

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. If you have any further questions, please visit our website at www.cyclotest.com or send an email to info@cyclotest.de.

For customers from Switzerland:



0 52/ 224 41 47
www.cyclotest.ch

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Error messages



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



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



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

Explanation of symbols



This product complies with Council Directive 93/42/EEC of 5 September 2007 concerning medical devices and bears the mark, CE 0123 (TÜV SÜD Product Service GmbH).



Degree of protection against electric shock: TYPE BF



Please observe the instructions for use.



Lot number/Batch number



Manufacturer

Technical data

Type	Maximum thermometer, direct mode
Measuring points/ body reference points	Rectal, oral, vaginally
Measurement range	32.00 °C to 42.99 °C
Measuring accuracy	± 0.10 °C
Display	Liquid crystal display (LCD) with four digits, smallest unit for display 0.01 °C
Operating conditions	Ambient temperature 10 to 40 °C, relative humidity 30 to 85 %
Storage and transportation conditions	Temperature -10 °C to +60 °C Rel. air humidity 25 % to 90 %
Battery	Button cell type LR41 or SR41, 1.55 V
Expected service life	5 years
IP rating	IP 22: Protection from solid foreign bodies with diameters of 12.5 mm and above; protection against water droplets

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:

During the warranty period of 2 years from the date of purchase, we remedy defects at our discretion and at our expense in our plant through repair work or replacement delivery of a defect-free device. The cost of returning the device to our factory shall be borne by the sender. Complaints that are sent back without prepayment will not be accepted by UEBE.

The warranty does not cover normal wear and tear of wearing parts or damage caused by failure to observe the instructions for use, improper handling (e.g. breakage, leaking batteries) or disassembly of the device by the buyer. Furthermore, the warranty does not constitute grounds for asserting claims for damages against us.

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 Schlag 18, 97877 Wertheim, Germany.

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.



lady

Digital basal thermometer
for cycle monitoring

Instructions for Use

Intended use

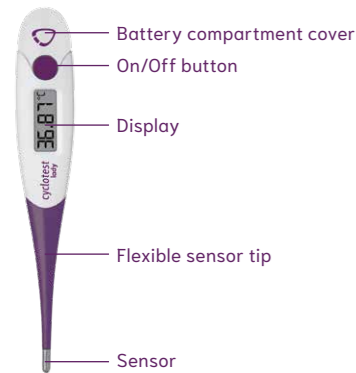
cyclotest lady is a special digital thermometer designed to measure the basal body temperature of women of child-bearing age. The maximum temperature determined with the sensor is stored until the next measurement. Transferring the measured data to a chart enables you to pinpoint the fertile and non-fertile days in the cycle.

Safety instructions

- Do not drop the thermometer. It is not shock-proof.
- Do not walk, run or speak while using the thermometer.
- Store the thermometer in the transparent box when not in use.
- 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.
- Do not open the device (except when changing the battery).
- The use of this device in the vicinity of mobile phones, microwaves or other devices with strong electromagnetic fields can cause malfunctions. Maintain a distance of at least three metres from such devices when using the thermometer.

- Clean the thermometer before and after each use, see “Maintaining the unit”.

Unit description



Changing the battery

Change the battery when the battery symbol appears in the display (Should not be mistaken for the full control display when turning on the thermometer).



- To do so, pull off the battery compartment cover towards the rear.

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- Carefully pull the battery holder about 1 cm out of the casing. Never pull the battery holder out further, as otherwise the connection to the measuring sensor can be damaged.
- Do not use a metal object to push the battery out of its holder.
- Insert a new battery (type LR41 or SR41, 1.55 V), with the + sign towards the top.
- 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.



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- 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.
- At the beginning of the measurement, the thermometer indicates “Lo” while it is warming up and the temperature is still below the minimum  temperature.
- 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

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(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.

Replacement charts (Art. No. 70600004, PZN-01498580) are available from all good pharmacies or directly through the cyclotest service (info@cyclotest.de, www.cyclotest.com).

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

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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.

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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 37.9 °C: High temperature
 38.0 °C to 38.9 °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.

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