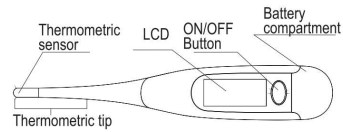


10*27CM

Fertility2Family Digital Thermometer Model F2F-03



Please read the instructions carefully before use

Important safety information

Read this section before using the product. Keep instructions in a safe place for future reference

WARNING

Choking Hazard, please keep out of reach of children

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the oesophagus.
- If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 (Australia) or 0800 764 766 (New Zealand) for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. DO NOT use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

- The thermometer contains small parts which children can swallow.
- DO NOT use if battery compartment is not secure
- Do not allow children to play with or be within reach of the product or packaging. Keep all components of the thermometer and its packaging out of reach of children, as these may cause harm or cause a choking hazard.
- If the thermometer detects fever over a prolonged period, please contact a doctor.
- This product is only intended to measure the temperature of a human body. DO NOT use in any way other than its intended purpose.
- Oral, rectal, or underarm use only. DO NOT attempt to take temperatures at other sites, as this may cause injury or harm.
- DO NOT use orally for children below 4 years of age.
- Disinfect the thermometer after each use to avoid cross-contamination.
- ONLY clean product with disinfectant (70% medical alcohol) using a damp cloth. DO NOT use harsh chemicals.
- DO NOT immerse the product in liquid
- DO NOT use product when wet
- DO NOT bite or chew on the product
- DO NOT excessively bend the tip of the thermometer
- DO NOT force the product into the rectum. Stop insertion and abort the measurement when pain is present. Failure to do so may lead to injury.
- DO NOT attempt rectal measurements on persons with rectal disorders.
- Treat the product carefully; not doing so can damage the product, causing inaccurate results. It is neither shock-proof nor impact-resistant.
- STOP using the product if damaged.
- DO NOT open, repair, or disassemble the product, except for the battery compartment.
- Only use batteries specified for the product.
- Remove and dispose of the battery safely when the device is not in operation for a long time.
- Batteries may leak, become hot, explode, or ignite and cause injury or harm. DO NOT expose to extreme temperatures.
- If battery leakage occurs, dispose of the product immediately and seek medical advice if exposed to battery content.
- DO NOT use the temperature reading for self-diagnosis. Always consult with your doctor for interpretation of results.

Trouble Shooting

Lo °C : temperature under 32.00°C

Hi °C : temperature over 42.99°C

Operating Instructions

This is an easy to read digital thermometer to help women track their basal temperature to predict the time of ovulation.

Before using, please disinfect the thermometer tip. To switch on, press the ON/OFF button next to the display; a short beep will sound, indicating that the thermometer is operational. At the same time the thermometer runs a self-check test, during which all the digital segments appear on the LCD. When the letters 'Lo' and a flashing °C display, the thermometer is now ready for use.

If the ambient temperature is below 32.00°C, then 'Lo °C' will appear on the LCD and if it is more than 42.99°C, then 'Hi °C' will appear on the LCD.

During the reading, the current temperature is displayed continuously and the °C symbol flashes. The measurement is completed when a constant temperature value has been reached. As soon as the constant temperature value is reached, a beep will sound four times, and the °C symbol will stop flashing. The highest temperature measured appears on the LCD.

However, please note that this thermometer is a maximum thermometer, i.e. the displayed temperature can increase slightly if measurement continues after the beep. This is particularly the case with axillary measurements, should a temperature value be recorded which approximates the core body temperature. In this instance, please note the description under 'Methods of measuring temperature'. When the measurement is completed, please switch the thermometer off by pressing the ON/OFF button. After the temperature has been displayed, the thermometer will shut off automatically after 10 minutes.

The temperature value is considered constant when the temperature rises less than 0.1 C within 16 seconds.

Ovulation Tracking with Digital Basal thermometer

1. Take your temperature first thing in the morning (Ensure you've had at least three hours of uninterrupted sleep for an accurate reading)
2. Use your ovulation thermometer while lying down and resting
3. Record your temperature
4. Look for a pattern in your temperature highs and lows throughout your menstrual cycle
5. Use this pattern to predict when you ovulate during future cycles

Memory function

Switch the thermometer off, then press the ON/OFF button for about 2 seconds. The last measured value with °C will appear automatically on the LCD. This display is visible as long as the ON/OFF button is held down. The reading is only over-written when a new temperature value is recorded.

Methods of Measuring Temperature

It is important to remember that the body temperature reading depends on the site where it is measured. For this reason, the measurement site must always be specified in order to ensure that a correct temperature reading is recorded.

- In the Mouth (oral)

There are different heat zones in the mouth. As a general rule, the oral temperature is 0.3°C to 0.8°C lower than the rectal temperature. To ensure that reading is as accurate as possible, place the thermometer tip to the left or right of the root of the tongue. The thermometer tip must have constant contact with the tissue during the reading and be placed under the tongue in one of the two heat pockets at the back, keep the mouth closed during the reading and breathe evenly through the nose. Do not eat or drink anything before the measurement.

The usual measuring time is approximately 50 to 70 seconds.

- In the Rectum (rectal)

This is the most accurate method from a medical point of view because it comes closest to the core body temperature. The thermometer tip is inserted carefully into the rectum for a maximum of 2 cm.

The usual measuring time is approximately 40 to 60 seconds.

- Under the Arm (axillary)

Placing the thermometer in the armpit provides a measurement of surface temperature that can fluctuate by around 0.5 °C to 1.5 °C from rectal temperature readings in adults.

The usual measuring time is approximately 80 to 120 seconds.

Cleaning and Disinfection

The best way to clean the thermometer tip is by applying a disinfectant (e.g. 70% ethyl alcohol) with a damp cloth.

Battery Replacement

1. Replace the battery when the battery symbol appears on the LCD display.
2. Unscrew the battery cover.
3. Gently pull out the plastic circuit board with battery chamber, approximately 1cm.
4. Use a pointed object, such as a pen to remove the old battery. Discard battery lawfully. Replace with new 1.5V DC button type LR 41 or equivalent. Be sure the battery is installed with + polarity facing up.
5. Slide the battery chamber back into place and attach the cover.
6. Secure the battery cover and screw it securely into place.

Product Disposal

Please ensure environmental protection. Batteries do not belong in the domestic waste, and please hand them in at collection point or the municipal recycle material centre as special waste. Take these products to the corresponding collection points for correct treatment and recycling. Please enquire with your local authorities for more information on the closest collection point.

Contents

1 Thermometer 1 Owners manual 1 Storage case

This product is not intended to diagnose or treat any health problem or disease and should not be used as a substitute for the consultation or advice of a physician or other medical professional.

Technical Data

Type: Maximum Thermometer

Measurement range: (32.00°C - 42.99°C)

Measurement accuracy:

+/-0.10°C (35.50°C - 42.00°C)

+/-0.20°C (32.00°C - 35.50°C), (42.00°C - 42.99°C)

Storage/transportation temperature:

-25°C to 55°C, < 95% relative humidity

Ambient temperature during use:

5°C to 35°C, < 80% relative humidity



Disposal of this product and used batteries should be disposed of responsibly in accordance with current local regulations.

Legal requirements and guidelines

This product complies with the European Directive for Medical Devices 93/42/EEC and carries the CE mark. The device also complies with the specifications of the European Standard EN 12470-3 Clinical Thermometers - Part 3: Performance of compact electrical thermometers (non-predictive and predictive) with maximum device. The CE marking confirms that this is a medical device with a measuring function which under the Medical Devices Act has undergone a conformity assessment procedure. A notified body confirms that this product fulfils all the appropriate statutory regulations.

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