Rexall™

RX555
OVULATION DIGITAL THERMOMETER
INSTRUCTIONS AND CHARTS

Please read these instructions carefully to ensure accurate temperatures and safe operation.

I. WHAT IS A BASAL TEMPERATURE?

A basal temperature is the normal body temperature of a healthy person immediately upon awakening after a restful night's sleep. More precisely, it is the body temperature measured under so-called "basal conditions" (12 hours after eating, after a restful sleep, no exercise, no emotional excitement, normal room temperature).

For optimum accuracy, your basal temperature should be taken at the same time every morning upon waking. Changes in basal temperature are related to changes in the female reproductive cycle. By taking your basal temperature daily and charting it, you can notice slight changes and patterns. These charts of your basal temperature, in addition to other information, can help you understand your menstrual cycle and ovulation.The basal temperature method can be used to help in family planning. Charting of temperature and prediction of ovulation can be used to time sexual intercourse during fertile days to aid in increasing the likelihood of pregnancy.

II. CHARTING YOUR BASAL TEMPERATURE

By charting your basal temperature daily, you can see a pattern and notice the changes that occur in every ovulation cycle. You can record your basal temperature on the enclosed charts. Keeping a charted record for at least three months will usually provide the information you need to determine your approximate day of ovulation during a regular menstrual cycle. Most women keep both the Ovulation Digital Thermometer and Temperature Tracking Chart at their bedsides for convenience.

III. HOW TO TAKE ACCURATE BASAL TEMPERATURES

To obtain an accurate basal temperature, you must take your temperature when you first awake in the morning. For best results, this waking temperature should be taken at the same time each morning. Since any activity may tend to raise your temperature, do not get out of bed until you have taken your basal temperature. Postpone going to the bathroom, eating, smoking or drinking until after taking your temperature. Cold drinks lower mouth temperature; hot drinks, smoking and exercise cause higher readings. Using an electric blanket or heating pad can affect your basal temperature. If you use one, it should be kept at the same setting each night throughout the time you are taking your basal temperature.

SHOULD I USE THE ORAL, VAGINAL OR RECTAL METHOD?

Since temperatures taken at different sites can vary, it is important to select one method and then take your temperature the same way every day. You must use either the oral, vaginal or rectal method. Using more than one method will provide inaccurate results.

IV. TAKING YOUR BASAL TEMPERATURE

Select oral, vaginal or rectal as your measurement based on professional recommendation.

TURNING ON THE THERMOMETER

To turn on the thermometer, push the multi-function button at the tip of the unit. A short "beep" tone signals the thermometer is ON. A display test is performed. Figure 1 indicates what appears on the display.

The thermometer will then display the last temperature taken.

Then, at an ambient temperature of less than 32°C an "L" and a flashing "°C" appears on the display. The thermometer is now ready for use.

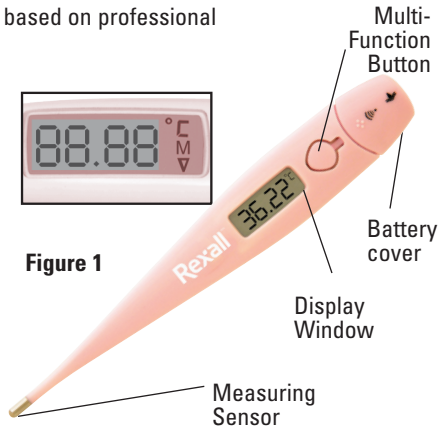


Figure 1

FUNCTION TEST

Proper functioning of the thermometer is tested automatically each time it is turned on. If a malfunction is detected (measurement inaccuracy), this is indicated by "ERR" on the display, and a measurement becomes impossible. In this case, start the procedure again. If the problem persists the thermometer must be replaced.

USING THE THERMOMETER

During a measurement, the current temperature is displayed continuously. The "°C" symbol flashes during this period of time. If the signaling tone sounds (beep, beep, beep, beep 10 times) and the "°C" is no longer flashing, this means that the measured increase in temperature is now less than 0.1°C in 8 seconds and that the thermometer is ready for reading.

To prolong the life of the battery, turn it off after use by pressing the multi-function button. Otherwise, the thermometer will automatically turn off after about 9 minutes.

STORAGE OF MEASURED VALUES

When turning the thermometer on, the maximum temperature stored automatically at the last measurement will be displayed. At the same time, a small "M" for memory will appear at the right of the display. After 3 seconds, this value will disappear and the thermometer will switch to the normal measurement mode. The stored value is erased.

