

Quick Guide

# Getting Started with Instadose<sup>®</sup>+



instadose<sup>®</sup>

# Introducing the Instadose<sup>®</sup>+

Revolutionizing the way radiation exposure is captured, read and reported, Instadose<sup>®</sup>+ is a smarter radiation monitoring platform that is simplifying administration, reducing costs and transforming how staff are monitored and safeguarded from radiation over-exposure radiation.

Powered by two breakthrough technologies—direct ion storage (DIS) technology and SmartMonitoring™ technology—Instadose<sup>®</sup>+ enables users to quickly, easily, wirelessly measure, analyze and report radiation dose data via smart devices, PCs, and InstaLink™ hotspot stations.

Instadose<sup>®</sup>+ dosimeters have a built-in memory chip with an embedded, unique serial code that is assigned to the wearer; however, there is no personal information contained on the dosimeter itself. This chip helps to simplify administration and improve compliance—you no longer have to hand in your dosimeter for processing.

This means no more collecting and redistributing dosimeters!

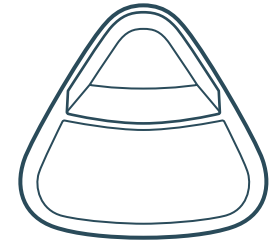
This guide will help you to get to know your Instadose<sup>®</sup>+ dosimeter and guide you in setting everything up for a seamless dosimetry service experience.

## The Instadose<sup>®</sup>+ Ecosystem

The Instadose<sup>®</sup>+ ecosystem is composed of several different products and services that work together to create a complete experience. Below are the products mentioned in this quick start guide that work together to enable the capture and transmission of dose reads, and allow for the online viewing and management of your dosimetry account.



Internet-enabled computer  
(access to instadose.com)



Instadose<sup>®</sup>+ Dosimeter



Instadose<sup>®</sup> Companion App



InstaLink<sup>™</sup> USB



InstaLink<sup>™</sup> Hotspot

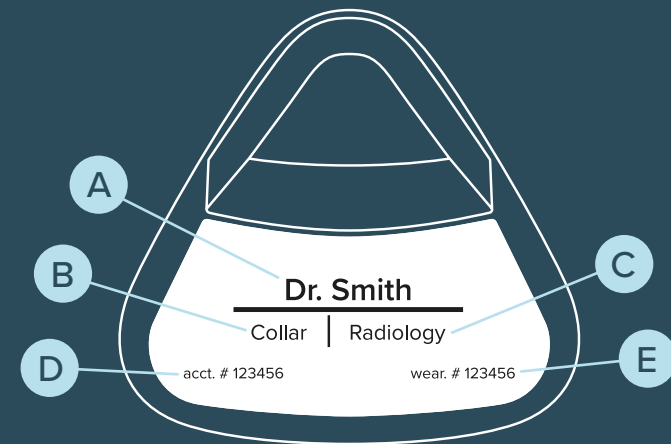
# Exploring the Instadose<sup>®</sup>+ Wireless Dosimeter.

The Instadose<sup>®</sup>+ dosimeter features Bluetooth<sup>®</sup> Low Energy (BLE) Technology to wirelessly capture and transmit radiation dose exposure anytime, as often as needed.

On-demand measurement results, along with smarter tracking and reporting of current and long-term dose exposure, make administration and compliance easier.

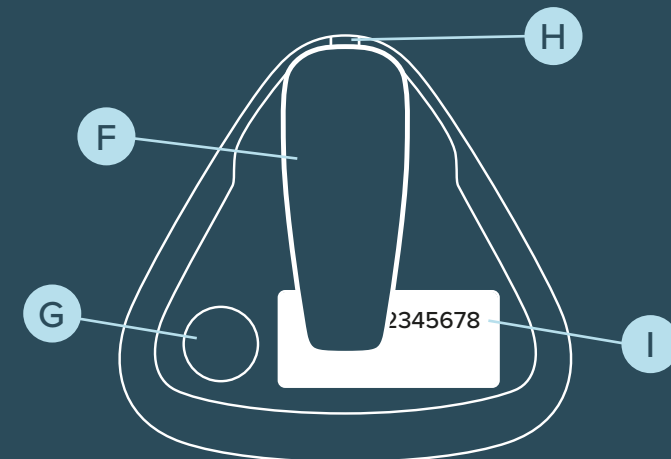
Now, wearers and administrators have immediate access to dose reads and measurement data anytime, anywhere.

