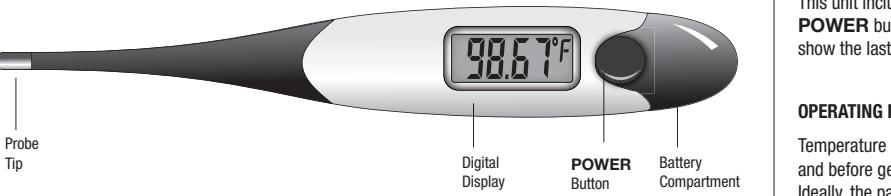


# Natural Cycles® Digital Basal Thermometer

Model 54-359BSL

THANK YOU FOR PURCHASING A BASAL DIGITAL THERMOMETER. PLEASE READ THESE INSTRUCTIONS CAREFULLY TO ENSURE PROPER USE AND SAFE OPERATION OF YOUR THERMOMETER.



## PLEASE READ AND SAVE THESE INSTRUCTIONS

- 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 and advice of a physician or other medical professional.
- Thermometers should only be used under the supervision of an adult.
- This thermometer should be held during use; the patient should be seated or lying down during readings.
- Before use, it is recommended that the patient avoid eating, drinking, smoking or exercising for at least twenty minutes prior to taking a measurement. Never walk, run or talk during a measurement.

## ABOUT BASAL BODY TEMPERATURE

Normal oral temperature readings vary throughout the day. Level of activity, time of day, beverages, smoking and other factors may affect body temperature.

Basal body temperature is the lowest temperature reached during sleep. Basal temperature is measured immediately after a full night's sleep, before moving, talking, drinking, getting out of bed, or any other activity. It is best taken immediately upon awakening, but before reaching full consciousness – while you are still half asleep. The reading should be taken at the same time each morning upon waking, and you should note other factors that may alter your temperature, such as sleep disturbances, alcohol use, illness, traveling, toothache, sunburn, medications, or the use of an electric blanket.

As basal temperature is charted over the course of weeks and months, patterns will be revealed that can be used to determine when in your menstrual cycle ovulation occurs, which in turn indicates in which days of your cycle that conception may occur. This pattern can help you to either achieve or avoid pregnancy.

The typically acknowledged normal temperature of a healthy person is 98.60° F (37.00° C). In the beginning of a menstrual cycle (which starts at the beginning of a period), the basal oral temperature can range from 96.50° F to 98.00° F (35.80° C – 36.70° C). In the last two weeks of the menstrual cycle, the basal temperature typically increases by about 0.50° F (0.30° C). The shift in basal body temperature occurs at about the time of ovulation, during which conception occurs.

By charting basal body temperature throughout the menstrual cycle, a determination can be made as to when ovulation is occurring, based on the increase in basal temperature. Ovulation occurs only once per cycle, and intercourse at or near the time of ovulation may result in conception.

## WARNINGS AND CAUTIONS

Please note that this thermometer is not intended for use as a contraceptive. Many factors may influence body temperature; therefore, we can make no claims regarding the reliability of results in predicting ovulation. Consult a healthcare professional for advice regarding contraception and family planning.

## FAHRENHEIT CELSIUS SWITCHABLE FEATURE

This unit takes measurements in both Fahrenheit and Celsius. While the unit is OFF, press and hold the **POWER** button. After the brief self-test, the unit will show the last reading in either °F or °C. Continue to hold the **POWER** button, and display will change the mode and display the new temperature reading mode. Release the **POWER** button and begin your reading.

## MEMORY RECALL

This unit includes a recall of the last measurement taken. When the unit is OFF, press the **POWER** button to turn the unit on, and release. After the self-test, the unit will briefly show the last reading with an 'M' on the display.



## OPERATING INSTRUCTIONS

Temperature should be taken immediately upon waking, at the same time each morning, and before getting out of bed, moving, talking, drinking, or performing any other activity. Ideally, the patient should still be half-asleep during the reading.



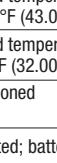
Press and release the **POWER** button to activate the thermometer. The unit will beep and the display will show all of the digital display symbols as it performs a self-test before showing the last reading in memory.



A Lo with a flashing °F will appear in the display, followed by a brief flash of the last reading in memory; the display will return to the flashing Lo, indicating that the thermometer is ready for measurement.