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

MUCUS:

dry	liquid	clear
moist	slippery	opaque
wet	thick	yellow
sticky	lubricative	scant
tacky	spotting	abundant

OTHER OBSERVATIONS:

cervix changes
breast changes
abdominal pain
mood changes
sick days

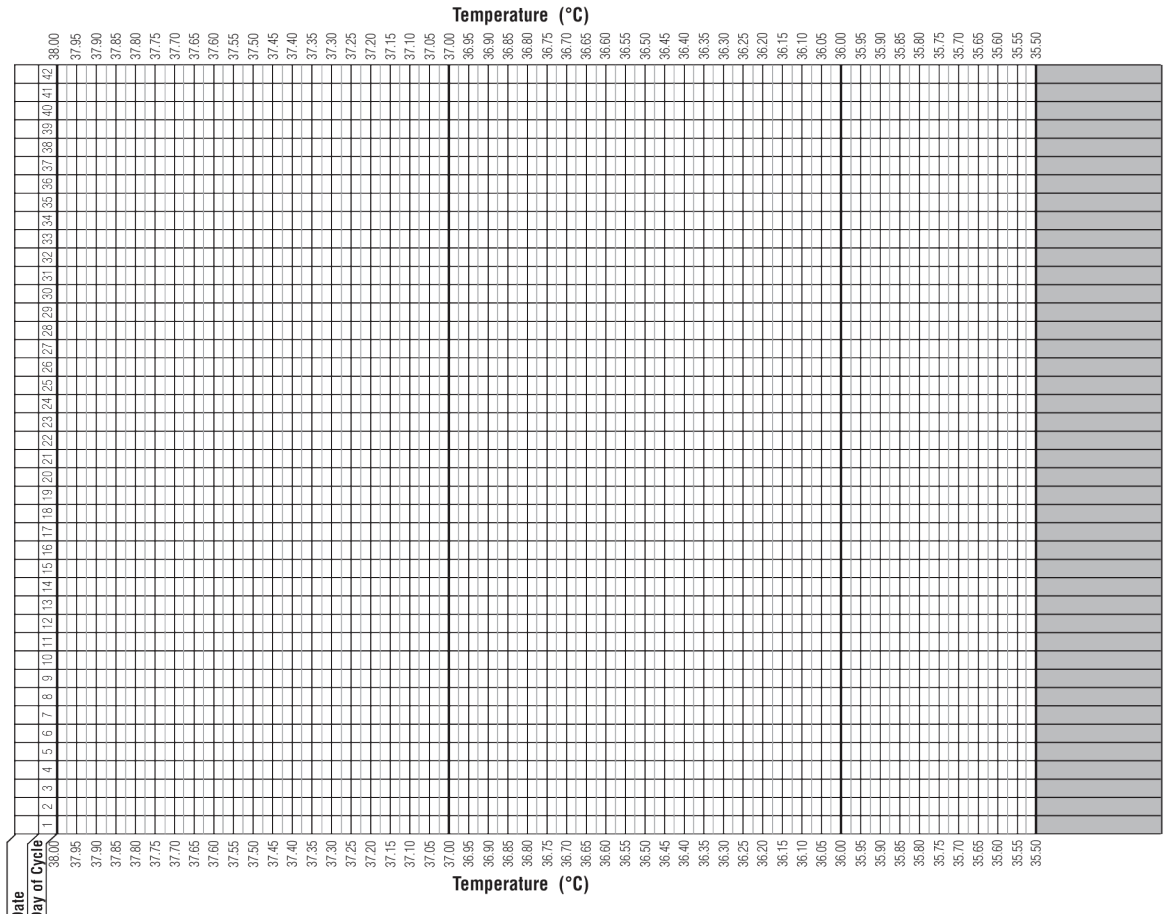
SITUATIONS THAT CAN ALTER TEMPERATURE:

sore throat	vomiting
activity	cold, flu
diarrhea	travelling
fever	anxiety
toothache	sunburn
medications	alcohol
blanket disturbances	sleep

