



Ovulation Thermometer & Charts

Ovulation Thermometer & Chart Instructions for use

By taking your temperature in a controlled and consistent manner each morning and plotting the results on the chart it is possible to follow the progress of your menstrual cycle. To interpret the results you must seek the advice of your doctor.

This is not a contraceptive device, but may be useful as an aid to family planning in certain circumstances; always consult your doctor for advice before using the Ovulation Thermometer.

Instructions for Taking the temperature:

- Use light disinfectant to clean the thermometer before use.
- Ensure the thermometer is reset: hold the thermometer at the top and shake vigorously at arms length.
- Place the thermometer under the tongue.
- Leave the thermometer under the tongue for **at least four minutes**. [too short a time may result in an incorrect reading]
- After four minutes, remove the thermometer and read the temperature.

Warning

As the thermometer is placed in the mouth, there is a risk of breakage of the product by the user in certain circumstances; this could lead to lacerations caused by broken glass and possible ingestion of parts of the device: glass and mercury. The thermometer should not be used with young children and patients suffering from epileptic fits or otherwise distressed.

Progression through the menstrual cycle is indicated by very small daily changes in body temperature. In order to follow your menstrual cycle on the chart it is important that you take your temperature using the same instrument and the same method each day.

Your body temperature should be taken when you wake each morning, before eating, drinking, smoking or taking any exercise.

Technical Information

Accuracy: +0.1 -0.15°C
Resolution: ±0.1°C



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