cyclotest® service hotline

Ensure you read our notes on for using cyclotest® lady carefully and familiarised yourself with its features.

Our description corresponds to the normal cycle response. While dealing with your cyclotest® lady you may initially have questions about handling the unit.

In such cases you can call our cyclotest® service hotline, which is open from Mondays to Thursdays from 8.00 am to 5.00 pm and on Fridays until 4.30 pm. Your team of cyclotest® advisers is looking forward to taking your call.

For customers from Germany: Service +49 (0) 93 42 /92 40 40 www.cyclotest.de

For customers from Switzerland: Service 0 52 224 41 47 www.cyclotest.ch

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Get the instructions in your language!

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Application for measuring fever

You can also use the cyclotest® lady to measure fevers. Carry out the measurement as described in the "Measurement of Waking Temperature" section.

On average, body temperature measured orally is 36.7 °C ± 0.5 °C. You can use the guidelines below to classify the level of fever:

37.5 °C to 38.0 °C: High temperature
38.0 °C to 39.0 °C: Moderate fever
Above 39.0 °C: High fever

Temperatures measured rectally are generally 0.5 °C higher than those measured orally, while temperatures measured under the arm are 0.5 °C lower.

Warning: Always consult a doctor if the reading shows a high fever.

Error messages

Lo °C — The measured temperature is below 32.00 °C and is thus outside the measurement range.

Hi °C — The measured temperature is above 42.99 °C and is thus outside the measurement range.

E — Electronic fault in the device. If the fault persists, please contact Customer Service at UEBE Medical GmbH.

Technical data

Type	Maximum thermometer
Measurement range	32.00 °C to 42.99 °C, "Lo" display for Low (too low) at temperature below 32.00 °C, "Hi" display for High (too high) at temperature above 42.99 °C
Measuring accuracy	± 0.10 °C between 35.50 °C and 42.00 °C at an ambient temperature of 10 °C to 40 °C and rel. air humidity of 30-85 %
Display	Liquid crystal display (LCD) with four digits, smallest unit for display 0.01 °C
Storage and transportation conditions	Temperature -10 °C - +60 °C Rel. air humidity 25 % - 90 %
Battery	Button cell type LR41 or SR41, 1.55 V
IP rating:	IP 22: Protection from solid foreign bodies with diameters of 12.5 mm and above; protection against water droplets

Explanation of symbols

Degree of protection against electric shock: TYPE BF

Please observe the instructions for use.

CE This thermometer complies with Council Directive 93/42/EEC from 14 June 1993 regarding medical devices and bears the CE 0123 symbol (TÜV SÜD Product Service GmbH).

-10 °C / 60 °C Storage and transportation conditions: ambient temperature -10 to +60 °C

25% / 90% Protect against moisture/humidity, relative air humidity 25-90 %

Manufacturer

LOT Lot number/Batch number

Disposal

Batteries and technical appliances must not be disposed of with domestic waste, but should be handed in at the appropriate collection and disposal points.

Maintaining the unit

Clean the cyclotest® lady before and after every use, using a soft cloth and isopropyl alcohol diluted with water, or cold soapy water.

The unit can be immersed in water or disinfectant solution when cleaning. Do not immerse the unit for longer than 30 minutes. Do not use boiling water, gas or a steam autoclave to sterilise the unit.

Warranty

The device has been manufactured and tested with great care. However, in the unlikely event of a defect being detected after delivery, we provide warranty in accordance with the following terms and conditions:

1. During the warranty period of 2 years from the date of purchase we reserve the right either to repair any such defect at our expense or to supply a perfect replacement unit. The cost of returning the unit to our factory shall be borne by the sender. UEBE shall refuse to accept return deliveries that have not been paid for by the sender.

2. Excluded from the warranty are parts subject to normal wear and tear as well as damage caused by non-compliance with the instructions for use, improper handling (e.g. unsuitable power sources, breakages, leaking batteries). Furthermore, no claims for damages against us are substantiated by the warranty.

3. Warranty claims can only be advanced in the warranty period and by presenting proof of purchase. In the event of a warranty claim, the unit must be sent to the following address together with the proof of purchase and a description of the complaint: UEBE Medical GmbH, Service-Center, Zum Ottersberg 9, 97877 Wertheim, Germany.

The cost of returning the unit to our factory shall be borne by the sender. UEBE shall refuse to accept return deliveries that have not been paid for by the sender.

4. The statutory claims and rights of the buyer against the seller (claims for defect, manufacturer's liability, for example) are not restricted by this warranty.

Please note: In the event of a warranty claim it is essential to attach the proof of purchase.

Instructions for Use

Intended use

cyclotest® lady is a special digital thermometer designed to measure the basal body temperature of women of child-bearing age. The maximum temperature determined with the sensor is stored until the next measurement.

Transferring the measured data to a chart enables you to pinpoint the fertile and non-fertile days in the cycle.

Safety instructions

- Do not drop the thermometer. It is not shock-proof.
- Before use, check that the tip and the display are not damaged.
- Do not walk, run or speak while using the thermometer.
- Store the thermometer in the transparent box when not in use.
- This thermometer is intended solely for measuring human body temperature!