Use the following symbols to mark your chart

X = YOUR PERIOD
• = DAILY TEMPERATURE READING
⊙ = INTERCOURSE

Name_____Month_____



Previous Cycles: Longest_____ Shortest_____ This Cycle_____

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

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moist	slippery	opaque
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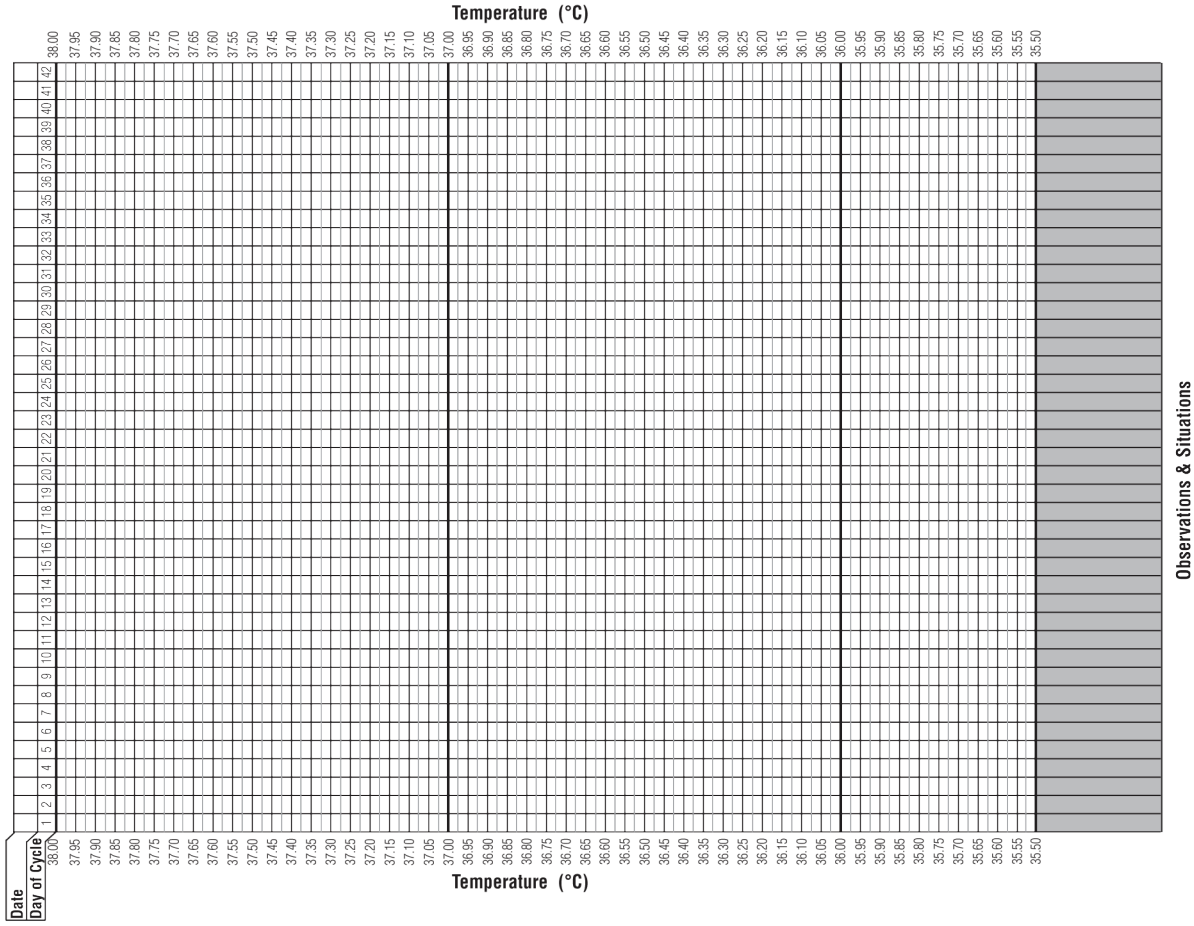


Previous Cycles: Longest_____ Shortest_____ This Cycle_____

ORAL METHOD

1. Do not drink hot or cold fluids, exercise, smoke, or perform other activities that will raise or lower temperature readings when compared to your normal, average temperature. The mouth should remain closed up to 5 minutes before attempting a reading.
2. Place the sensor tip well under the tongue as indicated by the "√". (see figure 2).
3. The peak temperature should be reached in approximately 60 seconds. Opening the mouth or improper placement of the probe tip could result in a longer time for a reading.
4. When the peak temperature is reached, the "°C" symbol will stop flashing, and the thermometer will beep repeatedly.

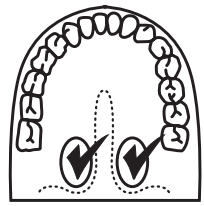


Figure 2

Please note:

It is not necessary to hear the beep to ensure the peak temperature has been reached. When the "°C" symbol stops flashing and the display reads a consistent temperature, the peak temperature has been reached.

5. Read and record the temperature and time for reference. The reading will automatically be stored in the memory.
6. Push the multi-function button to turn the unit off. If you do not turn the unit off, it will shut off automatically in approximately 9 minutes.

RECTAL METHOD

Lubricate the tip of the thermometer with a water-soluble personal lubricant or petroleum jelly. Lie on your side with knees slightly bent. With one hand, gently slide the tip of the thermometer no more than 1.3 cm (0.5") into the rectum. Note: Now see steps 4, 5 and 6 above. Once used rectally, the thermometer should not be used orally for sanitary reasons.

VAGINAL METHOD

Please seek guidance from your health care professional.

V. RECORDING BASAL TEMPERATURE

Please refer to the sample recording and blank temperature tracking charts enclosed. Prepare your chart following the example. Day 1 for each cycle is the first day of menstruation (your "Period"). Above the pre-printed days of the cycle enter corresponding calendar dates. During your menstrual flow, it is not necessary to record temperatures (unless you have short cycles). Instead, mark an X in each space provided to indicate the number of days your period lasts. Begin recording your basal temperature the first morning following the end of menstruation.

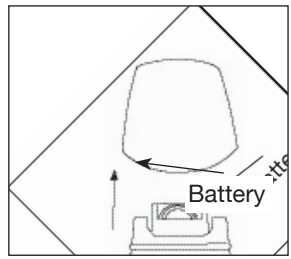
For each daily temperature, trace down the column below the cycle day until it intersects with your recorded temperature. Place a dot at the intersection. A notation should be made for any rise in temperature due to illness, emotional stress, or sleeplessness. Refer to the example of a completed chart on page 10. Intercourse can be indicated by placing a circle around the dot of the appropriate day. Chart your readings for at least three months in order to be sure that you have determined your approximate time of ovulation during any regular menstrual cycle. Careful temperature recording will help establish your individual pattern. Completed charts should then be presented to your physician or family planning counselor, who will assist you in accurately interpreting your results.

VI. CARING FOR YOUR Ovulation Digital Thermometer

Wash the tip of the thermometer with warm (not hot) soapy water before and after each use. Or, wipe the area with isopropyl alcohol before and after each use.

