you have a **Personal GO without Option M**, click on "**Begin a new session**."
10. If you have a **Professional or Basic GO**, click on "**Proceed without a client name**."
11. Click on **Select** (upper left) and then select "**GO-Serial # 0000**" device where indicated.

## STEP 5: Check to see if your GO is running.

*Learn to set up, manage, and test your GO.*

01. Make sure the instrument is turned ON.
02. Hold it up and place it against your ear. There should be a slight ticking sound.
03. Connect a **water trap** to the instrument (see instructions below).
04. Connect a **Sampling Line** to the water trap.(see instructions below).
05. Zero calibrate (see instructions below).
06. Put on a Sampling Line, over your ears and under your chin.
07. Select the **Raw PCO<sub>2</sub>** option.
08. Observe your physiology. The signal line should be moving up and down.
09. Click on the **Database icon** to see if you can access your **Cloud account**.

## STEP 6: Learn to manage GO hardware basics.

*Learn about your supplies, accessories, and hardware options.*

**Water traps:** Connect a water trap by firmly pushing it in (so that it gives slightly) and then gently turning it to the right, so that it remains securely in place. Do NOT force it. Practice doing it properly.

When water traps become saturated, the Water Trap Indicator light will turn RED and the instrument will shut down. When this happens, simply replace the water trap with a new one and restart the instrument. The software will continue operating during the shutdown and will marker its time and duration.

The life of a water trap is usually long, allowing for many hours and days of use, however, in some instances it may be reduced by the activity of the user, the position of the GO, and individual differences (nasal fluids).

**Sampling Lines:** Connect a Line to the water trap. Twist it slightly to make sure it fits snugly. Do NOT use force. Use each Line ONLY ONCE if different people are using the GO. If you are using a Line only for yourself, you may reuse them, but dry them out with a "computer keyboard duster" (compressed air).

**Calibration:** We recommend that you zero-calibrate the GO before each use. You may also zero-calibrate at any time you may deem necessary, e.g., the CO<sub>2</sub> level at the end of an inhale does not drop to a level you normally might expect (e.g., 2 mmHg). If in doubt, always zero-calibrate! Zero-calibrate as follows:

01. Make sure your instrument is ON.
02. Engage the Raw PCO<sub>2</sub> option (in either the cell phone or computer software).
03. Allow the instrument to warm up for at least two minutes (if cold).
04. Attach the water trap.
05. Attach the Sampling Line to the water trap

06. Place instrument, water trap and Sampling Line on a table.
07. Press the bottom button and hold until the water trap LED flashes.
08. When you see the line on the graph drop to zero you have been successful.
09. If it does not drop, let go of the button and try again.

CO<sub>2</sub> calibration may be necessary from time to time, although usually not necessary for several years. If so, however, contact Better Physiology or your distributor.

**Battery:** The cell-phone lithium-ion battery will run approximately 14 hours and can be recharged in about one hour. You may monitor % battery power in the App or computer software. The LED light on the hardware will show **RED** when the battery needs recharging. Contact your distributor regarding battery replacement.

You may recharge the battery by plugging the instrument into a computer or cell phone charger. If the instrument shuts down, the software will keep running for 10 minutes, or until you shut it down by logging out. If you own the Professional Version, plugging it into a USB port will keep the instrument running in the Computer software; once the battery is charged you may then disconnect it.

**HRV option:** You may connect the Bluetooth Polar Belt ECG-based HRV to cell phones, tablets, and computer dongle provided with your instrument. The connection is automatic and the HRV signals will be displayed, along with GO breathing signals on GO Basic, GO Professional, and App platforms..

If you own the Professional Version, you may run up to six GO units and six HRV devices on the same computer (not on cell phones or tablets).

## STEP 7: Download the computer software.

*Configure your PC or Apple software.*

The computer software, of which there are two versions (Basic and Professional), is for those who have purchased the Professional, Basic, and Personal - Option C versions of the GO software..

If you have already activated your account by setting up the cell phone App:

01. Go to <https://betterphysiology.com/download-GO/>.
02. Click on **DOWNLOAD GO software**.
03. Enter email (username) and password.

If you have not yet activated your account by setting up your cell phone App:

01. Click on **Activate your account**."
02. Enter the **serial number** (located on back of your instrument).
03. Enter your **email address** (username) and create a Password.
04. if you have **additional instruments**, activate them from within the software.

*If the serial number is not found, contact your distributor..*

Your **CLOUD DATABASE ACCOUNT** for viewing data and creating data reports has also been created. You may access this account from within the software or by logging directly into [www.capnolearning.com](http://www.capnolearning.com) using your email and password.