- The thermometer contains small parts (battery, etc.) which could be swallowed by children. For this reason, do not leave the unit in the hands of children unsupervised.
- Protect the unit against high temperatures and direct sunlight.
- On no account should you open or make alterations to the device (except when changing the battery). This is a medical product.
- Clean the thermometer before and after each use, see "Maintaining the unit".

Unit description

Changing the battery

1. Change the battery when the battery symbol flashes in the display:

Should not be mistaken for the full control display when turning on the thermometer.

2. To do so, pull off the battery compartment cover towards the rear.
3. Carefully pull the battery holder about 1 cm out of the casing.
4. Do not use a metal object to push the battery out of its holder.
5. Insert a new battery (type LR41 or SR41, 1.55 V), with the + sign towards the top.
6. Push the battery holder back into the casing and replace the battery compartment cover. Take care not to damage or misalign the seal when doing this.

Measuring the wake-up temperature

Take the measurement wherever possible at roughly the same time of day, immediately after waking up, but before getting up.

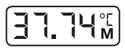
Before measuring, you should have slept for at least 5 hours. If you have had an insufficient period of sleep, skip the measurement and do not enter a measured value.

Prior to measurement do not eat and avoid physical exertion.

You can take the measurement orally, rectally or vaginally, but you should then stick to the point of measurement you have chosen. Measuring under the arm (axillary) produces inaccurate results. It is therefore unsuitable for measuring the basal body temperature. We recommend that you take the measurement under your tongue with your mouth closed.

To switch the device on, press the On/Off button. A short beep sound will signal "Thermometer on". At the same time, a visual display of the full controls will appear. All display elements should become visible.

The measured value of the last measurement is displayed:



Then an internal test value of 37.00 °C (± 0.02 °C) appears. The thermometer switches into measurement mode.

Place the sensor tip in one of the two heat pockets under your tongue to the left or right of the root of the tongue. The sensor must make good contact with the tissue.

Close your mouth and breathe easily through your nose so that the measurement result is not compromised by inhaled air.

The flashing "°C" in the display indicates that the new measurement has started.

The unit confirms that the measurement has been successful with a repeated beep and indicates the measured temperature in the display.

Please always wait until the measurement has finished before removing the thermometer from the point of measurement. This can take a few minutes in some cases.

The determined measured value remains stored until the next measurement.

The unit switches itself off approx. 8-10 minutes after the measurement has finished. You can also switch off the thermometer yourself before this by pressing the On/Off button.

Evaluating the measured data

Enter the measured values in a cyclotest® chart. Use a new chart for each cycle. Start the entries on the first day of your regular period (= 1st cycle day). Regular periods differ from intermenstrual bleeding in that they are accompanied by typical drop in temperature.

Also make a note on the chart of special factors and influences which could alter the temperature, for example:

Sexual intercourse (V), fever (E), taking of medication/drugs (M) or sleeping medication (S), insufficient sleep (wS), change of climate (K), consumption of alcohol (A), emotional/mental strain (B) or physical exertion (kA).

Also make a note on the chart of bleeding and mucus quality: regular period (R), heavy, moderate, light intermenstrual bleeding (sZ, mZ, gZ), spotting (SB) and if possible also the appearance and nature of the cervical mucus.

Carefully kept charts are important diagnostic indicators and should always be taken with you to doctor's appointments. This is recommended particularly in the event of cycle irregularities.

Ovulation which occurs roughly in the middle of the cycle is definitive for pregnancy planning and for contraception. The basal body temperature increases 1-2 days after ovulation by 0.2 – 0.5 °C. A drop in temperature of approx. 0.1 °C is frequently to be observed directly before the day of ovulation. The increased basal body temperature remains at roughly the same level until the next regular period and then drops again (see specimen curve).

Significant deviations from this sequence indicate cycle irregularities or pregnancy.

Application for natural family planning

An egg remains capable of being fertilised for just a few hours after ovulation, sperm remains capable of fertilising an egg for 2-4 days. Fertilisation of the egg (conception) can therefore only occur on the last 5 days before the temperature increase described above.

Determine the fluctuation of your ovulation day over several cycles as exactly as possible – this will provide you with a good picture of when you can expect your fertile phase. If the temperature remains high after the rise for longer than 18 days, you are in all probability pregnant.

Temperature method

The "strict form" of the temperature method (sexual intercourse only from the third day of the temperature rise until the next regular period) is almost as reliable as the pill - by entirely natural means, without taking medication or using mechanical (non-hormonal) measures.

Even the "extended form" of the temperature method is still just as reliable as mechanical (non-hormonal) contraceptives. Here you can also have sexual intercourse in the period from the start of the regular period up to six days before the day of the temperature rise. In exact terms: From the earliest day of the temperature rise which you determine from at least 6 successive cycles, count back 6 days.

Symptothermal method

Here the temperature method is combined with observing a "symptom", the mucus at the neck of the uterus.

A regular period is usually followed by a phase of infertile, "dry" days in which no so-called cervical mucus can be observed. A few days prior to the fertile phase the mucus causes a sticky-moist feeling at the entry to the vagina. Spinnbarkeit (stretchability), clearness and strong fluidity are characteristic.

If you now make these observations 3-4 days before the temperature rise, you can be certain that this temperature rise has occurred in response to ovulation. To this end, take a look at your cervical mucus once a day during the corresponding time period.