CHANGING THE BATTERY

When the "∇" appears in the lower right of the display, the battery is exhausted and needs replacing. Make sure a battery of the same type is on hand and proceed as follows: Remove battery compartment lid. Remove battery. Insert new equivalent battery type (1.5/1.55v, 392 SR41W). Ensure battery is correctly positioned with the "+" facing up or towards the back of the unit. Carefully replace the battery compartment lid. Ensure "O" ring (washer) is in place to maintain water resistance. Properly dispose of the batteries according to local regulations, keeping them from small children and heat.



WARNING

KEEP BATTERY OUT OF CHILD'S REACH. SWALLOWING BATTERY COULD BE HARMFUL.
BATTERY SHOULD NOT BE CHARGED OR PLACED INTO EXTREME HEAT AS IT MAY EXPLODE.

VII. IMPORTANT INFORMATION TO HELP YOU UNDERSTAND THE BASAL TEMPERATURE METHOD

Hormonal changes associated with ovulation produce a slight rise in a woman's basal body temperature, (approximately 0.3°C/0.5°F), as well as other recognizable signs such as changes in cervical mucus. Learning to record and interpret basal temperature changes is known as the "Basal Temperature Method." By monitoring the basal temperature changes, couples, in conjunction with their physician or family planning counselor, may be able to determine when ovulation takes place. Monitoring other symptoms, such as cervical mucus changes, can assist in determining the fertile days prior to ovulation. When temperature changes are used in conjunction with other fertility symptoms, such as the cervical mucus, this is known as the "Sympto-Thermal Method."

Determination of ovulation can be used to time sexual intercourse during fertile days to aid in the likelihood of achieving pregnancy. The basal temperature change used in conjunction with other methods, can also be used to help determine times for avoidance of sexual intercourse to avoid pregnancy.

Please note, use of Basal Temperature Method only may not be effective in avoiding pregnancy.

VIII. THE FEMALE REPRODUCTIVE CYCLE

In order to understand the Basal Temperature Method it is helpful to review the basics of human female reproductive activity.

A. THE ROLE HORMONES PLAY IN OVULATION

At the beginning of each menstrual cycle, the pituitary gland secretes a hormone FSH or Follicle Stimulating Hormone, that acts upon the ovaries to prepare for ovulation. As one or more follicles in an ovary prepare for ovulation, they secrete another hormone called estrogen, that prepares the uterus for pregnancy by causing the inner lining of the uterus to thicken.

Name_____Month_____

RECORD THESE OBSERVATIONS & SITUATIONS DAILY:

MUCUS:

dry	liquid	clear
moist	slippery	opaque
wet	thick	yellow
sticky	lubricative	scant
tacky	spotting	abundant

OTHER OBSERVATIONS:

cervix changes
breast changes
abdominal pain
mood changes
sick days

SITUATIONS THAT CAN ALTER TEMPERATURE:

sore throat	vomiting
activity	cold, flu
diarrhea	travelling
fever	anxiety
toothache	sunburn
medications	alcohol
blanket disturbances	sleep

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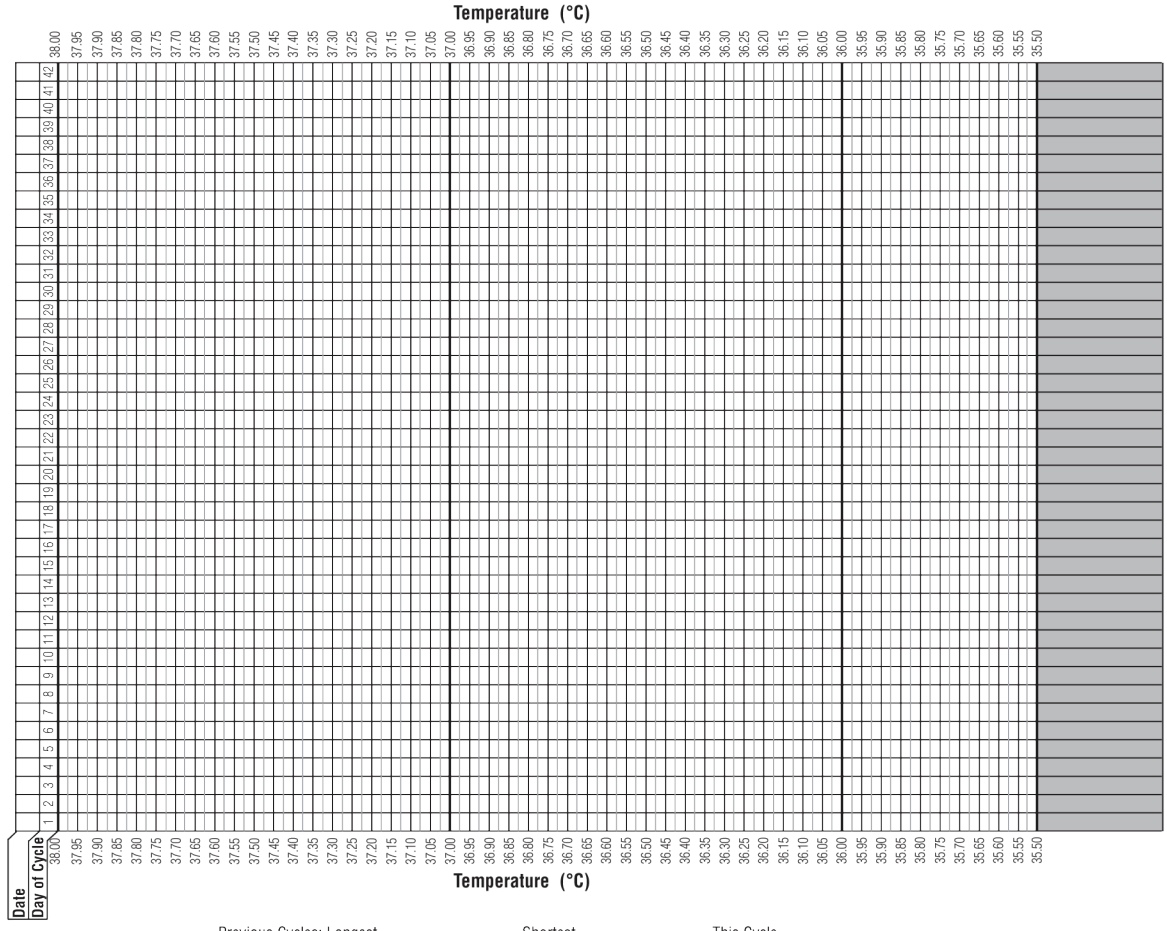

