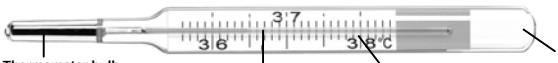
Mercury-free cycle thermometer
Geratherm® basal

Geratherm Medical AG
Made in Germany

GB

Please read carefully before using.

Description of parts



Thermometer bulb (probe) | **Glass capillary** | **Temperature scale** | **Outer casing**

Data

Min. measuring range:	35.6 °C – 38.4 °C
Resolution:	0.1 °C
Accuracy:	+0.1 °C
Operating conditions:	Temperature: -15 °C to 39 °C
Storage conditions:	Temperature: -15 °C to 39 °C
Quality guarantee:	Mercury-free cycle thermometer Geratherm basal is an analogue maximum thermometer. It is intended for measuring body temperature. The manufacture and testing of the thermometers is conducted in compliance with the standards • of EU Council Directive 93/42/EEC on Medical Devices issued on 14th June 1993 • of EN 12470-1:2000 – Medical Thermometers, Part 1: Metallic liquid-in-glass thermometers with maximum device, where applicable (changed measuring range). A quality management system certificated under DIN EN ISO 13485 guarantees compliance with the required quality criteria. The month of manufacture is laser-printed on the back of the outer casing of the thermometer.

Galinstan – a new non-toxic measuring fluid

The mercury-free thermometer, Geratherm basal, has been developed by Geratherm Medical AG and contains a patented liquid alloy consisting of gallium, indium and tin – called Galinstan.
Galinstan is completely non-toxic and environment-friendly. The measuring fluid Galinstan must not be brought into contact with precious or light metals, since it reacts with these metals. Glass thermometers containing Galinstan must not be stored at temperatures lower than –15 °C or higher than +39 °C.

Who should use a basal thermometer?

Couples who wish to incorporate fertility awareness into their lives, whether they wish to become pregnant or avoid pregnancy.

Precautionary measures

1. Do not drop the thermometer or subject it to sudden impacts.
2. Do not bend or bite the tip of the thermometer.
3. Keep the thermometer out of children's reach.
4. Thermometers with a damaged outer casing must not be used (risk of injury).

Instruction for use

1. Before taking the patient's temperature, check whether the column of liquid is below the first numbered line (36 °C).
2. Clean the glass thermometer before and after each use. In doing so, please pay attention to the "Notes on Cleaning" below.
3. Position the thermometer on the body according to the method of measurement to be used (axillary, rectal or oral).
4. After about 4 min the thermometer will have reached the body temperature. The temperature can be read off by rotating the thermometer gently to and fro. The measuring fluid in the glass capillary of the thermometer shows the measured body temperature on the temperature scale.
5. After measuring, the liquid must be returned to the bottom of the scale. To do this, hold the thermometer as close as possible to the upper end and shake it with 15 to 20 rapid wrist movements.

NOTE: Always disinfect the thermometer before use. In hospitals disinfection must be carried out by experienced personnel.

When and where should I check my temperature?

Take your temperature each morning before you get out of bed at the same time each morning. Place the thermometer under your tongue for at least 4 minutes. Please keep the mouth closed during the measuring procedure. Don't eat or drink or smoke before you take your temperature. You may also check your temperature rectally; choose one method and be consistent. Then record your temperature every day on the graph provided.

After measuring, the column of liquid must be brought back to below the line indicating 36 °C. To do this, hold the thermometer at the upper end and shake it using semi-circular movements. Because the measuring fluid has a lower density than mercury, this shaking action must be performed repeatedly (about 20 times).

How do I record my temperature and why is that important?

At the top of the graph are the days of your cycle from 1-42, but add more days if needed. Underneath each cycle day you write the month and actual calendar date. Vertically listed are temperatures from 35 °C - 39 °C. Record your temperature by using a dot and a down-pointing arrow to indicate the days you had intercourse. After ovulation, your temperature rises about 0.5 °C until the beginning of the next cycle. After completing about three charts, you should notice a pattern of ovulation: temperature does not rise until after ovulation. The purpose of the chart is to assist you in observing your own individual fertility pattern.

How to begin?

The first day of your menstrual flow is day 1 of your BBT chart. Your temperature should drop when your menstrual flow starts, do not include spotting prior to your period as your first day. Record your temperature throughout your period. Make certain you note the actual day of the month in the space provided on your chart. Note any premenstrual symptoms and any true illnesses or fever and change charts when you get your period again.

What is ovulation?

Ovulation occurs when the egg is released from the ovary. Certain changes in the body may occur, such as the presence of a thin clear vaginal mucus that comes from the cervix just before ovulation, around the 10th to 12th day of your cycle. This fluid allows sperm to remain alive for days until ovulation. Other symptoms may include a slight pain on the right or left side at the time of actual ovulation. The most likely days to become pregnant, with a 28-day cycle are the 10th and 14th day. Knowing when you are ovulating can be helpful in determining when to avoid sexual intercourse or increase the likelihood of becoming pregnant.

Physician Consultations

It is strongly recommended that you consult with your personal physician when beginning family planning procedures. They can further assist you with interpreting the information on your tracking chart.

Notes on cleaning

The thermometer has a hermetically sealed, hygienic glass casing and can be disinfected without restriction. The temperature of the cleaning and disinfectant solution must not exceed 39 °C. When measuring, please take the necessary care to avoid any danger of injury.
The cleaning of the glass thermometer before and after use can be done with cold soapy water. Disinfect the thermometer using a piece of cotton wool or cloth that has been soaked in alcohol, or dip the thermometer in a disinfectant solution.

If the thermometer breaks, any spilled liquid can be removed using a brush, tissue or cloth dampened in soapy water. The broken pieces may be disposed of as household waste.

Limited Warranty

Subject to normal use, this thermometer is unlimited guaranteed against function and accuracy (except breakage of glass) on the part of the manufacturer from the date of purchase. All parts of the thermometer are covered by this warranty. Damage to the thermometer caused by improper treatment is not covered by the warranty.
The thermometer is valid indefinitely – calibration is not necessary!

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