## Front

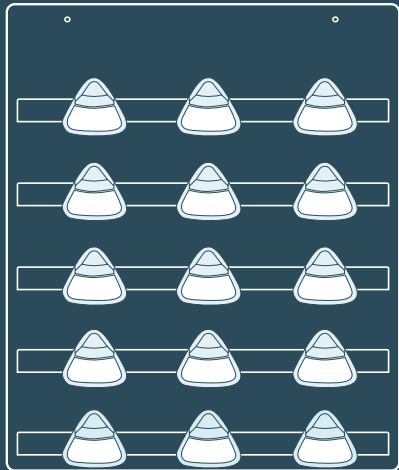
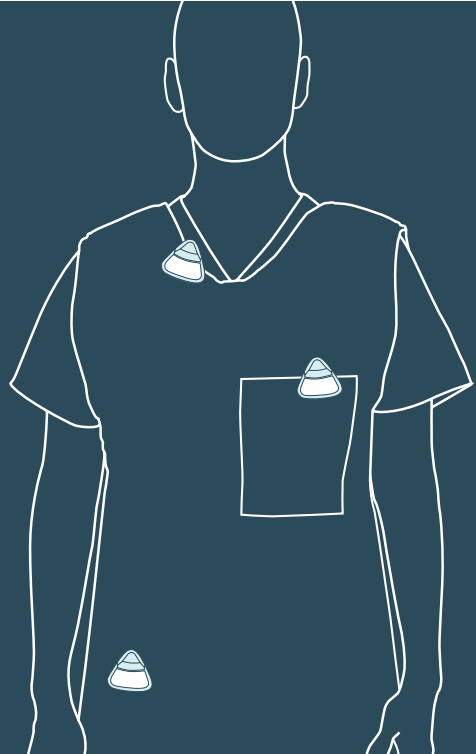


- A** Wearer's name
- B** Wear location
- C** Department
- D** Account number
- E** Wearer number

## Back



- F** Clip
- G** Read button
- H** Light indicator
- I** Serial number

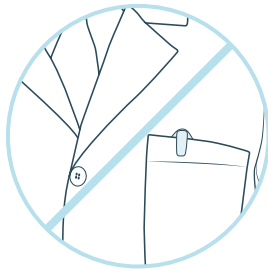


## Wearing Your Dosimeter

Wear your dosimeter, with the label facing outward, in the body position specified on the front label (collar, torso, etc.) Always consult your RSO/Account Administrator for specific wear specifications.



**DO**



**DON'T**

## Storing Your Dosimeter

When a work shift or work visit is over, remove the badge and place it in a secure area (in a stable room temperature environment) as recommended by your RSO or Supervisor. If possible place the dosimeter near an InstaLink™ Hotspot (if your facility has one) to enable timely dose reads.

## Caring For Your Dosimeter

Extreme temperatures (high or low) may permanently damage internal components. Do not leave outside or in hot car. If a dosimeter gets too hot or cold, transmission is not possible until it recovers to room temperature.



Do not immerse dosimeter in water.



Do not allow dosimeter to overheat.



Do not allow dosimeter to freeze.

# Setting up Transmission Methods.

There are three ways to wirelessly transmit (communicate) dose data from Instadose<sup>®</sup>+ dosimeters: through the Instadose<sup>®</sup> mobile app, the InstaLink<sup>™</sup> hotspot or the InstaLink<sup>™</sup> USB.

The following pages will walk through how to set-up each method.









# InstaLink™ Hotspot

The InstaLink™ Hotspot Station will listen and communicate with Instadose®+ dosimeters that are within range. When data has been captured it is sent to Mirion's servers and saved in the dose record.