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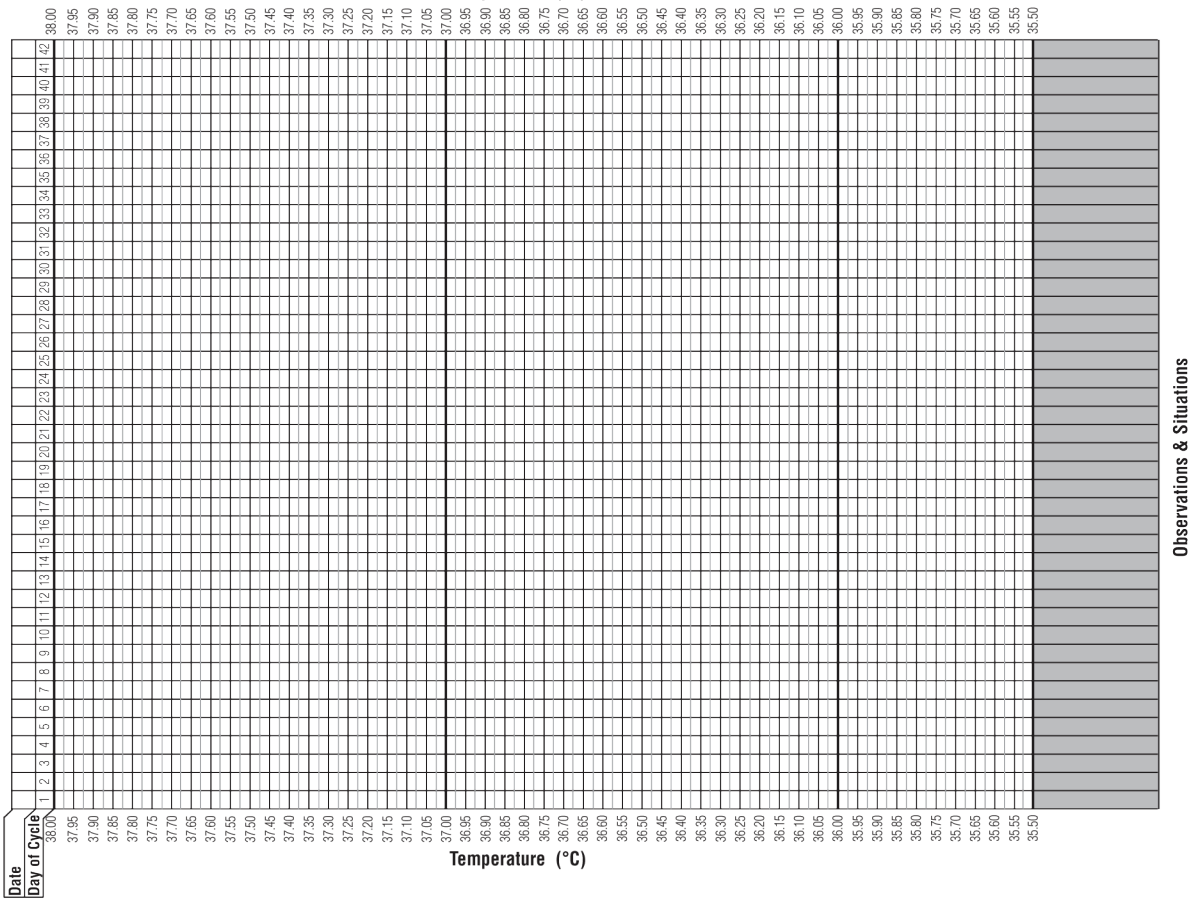

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Estrogen also causes some glands in the cervix to secrete a mucus discharge that is necessary for fertility. This mucus changes the environment in the vagina to make it more favorable to sperm life and provides a medium in which the sperm move upward into the uterus. The mucus typically starts as a sticky substance. During the time of fertility, it becomes more liquid and plentiful usually attaining a consistency very similar to raw egg whites. Sometimes the mucus becomes so watery that is will no longer stretch like raw egg whites, but continues to produce sensations of lubrication or wetness at the outer lips of the vagina.