## ORAL USE

- Apply a probe cover if using; apply the probe cover before pressing the **POWER** button.
- Place the probe under the tongue as near as possible to a heat pocket as noted in the diagram. Readings will be progressively lower the further the probe is from the indicated heat pockets.
- Hold the thermometer in place during the reading; do not bite down on the thermometer. The mouth must remain closed to ensure accurate results. The reading should take approximately 60-seconds.
- When the reading is complete and the peak temperature has been reached, the °F(C) will cease flashing.
- If the reading below 100.0°F(37.8°C), the unit will sound ten long beeps. If the reading is at or above 100.0°F(37.8°C), the unit will sound ten sets of three short beeps.
- To turn the unit off, simply press the **POWER** button. The unit will automatically shut-off after approximately ten minutes.
- Record your readings to help track your ovulation.



## PROBE COVER USE

Disposable, hygienic probe covers are recommended for use with stick thermometers to prevent contamination. Probe covers are intended for one-time use only; a new probe cover should be used with each application. Probe covers can commonly be found at your local retailer or can be ordered direct by using the attached order form.

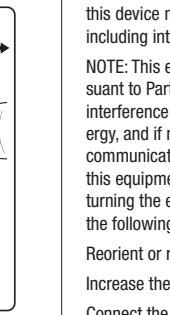
## CARE AND CLEANING INSTRUCTIONS

Store the unit in the provided protective case when not in use. Do not store the thermometer where it will be exposed to direct sunlight, dust or humidity. Avoid extreme temperatures. Do not attempt to disassemble the unit. If ERR displays and no measurement can be obtained, the unit must be replaced.

Clean the thermometer by wiping with rubbing alcohol (70% isopropyl alcohol) or soap and water. Do not submerge in any liquid or autoclave. Wipe the thermometer with a dry cloth and allow to air dry.

## REPLACING THE BATTERY

This thermometer includes 1 LR41 alkaline or SR41 silver oxide battery. If the battery is low or expired, the battery symbol will appear on the display; replace the battery as soon as possible.



- Remove the battery cap by pulling gently.
- Looking at the unit from the back side (ratings label face up) carefully slide the battery tray out so the entire battery is exposed.
- Remove the battery with a non-metal tool. Do not attempt to remove the thin plastic battery cover bar.
- Replace the battery with a LR41 alkaline or SR41 silver oxide type battery with the positive (+) side facing up.
- Carefully replace the battery cap.

- Do not dispose of used batteries in the trash. Consult your local recycling center for the proper way to dispose of batteries in your area. Keep used batteries away from children, pets and excessive heat.

## FCC STATEMENT

### IMPORTANT INFORMATION REQUIRED BY THE FCC

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference; and (2) this device must accept any interference received, including interference that may cause undesirable operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## ONE-YEAR WARRANTY

Congratulations on your purchase of a Digital Thermometer. Your Thermometer is covered by the following limited warranty commencing upon the date of purchase, and subject to the following terms and conditions:

The Warrantor warrants that its Thermometer will be free from defects in materials and workmanship under normal consumer usage for a period of one year for the original purchaser of the Thermometer.

Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage.

Defects or damage that result from: (a) improper operation, storage, misuse or abuse, accident or neglect, such as physical damage (cracks, scratches, etc.) to the surface of the product resulting from misuse; (b) contact with liquid, water, rain, extreme humidity or heavy perspiration, sand, dirt or the like, extreme heat or food; (c) use of the Thermometer for commercial purposes or subjecting the Thermometer to abnormal usage or conditions; or (d) other acts which are not the fault of the Warrantor, are excluded from coverage. This warranty does not cover batteries or other power sources that may be provided with, or used with the Thermometer.

If the Digital Thermometer fails to conform to this limited warranty, return the Thermometer to:

**Attn: Repair**

**Department, 1175 Lakeside Drive, Gurnee, IL, 60031.**

When returning a product, please also include: (i) a copy of your receipt, bill of sale or other comparable proof of purchase; (ii) a written description of the problem; and (iii)

your name, address and telephone number. Carefully package the product to avoid any damage that may occur while in transit; shipping insurance with returned receipt is recommended. At our option, the warrantor will repair or replace the unit found to be defective in materials or workmanship under normal consumer usage. The purchaser will be notified of any additional repairs required prior to completing the repair, and will be responsible for parts charges, if any, and repair charges not covered by this limited warranty.