## LED Light Status Codes

Color & Blink Speed	Meaning
 Solid yellow	Boot up started
 Rapid white blinking	Boot up completed
 Green blinking	All good/No errors
 Red blinking	General, non-critical error
 Rapid navy blue blinking	Instadose communication success
 Rapid yellow blinking	Instadose communication failure

# Hotspot Installation and Set-up

1

## Install the InstaLink™ Hotspot

Mount the InstaLink™ hotspot in a location where dosimeters are stored, for example in a hallway or break room, in close proximity to the dosimeter badge board.

2

## Connect InstaLink™ to the Internet

Initial configuration requires a wired Ethernet connection on a network using a DHCP server. Each InstaLink™ requires HTTPS access via Port 443 and Port 123 (UDP via ntp.org), and the ability to resolve the \*.instadose.com domain name to capture and communicate dose reads.

\* Your IT administrator may need to approve and/ or enable access.





**Wireless Connection Option** (WiFi should only be used as a last resort, when a wired Ethernet connection is not an option.) To configure the InstaLink™ Hotspot for wireless connectivity you will need the IP address that was assigned to it via Ethernet. You can then enter the assigned IP address into an HTML5 compatible browser to reach the login page (the username is: support and the password is: instadose). Upon logging in you can select the "Wireless" option under the "Connect Using" heading. This will display additional fields to select your access point (or input the SSID directly), enter your security mode (WEP/WPA/etc.), and then enter the security key. Lastly press the "Save Changes" button at the bottom of the configuration page. The hotspot will reboot using the new settings and you may remove the Ethernet cable.

3

## Verify Connection

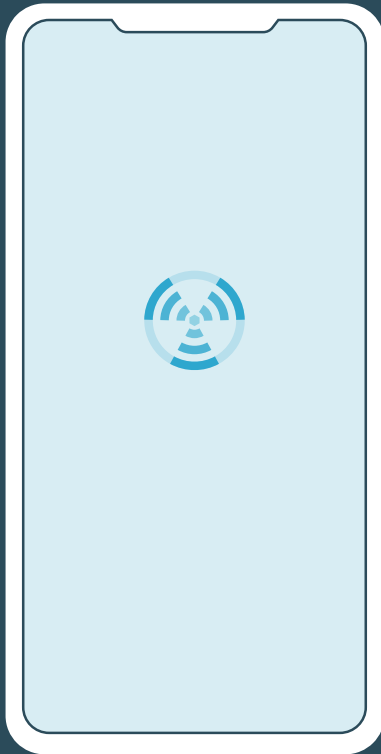
When connected to the network the InstaLink™ will automatically connect to the Instadose® servers. When a connection has been made, a green light will flash.

## LED Light Connectivity Codes

Color & Blink Speed	Meaning
 Rapid pink blinking	Ethernet/WiFi Interface Problem
 Rapid light blue blinking	Unable to get IP Address
 Rapid purple blinking	Unable to resolve DNS to Mirion
 Rapid orange blinking	Unable to get Network Time Protocol (NTP)

# Instadose® App

The Instadose® app allows you to transmit/read dose data from the dosimeter and view both current and historical dose results.



## Download the Instadose® App

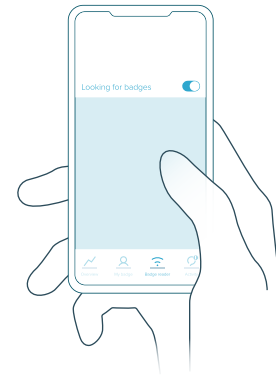
Download the mobile application from either the iTunes App Store or Google Play.



# Manual Read via the Instadose® App

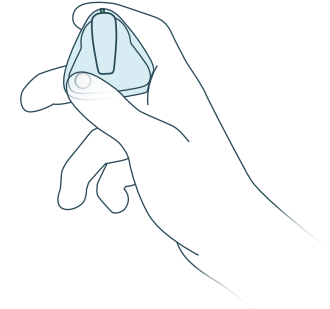
To perform a manual read via the mobile app, follow the instructions below. You can verify that the dose was recorded by logging into the Instadose® App or your Amp+ online account.