B. WHAT IS OVULATION?

At ovulation, the ovarian follicle releases an egg which is picked up by one of the fallopian tubes and transported toward the uterus. In order for pregnancy to occur, the egg must be fertilized in the fallopian tube by sperm within 24 hours after ovulation. After 24 hours the egg disintegrates and cannot be fertilized.

C. AFTER OVULATION?

After ovulation, the ovarian follicle that released the egg secretes another hormone called progesterone. This hormone suppresses further ovulation. The progesterone continues to build the vaginal lining and maintains it after ovulation. It also causes the basal temperature to rise and the cervical mucus to thicken so much that it appears to dry up.

Ovarian progesterone secretion continues for approximately 14 days. When it stops, the inner lining of the uterus can no longer be maintained, so it is discharged off in a process called menstruation (your period), and the menstrual cycle starts again.

D. HOW TO DETERMINE THE DATE OF OVULATION?

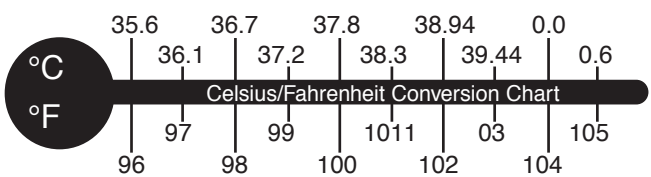
By carefully taking basal temperatures upon waking and recording them on a chart, the characteristic rise in temperature after ovulation can be observed. The Ovulation Digital Thermometer makes it easy to read and record the slight temperature variations which occur when ovulation has taken place.

The Ovulation Digital Thermometer may be used as an oral, rectal or vaginal thermometer. Since body temperature will vary with each site you should choose one method and stick with it.

E. TEMPERATURE RANGES (ORAL) BEFORE AND AFTER OVULATION

Your basal temperature before ovulation is usually in the range of 35.8°C to 36.7°C (97.4°F to 97.7°F). The most frequent range is between 36.3°C to 36.5°C (96.5°F to 98°F). After ovulation the basal temperature rises about 0.3°C (0.5°F) and stays in that higher range until the beginning of the next menstrual period. The highest probability of conception is during the days immediately prior to ovulation as well as on the day of ovulation itself.

Refer to the chart below for Celsius/Fahrenheit conversion



°C	35.0	35.3	35.6	35.8	36.1	36.4	36.73	6.9	37.0	37.2	37.5	37.8
°F	95.0	95.5	96.0	96.5	97.0	97.59	8.09	8.5	98.6	99.0	99.5	100

F. OTHER IMPORTANT INFORMATION
Remember that the thermometer is designed only to help determine when ovulation has occurred. Mucus observations, as noted in Section VIII "THE FEMALE REPRODUCTIVE CYCLE", can also be helpful when recorded as shown on the sample chart. Notation of these changes, in addition to your temperature pattern, will assist your physician or counselor in providing you with proper guidance.

It is commonly suggested that couples who have had difficulty in achieving pregnancy should not have intercourse more than once a day, nor on consecutive days, in order to maintain satisfactory quantities of sperm. The most fertile time continues up through the first day of drying up of the mucus, or the first day of temperature elevation, whichever comes later.

The temperature record should be maintained on a daily basis. If pregnancy is achieved, the basal temperature will remain elevated for several months. A temperature pattern that remains elevated for 21 days (a week or more than the usual elevated pattern) is a good indicator that pregnancy has been achieved. If you do not become pregnant after six months, see your doctor. If you believe you are pregnant, see your doctor immediately.

IX. AVOIDING PREGNANCY WITH NATURAL FAMILY PLANNING

In natural family planning, there are several ways of determining the end of pre-ovulation fertility and the beginning of post-ovulation infertility.

Professionals teaching natural family planning claim most unplanned pregnancies occur during pre-ovulation infertility. This booklet does not include guidelines for natural family planning, since it is beyond the scope of this booklet.

Your Ovulation digital thermometer only helps you determine when ovulation has occurred. Calculating infertile periods involves other bodily signs in addition to temperature change and requires professional guidance when avoidance of pregnancy is your objective.

THIS PRODUCT IS NOT FOR CONTRACEPTIVE USE

X. Specifications

Measurement Range: 32.00°C to 42.99°C
Measurement Accuracy: +/- 0.1°C between 34°C and 42°C
Smallest Display Unit: 0.01°C
Memory: Stores last measurement
Operating conditions: 10 - 40 °C; 15-95 % relative maximum humidity
Storage conditions: -25 - +60 °C; 15-95 % relative maximum humidity
Battery: 1.5 / 1.55 V; LR41
Battery life: Approximately 4500 measurements
Expected service life: 5 years
- Do not use the device if you think it is damaged or if anything appears unusual.
- Do not store the unit under direct sunlight, at a high temperature, or in high humidity or dust. Performance may be degraded.
- Do not use this device close to strong electromagnetic fields such as mobile telephones or radio installations. Keep a distance from such devices when using this unit.
- IP67 Totally protected against dust ingress, protected against the effect of immersion between 15cm and 1m. IEC 60601-1-11

XI. ACCURACY/RELIABILITY

The effectiveness of the methods outlined for seeking and avoiding pregnancy depend on factors such as a woman's individual reactions, the accuracy with which daily temperatures and other symptoms are recorded, and the absence of outside factors which may affect body temperature. Consequently, no representation of any kind can be made by the distributor as to the reliability of the result obtained in any individual case, and the patient is urged to consult with and be guided by the advice of her physician or counselor in the use of the Ovulation Digital Thermometer.