EXCEPT AS PROVIDED FOR IN THIS LIMITED WARRANTY, ALL EXPRESS AND IMPLIED WARRANTIES AND CONDITIONS ARE DISCLAIMED, INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. THE REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS LIMITED WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER, AND IS PROVIDED IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. IN NO EVENT SHALL THE WARRANTOR BE LIABLE, WHETHER IN CONTRACT OR TORT (INCLUDING NEGLIGENCE) FOR DAMAGES IN EXCESS OF THE PURCHASE PRICE OF THE PRODUCT, OR FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES OF ANY KIND, OR FOR DAMAGES TO, OR LOSS OF, OTHER PROPERTY OR EQUIPMENT OR PERSONAL INJURIES TO THE FULL EXTENT THESE DAMAGES MAY BE DISCLAIMED BY LAW.

Some states and jurisdictions do not allow the limitation or exclusion of incidental or consequential damages, or limitation on the length of an implied warranty, so the above limitations or exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state or from one jurisdiction to another.

## INSTRUCTIONS • ENGLISH



### PAYMENT METHOD:

- Check or Money Order    VISA    MasterCard  
 Discover    Diners Club    American Express

Card No. \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Please allow 4 weeks for delivery; this order form is for shipment within the Continental U.S. and Canada only.

Thank you for your order!

Please send a copy of this form with your payment to:  
Veridian Healthcare, LLC  
Attn: Customer Service  
1175 Lakeside Drive  
Gurnee, IL 60031

## PROBE COVER ORDER FORM

Disposable Probe Covers 100 Pack (Model 08-322) QTY. \_\_\_\_\_ @ \$5.00 ea.

SUBTOTAL

\$\_\_\_\_\_

Illinois shipments add 8% Sales Tax  
Shipping, handling & insurance

\$5.00

ORDER TOTAL

\$\_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

BILL TO ADDRESS: If different from SHIP TO address  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_

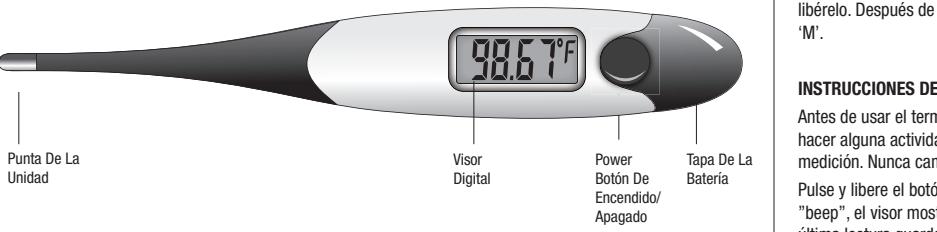
Toll-Free Customer Care Help Line: 1-866-326-1313  
Monday - Friday 8:30 a.m. - 4:30 p.m. CST

# Natural Cycles®

## Termómetro Digital Basal

Modelo 54-359BSL

GRACIAS POR COMPRAR ESTE TERMÓMETRO DE DIGITACES. LEA ESTAS INSTRUCCIONES DE ASEGURAR CUIDADOSAMENTE LA OPERACIÓN APROPIADA Y SEGURA DE SU TERMÓMETRO.



### LEA Y GUARDE ESTAS INSTRUCCIONES

- No tiene la finalidad de diagnosticar ni tratar ningún problema de salud o enfermedad y no debe usarse en lugar de consultar a un médico u otro profesional médico.
- Los termómetros solo deben usarse bajo la supervisión de un adulto.
- Se debe sostener el termómetro cuando está en uso; el paciente debe estar sentado o acostado durante la lectura de la temperatura.
- Antes de usar, se recomienda que el paciente evite comer, beber, fumar o ejercitarse por lo menos veinte minutos antes de tomar una medida. Nunca recorra, ejecútese o hable durante una medida.

### ACERCA DE LA TEMPERATURA BASAL CORPORAL

Las lecturas normales de temperatura oral varían a lo largo del día. La temperatura corporal puede verse afectada por el nivel de actividad, la hora del día, el beber, el fumar y otros factores.

La temperatura basal corporal es la mínima temperatura que se alcanza en horas de sueño. La temperatura basal se mide inmediatamente después de haber dormido toda la noche, antes de movilizarse, hablar, beber, salir de la cama o realizar cualquier otra actividad. Es mejor tomarla inmediatamente después de despertarse, pero antes de alcanzar plena conciencia – mientras se está aún semi-dormido. La lectura debe tomarse simultáneamente cada vez al levantarse y usted debe observar otros factores que pudieren alterar su temperatura, tales como perturbaciones del sueño, consumo de alcohol, enfermedad, viaje, dolor de muelas, insolución, medicación o el uso de frazada eléctrica.

