

Digital Basal Thermometer

with Beeper and Memory – FOR ORAL USE ONLY

The basal temperature method can assist in determining and predicting maximum and minimum fertile days, for use in planning pregnancies, and for understanding the menstrual cycle and ovulation in women.

NOTE: Only your physician can interpret the variations in individual graphs.

WHAT IS BASAL TEMPERATURE?

Basal temperature is the lowest normal body temperature of a person immediately upon awakening in the morning. Specifically, it is the body temperature that is measured AFTER a restful nights sleep, but BEFORE you get out of bed, move, talk, drink, eat, smoke, etc. To achieve the optimum basal temperature reading, it should be taken while still "half asleep" and taken at the same time every morning upon first waking.

The use of charting basal temperature will indicate the slight body changes taking place during the menstrual cycle (the interval between the beginning of one period and the onset of the next period). A pattern of temperature fluctuation in the monthly cycle will develop and be noticed. The slight increase in basal temperature indicates ovulation or fertility by which a pattern of activity to either achieve conception or avoid pregnancy can be regulated.

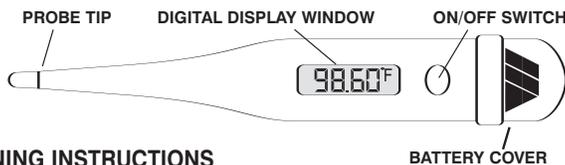
Although, the generally accepted "normal" oral temperature of a healthy person is 98.6°F (37.0°C), the basal oral temperature in the first part of a cycle is usually in a range between 96.50°F (35.80°C) and 98.00°F (36.70°C). In approximately the last two weeks of the cycle, the basal temperature is typically 0.50°F (0.30°C) higher. **NOTE:** The shift from the lower to the higher temperature occurs at around the time of ovulation.

Since ovulation (the release of an egg (ovum) from the ovary) ordinarily happens only ONCE during each menstrual cycle, charting basal temperature can be helpful in determining if and when ovulation occurs. If intercourse takes place at or near this time, during the interval of the transition between low and high temperature level, conception can take place.

NOTE:

1. It is important to carefully record basal temperature upon first awakening.
2. Normal temperature varies according to the location of the temperature reading.

FEATURES OF YOUR DIGITAL BASAL THERMOMETER:



CLEANING INSTRUCTIONS

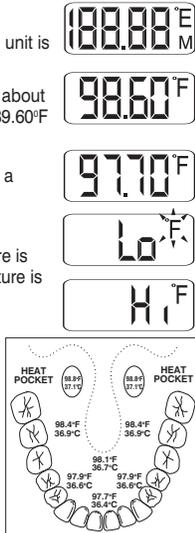
Before and after each use, clean the area that extends about 2" from the tip of the thermometer with a soft cloth and isopropyl alcohol diluted with water, or wash with COLD soapy water.

NOTE:

1. The use of any other solution or cleaning method beyond the above mentioned may result in reliability problems with the thermometer.
2. Do not let water or any solution penetrate the thermometer's display window, battery cover or back cover.

HOW TO TAKE YOUR ORAL BASAL TEMPERATURE

1. Press the on-off power button. A "beep" tone will sound and for 2 seconds the window will display 188.88°F. This indicates that the unit is in proper working condition.
2. After the 2 seconds, the last measured temperature will display for about 3 seconds. **NOTE:** Lo°F will display if no temperature higher than 89.60°F was measured during the previous use.
3. After the display of the last measured reading, the unit will perform a self-calibration and display 97.70°F for about one second.
4. The unit is ready to start measuring and displays the measured temperature, with the symbol °F flashing. If the existing temperature is below 89.60°F, the display will show Lo°F. If the measured temperature is over 109.40°F, the display will show Hi°F.
5. Place the thermometer probe tip under your tongue as near as possible to the heat pocket as illustrated in the diagram.
* The heat pocket locations are identified at the base of the tongue on the floor of the mouth.
6. Hold thermometer in the same spot under your tongue with mouth closed for approximately one minute or until the temperature is stabilized.
7. When the peak temperature is reached or temperature stabilizes the °F symbol will stop flashing and 4 beep tones will sound.
8. Avoid pressing the on-off switch while carefully removing the thermometer. Record the temperature result on the appropriate chart.
9. Press the on-off button to turn off the power. If the thermometer is inadvertently left on, the power will automatically turn off within approximately 16 minutes once the temperature has stabilized.



NOTE: For consistent measurements, start with the power off and start each new measurement from the beginning.

See Mini Instructions/Recording Charts for information on recording your Basal temperature.

WARNING: THIS THERMOMETER IS NOT TO BE USED AS A CONTRACEPTIVE. Consult with and follow your physicians' instructions, as we make no claims as to the reliability of the results since there are a variety of factors that may influence the readings in each individual case.