Name_____Month_____

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moist	slippery	opaque
wet	thick	yellow
sticky	lubricative	scant
tacky	spotting	abundant

OTHER OBSERVATIONS:

cervix changes
breast changes
abdominal pain
mood changes
sick days

SITUATIONS THAT CAN ALTER TEMPERATURE:

sore throat	vomiting
activity	cold, flu
diarrhea	travelling
fever	anxiety
toothache	sunburn
medications	alcohol
blanket disturbances	sleep

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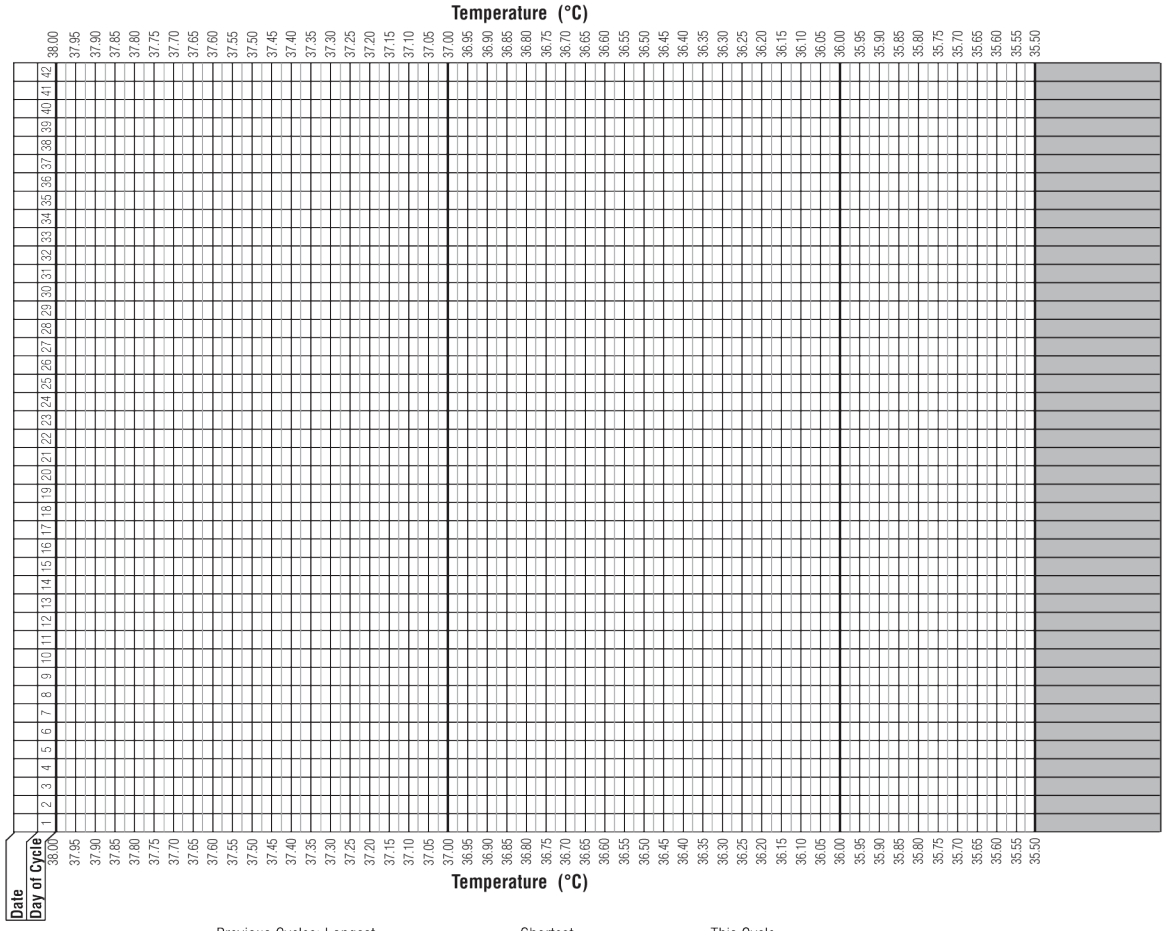