Debido a que la temperatura basal se registra durante el curso de semanas y meses, arrojará patrones que podrán utilizarse para determinar en qué momento del ciclo menstrual tiene lugar la ovulación; lo cual, a su vez, indicará en qué días de su ciclo puede producirse la concepción. Este patrón la ayudará a lograr o evitar un embarazo.

La temperatura normal típicamente reconocida de una persona sana es de 98,60°F (37,00°C). Al inicio de un ciclo menstrual (que comienza al principio de un período), la temperatura basal oral oscila entre 96,50°F y 98,00°F (35,80°C – 36,70°C). En las últimas dos semanas del ciclo menstrual, típicamente, la temperatura basal aumenta aproximadamente 0,50°F (0,30°C). El cambio en la temperatura basal corporal tiene lugar aproximadamente en el momento de la ovulación, durante el cual puede producirse la concepción.

Al registrar la temperatura basal corporal durante el ciclo menstrual, se puede determinar cuándo tiene lugar la ovulación basándose en el aumento de la temperatura basal. La ovulación tiene lugar sólo una vez por ciclo y la concepción puede producirse teniendo relaciones sexuales en el momento de la ovulación o cerca de dicha fecha.

### ALERTAS Y PRECAUCIONES

Tenga en cuenta que este termómetro no ha sido diseñado para uso como anticonceptivo. Muchos factores pueden influir en la temperatura corporal; por lo tanto, no se pueden hacer reclamos en cuanto a la confiabilidad de los resultados para predecir la ovulación. Solicite el asesoramiento de un profesional de cuidados médicos en relación con la anticoncepción y la planificación familiar.

### FUNCIÓN PARA CAMBIAR DE GRADOS FARENHEIT A CELSIUS

Esta unidad toma mediciones en grados Fahrenheit y en grados Celsius. Con la unidad apagada, pulse y sostenga el botón de **POWER**. Después de una auto-evaluación breve, la unidad mostrará la última lectura que se tomó en °F o en °C. Mantenga pulsado el botón de **POWER**; el visor cambiará de modo y en él se visualizará el nuevo modo de lectura de temperatura. Libere el botón de encendido e inicie la lectura.

### FUNCIÓN DE LLAMADA DE MEMORIA

Esta unidad incluye una llamada de la última medición que se tomó. Cuando la unidad está apagada, pulse el botón de encendido/apagado (**POWER**) para encender la unidad y libérela. Después de la auto-evaluación, aparecerá en el visor de la unidad brevemente una 'M'.

### INSTRUCCIONES DE USO

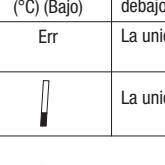
Antes de usar el termómetro, se recomienda que el paciente evite comer, beber, fumar o hacer alguna actividad física durante al menos los veinte minutos anteriores a tomar la medición. Nunca camine, corra ni hable durante una medición.

Pulse y libere el botón de **POWER** para activar el termómetro. La unidad emitirá un sonido "beep", el visor mostrará todos los símbolos digitales mientras realiza la auto-evaluación y la última lectura guardada en la memoria.

En el visor se presentará una 'Lo' con el signo °F titilante, seguido de una breve actualización de la memoria que indicará 98.61°F (37.00°C); el visor volverá a mostrar la 'Lo' titilante para indicar que el termómetro está listo para realizar la medición.

### USO ORAL

- Cuando use el termómetro coloque una cubierta sobre la punta.
- Coloque la punta debajo de la lengua tan cerca como sea posible de una zona de calor como se indica en el diagrama. Las lecturas serán progresivamente más bajas cuanto más alejada esté la punta de las zonas de calor indicadas.
- Mantenga el termómetro en su lugar durante la lectura; no muerda el termómetro. Mantenga la boca cerrada durante la medición para obtener resultados precisos. La lectura debe tomar aproximadamente 60 segundos.



- Cuando la lectura esté completa y se haya alcanzado la temperatura máxima, el símbolo °F/°C dejará de titilar.
- Si la lectura es igual o inferior a 100.04°F (37.80°C), la unidad emitirá diez "beeps" largos; si la lectura supera los 100.04°F (37.80°C), la unidad emitirá diez series de tres "beeps" cortos.
- Para apagar la unidad, simplemente presione el botón de **POWER**. La unidad se apagará en forma automática al cabo de diez minutos aproximadamente.
- Registre su lectura en la carta.