CARING FOR YOUR DIGITAL BASAL THERMOMETER

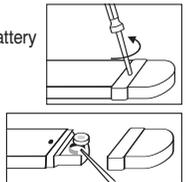
1. The thermometer should only be used under the supervision of an adult.
2. Do not bend, drop or attempt to disassemble the basal thermometer.
3. Do not run, walk or talk during temperature taking.
4. Simply place the sensor tip under the tongue while taking your oral temperature. Avoid biting the sensor tip.
5. Before and after each use, clean the thermometer and store in the case provided with the unit.
6. Do not store the unit where it will be exposed to direct sunlight, dust or humidity. Avoid extreme temperatures.
7. Dropping or subjecting your thermometer to strong shocks should be avoided.
8. Prevent water, cleaning solution or saliva from entering the display window or battery cover.
9. Do not attempt to disassemble the unit, except to replace the battery.
10. If the thermometer becomes contaminated, clean it with a soft cloth and the recommended cleaning solution (see "Cleaning Instructions"). NEVER USE TOLUENE products, which may deteriorate the resin body and damage the thermometer circuitry. Use only isopropyl alcohol to disinfect the tip.
11. It is suggested that the battery be removed, if the thermometer will not be used for a long time.
12. If ERR displays and measurement is not attainable, the unit must be replaced.
13. Replace the battery when the "■" symbol displays.

NOTE: Performance of the device may be degraded if: operated outside of stated temperature and humidity range; stored outside of stated temperature and humidity range; thermometer undergoes mechanical shock (drop); patient temperature is below ambient temperature.

HOW TO REPLACE THE BATTERY

The battery needs to be replaced when the "■" symbol appears in the display window. Replace with one 1.55V button size battery, LR41 type or equivalent.

1. A small Phillips-head screwdriver will be required to remove the battery cover as shown in the diagram.
2. Use a toothpick or insulated probe to remove the battery as illustrated in the following diagram. Do not use a sharp metal object while attempting to remove the battery.
3. Insert the new battery making sure that the battery polarity is correctly placed.



NOTE: The battery should be inserted with the positive side (+) facing up and the negative side (-) facing down.

4. Replace and securely fasten the cover.

WARNING: DO NOT swallow a button battery. **DO NOT** dispose battery in or near fire. **DO NOT** attempt to recharge the battery.

SPECIFICATIONS

MEASUREMENT RANGE:	89.60°F TO 109.40°F (32.00°C TO 43.00°C) BELOW 89.60°F (32.00°C), DISPLAYS "Lo" ABOVE 109.40°F (43.00°C), DISPLAYS "Hi"
RESOLUTION:	5 DIGITS, 1/100 OF A DEGREE INCREMENTS (0.01°F / 0.01°C)
ACCURACY:	±0.10°F/0.05°C BETWEEN 95.00°F TO 100.40°F (35.00°C TO 38.00°C) ±0.20°F/0.10°C BETWEEN 89.60°F TO 94.90°F (32.00°C TO 34.90°C) AND 100.50°F TO 109.40°F (38.10°C TO 43.00°C)
TEMPERATURE SENSOR:	THERMISTOR
MEASUREMENT TIME:	MEASUREMENT IS COMPLETED WHEN PEAK TEMPERATURE IS STABLE FOR APPROXIMATELY 16 SECONDS. TOTAL MEASUREMENT TIME IS APPROXIMATELY 60 SECONDS.
BATTERY:	ONE 1.55V BUTTON SIZE BATTERY, LR41 TYPE OR EQUIVALENT
BATTERY LIFE:	APPROXIMATELY 36 MONTHS
AUTOMATIC SHUT-OFF:	AFTER TEN MINUTES
OPERATING TEMPERATURE:	50.0°F AND 104.0°F (10.0°C AND 40.0°C)
HUMIDITY:	30% TO 80% RH
STORAGE TEMPERATURE:	-4.0°F AND 140.0°F (-20.0°C AND 60.0°C)
HUMIDITY:	15% TO 95% RH
DIMENSIONS:	5" X 3/4" X 7/16" (12.5cm X 1.9cm X 1.1cm)
WEIGHT:	0.34 OUNCES (9.5 GRAMS)

CUT OUT AND MAIL TO:

MABIS HEALTHCARE INC.
1931 NORMAN DRIVE
WAUKEGAN, IL 60085

THERMOMETER WARRANTY REGISTRATION

(MUST BE COMPLETED WITHIN 10 DAYS OF PURCHASE)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PURCHASED FROM: _____

CITY: _____ STATE: _____ ZIP: _____

DATE PURCHASED: _____

MODEL PURCHASED:

15-639-000

AGE OF YOUNGEST FAMILY MEMBER

UNDER 6 MONTHS 6 MONTHS - 1 YEAR

1 - 3 YEARS 3 - 5 YEARS OLDER

PROBE COVER ORDER FORM

CUT OUT AND MAIL TO:

MABIS HEALTHCARE INC.
1931 NORMAN DRIVE
WAUKEGAN, IL 60085

Please send _____ packages of disposable probe covers (100 probes per package). Enclosed is \$5.00 per package plus \$3.00 for shipping and handling for each order.

Please ship to:

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

NOTE: This order form for shipments within the United States and Canada.