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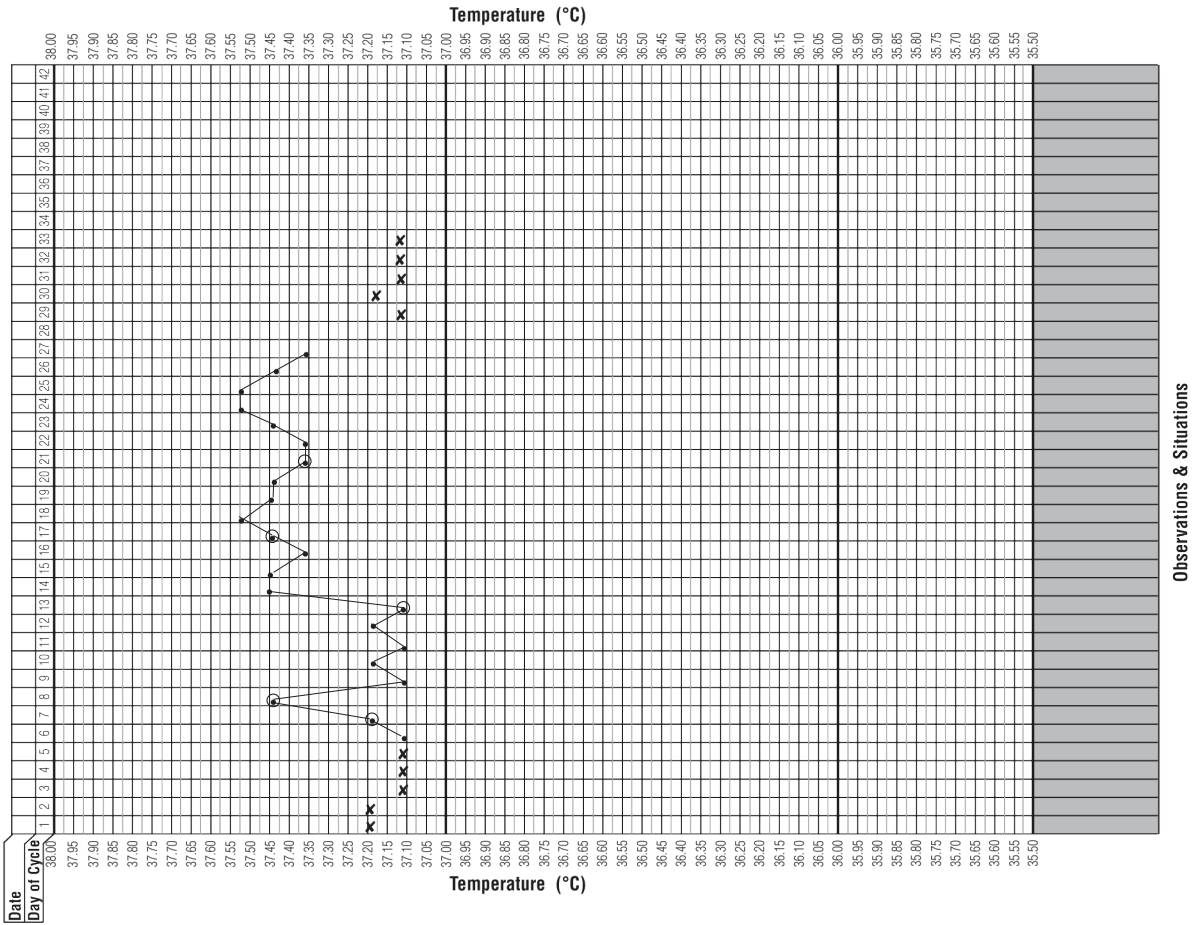

Previous Cycles: Longest_____ Shortest_____ This Cycle_____

XII. CHARTS

The following pages contain a blank, enlarged chart or a small chart, either of which can be photocopied and also offer an example of a completed basal temperature chart for reference.

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XIII. TWO YEAR WARRANTY

If this product proves to be defective in material or workmanship within two years of purchase, please return it to the address below. It will be repaired or replaced without charge upon receipt of the unit prepaid with $5.00 to cover handling, packaging and return postage. Please include proof of purchase, your full name, address, daytime phone number or email address.

Thermor Ltd.
Repair Department
16975 Leslie Street
Newmarket, ON L3Y 9A1


Type BF applied part


Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.


Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use.

Name____Month___________

Temperature (°

38.00 37.95 37.90 37.85 37.80 37.75 37.70 37.65 37.60 37.55 37.50 37.45 37.40 37.35 37.30 37.25 37.20 37.15 37.10 37.05 37.00 36.95 36.90 36.85 36.80 36.75 36.70

42 41 40 39 38 37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Date

Day of Cycle

38.00 37.95 37.90 37.85 37.80 37.75 37.70 37.65 37.60 37.55 37.50 37.45 37.40 37.35 37.30 37.25 37.20 37.15 37.10 37.05 37.00 36.95 36.90 36.85 36.80 36.75 36.70

Temperature (°

Previous Cycles: Longest__________________ Shortest

C)

36.65 36.60 36.55 36.50 36.45 36.40 36.35 36.30 36.25 36.20 36.15 36.10 36.05 36.00 35.95 35.90 35.85 35.80 35.75 35.70 35.65 35.60 35.55 35.50

Observations & Situations

36.65 36.60 36.55 36.50 36.45 36.40 36.35 36.30 36.25 36.20 36.15 36.10 36.05 36.00 35.95 35.90 35.85 35.80 35.75 35.70 35.65 35.60 35.55 35.50

C)

_____ This Cycle_____