1



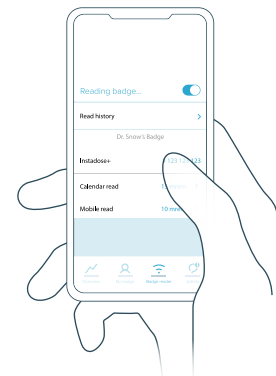
**Select 'Badge reader'**  
Switch on 'Looking for badges'

2



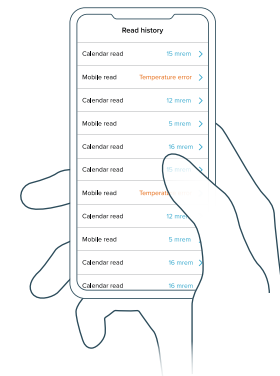
**Press and Hold**  
Press and hold the Read button for 4 seconds until a solid green light flashes once. Within 1-minute, a second light will flash to confirm the transmission.

3



**Response**  
When the message that the badge has been read is showing the transfer of data is complete.

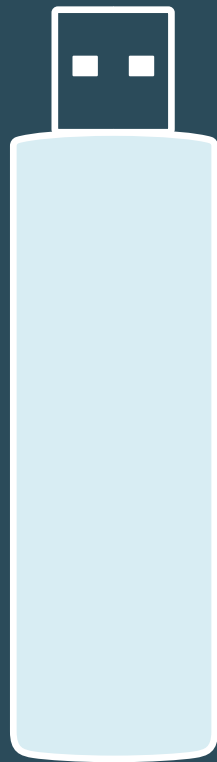
4



**Verify Transfer**  
Press the read history button to verify that the data has been transferred.

# InstaLink™ USB

The InstaLink™ USB is a bluetooth antenna that can be connected to any computer with internet access.



## USB Installation and Set-up

1

### Download and Install the Software

Download the ID2Monitor application by signing into your instadose.com account.

Click the "download software" link and press download.\* Open the installer and follow the instructions on screen.

\* Your IT Administrator may need to approve and/or enable access.

2

### Run Software

Once the software has been installed, you will need to run it by opening\* the InstaLink™ USB Application. A dialogue box will appear confirming that the Application is "Searching for Instadose® devices". If this dialogue box does not confirm active searching, please consult the InstaLink™ USB Troubleshooting Guide or contact Mirion Support.

\* The InstaLink™ USB Application must be open to automatically collect data in the background.

3

### Connect the InstaLink™ USB

Connect the USB to a workstation that is active near where the dosimeters are stored. It is not recommended to connect to a workstation that requires users to sign in and out after each session.

4

### View Status

To view the status of connections and transfers you can access the software in the bottom right hand tray. The icons will indicate the communication process.



# Communicating Dose Reads.

To "communicate" or "read" your device, you must be within range of one of the three transmission methods: InstaLink™ Hotspot, InstaLink™ USB, or the Instadose® Mobile App.

To find out which transmission methods are approved for your account and where they are located, please contact your account administrator or RSO.



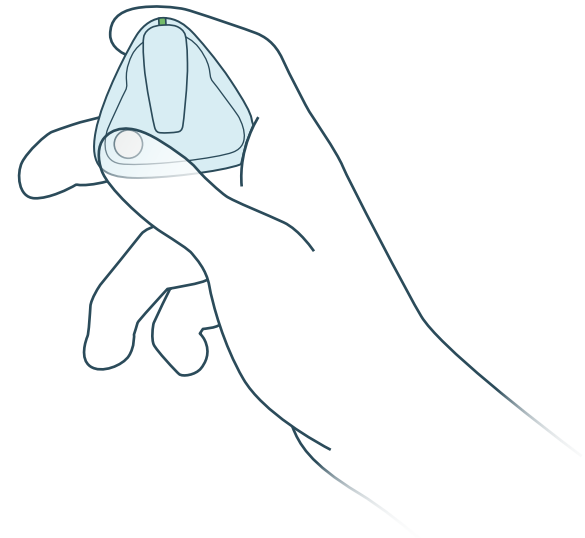
## Calendar Read

Your Instadose®+ dosimeter comes with a predefined read calendar set by your RSO/Account Administrator.