### CUBIERTAS PARA LA PUNTA

Se recomienda usar cubiertas higiénicas desechables con los termómetros de varilla para evitar la contaminación. Las cubiertas para la punta se usan una sola vez; se debe usar una cubierta nueva con cada aplicación. Las cubiertas para la punta se pueden adquirir en el comercio minorista local o pedirlas directamente mediante el formulario de pedido adjunto.

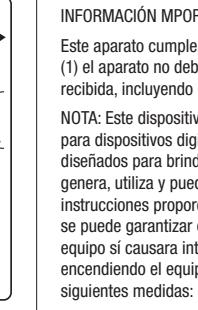
### CUIDADO DEL TERMÓMETRO E INSTRUCCIONES DE LIMPIEZA

Guarde la unidad en el estuche protector provisto cuando no esté en uso. No guarde el termómetro donde quede expuesto en forma directa a la luz solar, polvo o humedad. Evite las temperaturas extremas. No trate de desarmar la unidad, salvo para cambiar la batería. Si aparece "ERR" y no se obtiene ninguna medición, debe reemplazar la unidad.

Para limpiar el termómetro use un paño con alcohol (70% alcohol isopropílico) o agua y jabón. No lo sumerja en líquido o autoclave. Seque el termómetro con un paño y déjelo secar al aire libre.

### CÓMO CAMBIAR LA BATERÍA

Este termómetro incluye 1 batería de óxido de plata alcalina o SR41 de LR41. Si la batería está baja o caducada, el símbolo de la batería aparecerá en la pantalla; Reemplace la batería lo antes posible.



### DECLARACIÓN DE LA FCC (Comisión Federal de Comunicaciones de los Estados Unidos)

#### INFORMACIÓN IMPORTANTE QUE REQUIERE LA FCC

Este aparato cumple con la Parte 15 de las normas de la FCC. El uso está sujeto a las siguientes dos condiciones: (1) el aparato no debe causar interferencias perjudiciales; y (2) el aparato debe aceptar cualquier interferencia recibida, incluyendo interferencias que puedan causar un funcionamiento inesperado.

NOTA: Este dispositivo se ha sometido a pruebas y se ha determinado que cumple con los límites establecidos

para dispositivos digitales Clase B según se establece en la Parte 15 de las normas de la FCC.

Estos límites están

diseñados para brindar protección razonable contra interferencias dañinas en un ambiente residencial.

Este equipo

genera, utiliza y puede irradiar energía de radiofrecuencia,

y de no ser instalado y utilizado de acuerdo con las

instrucciones proporcionadas,

puede interferir negativamente en las comunicaciones de radio.

Si embargo, no

se puede garantizar que no se produzcan interferencias de acuerdo con una instalación en particular.

Si este

equipo si causara interferencias en la recepción de radio o televisión, lo cual se puede determinar apagando y

encendiendo el equipo, se le recomienda al usuario que trate de corregir dicha interferencia tomando algunas de las

siguientes medidas:

Cambie la orientación o la ubicación de la antena receptora.

Aumente la separación entre el aparato y el receptor.

Conecte el aparato a un tomacorriente que se encuentre en un circuito diferente al circuito en que está conectado el receptor.

Solicite asistencia al distribuidor o a un técnico especializado en radio/TV.

PRECAUCIÓN: Cambios o modificaciones que no haya aprobado expresamente la parte responsable por el cumplimiento podrían impedir que el usuario pueda operar el equipo.

**INSTRUCCIONES • ENGLISH**

Please allow 4 weeks for delivery; this order form is for shipment within the Continental U.S. and Canada only.

Thank you for your order!

Please send a copy of this form with your payment to:

Veridian Healthcare, LLC

Attn: Customer Service

1175 Lakeside Drive

Gurnee, IL 60031

**PROBE COVER ORDER FORM**

Disposable Probe Covers 100 Pack (Model 08-322)@ \$5.00 ea.

Subtotal

\$ \_\_\_\_\_

Illinois shipments add 8% Sales Tax

\$ \_\_\_\_\_

Shipping, handling & insurance

\$ 5.00

Order Total

\$ \_\_\_\_\_

**SHIP TO ADDRESS:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

**BILL TO ADDRESS: if different from SHIP TO address**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Daytime Telephone No. (\_\_\_\_\_) \_\_\_\_\_

Daytime Telephone No. (\_\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Daytime Telephone No. (\_\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Daytime Telephone No. (\_\_\_\_\_) \_\_\_\_\_

FAX CREDIT CARD ORDERS TO: 866-480-1717; QUESTIONS? 866-326-1313