At the scheduled date/time, the dosimeter will attempt to wirelessly transmit dose data. If you are not within range of the InstaLink™ Hotspot, InstaLink™ USB, or Instadose® App and transmission doesn't occur, the dosimeter will attempt to communicate/transmit every hour for up to 24 hours until a successful transmission occurs.

## Manual Read

- 1** To perform a manual read, stay in range of either the InstaLink™ Hotspot, the InstaLink™ USB or the Instadose® App.
- 2** Next, push and hold the button on the back of the badge for at least 4 seconds until you see a solid green flash.
- 3** Within 1-minute, a second green light will flash to confirm transmission. You can verify the dose was recorded by logging into the Instadose® App or your Amp+ online account.



# Accessing Dose Data & Reports

There are several types of reports that are available based on the data collected by the Instadose®+ dosimeter. These reports can be generated and accessed via your Amp+/instadose.com online account under the Reports Section. Current and historical dose data can be viewed on the Instadose® mobile app under Read History.

On Demand Reports allow you to run on-demand reports for Instadose®+ dosimeters.

Reports Inbox includes all other (non-Instadose) dosimeter reports, for example: TLD, APex, ring, fingertip, and eye dosimeters.

## Mobile Device\*

To view dose data (both current & historical), sign in to the Instadose® App on your mobile phone.

\*The mobile app is only available for Instadose® products.

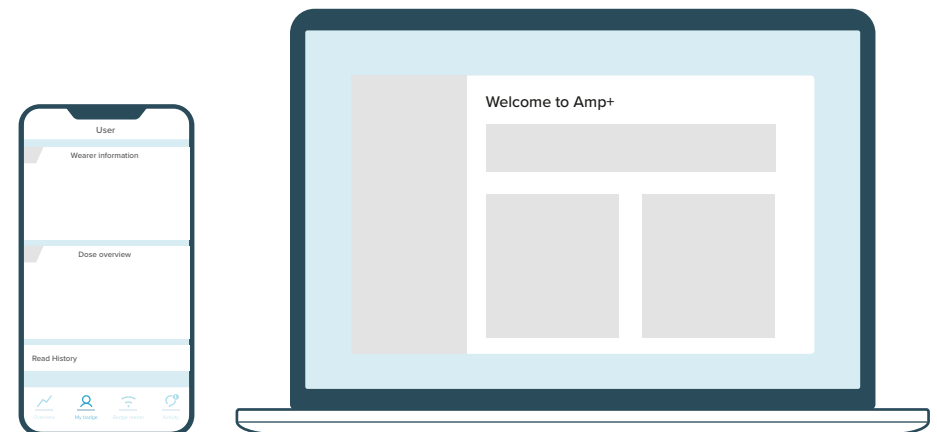
- 1 Select the My Badge icon (at the bottom).
- 2 Select Read History.

All current and historical dose data that has been successfully transmitted and captured in your dose record is viewable from the Read History screen.

## Online – Amp+

To view dose data online or to print/email reports, sign into your AMP+ account online and look in the right column for specific reports.

- 1 Under Reports, select the report type you want.
- 2 Enter the report settings.
- 3 Select "Run Report" and your report will open in another window where you can view it, save it to your computer or print it.



# Bluetooth Notice

## FCC

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.

Note: This device 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 device 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 and correct the interference by one or more of the following measures:

- Re-orient 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.

We caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## IC

This Class B digital apparatus meets all requirements of the Canadian Interference-Causing Equipment Regulations.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil numérique de Classe B respecte toutes les exigences du Règlement sur le matériel brouilleur du Canada.

Cet appareil contient des émetteurs / récepteurs exemptés de licence conformes aux RSS (RSS) d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes:

- Cet appareil ne doit pas causer d'interférences.
- Cet appareil doit accepter toutes les interférences, y compris celles susceptibles de provoquer un fonctionnement indésirable de l'appareil.

**Want to learn more?**

Visit [instadose.com](https://instadose.com)



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TECHNOLOGIES