

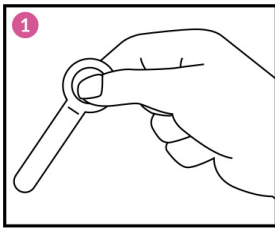
BEFORE PERFORMING THE TEST, PLEASE READ THESE INSTRUCTION CAREFULLY

# pH Control Vaginal Test, pH Test

Test for assessment of the pH level of the vagina.  
**Medical device for self-testing.**

## WHAT IS pH TEST?

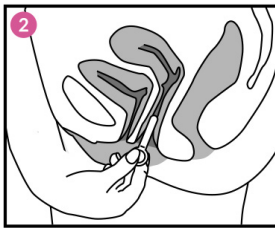
pH Test is a professional test intended for individual assessment of the pH of the vagina. Using pH Test you may check if the pH level of the vagina is within the norm and whether you are exposed to infections of intimate area. The pH level indicates whether the vaginal environment is alkaline or acid. Physiological pH level in the vagina is acid and ranges between 3.8 and 4.4. Acid pH environment of the vagina protects against the development of micro-organisms and the formation of infection. The test has a form of an application device which is placed in the vagina for 10 seconds. Under the influence of vaginal secretions, surface test on the applicator changes color, which is then compared to the color scale on plastic packaging.



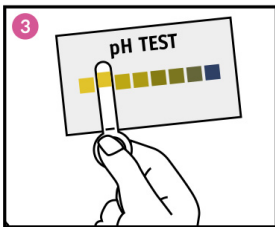
## PERFORMANCE OF pH TEST STAGE 1: TEST PERFORMANCE

- » Wash your hands before the test.
- » Remove the applicator from the plastic bag. Keep the bag for the test result reading.
- » Hold the applicator between your thumb and forefinger, as it has been shown in picture. ❶

**NOTE:** The forefinger always should be on the side of the applicator with the measuring surface.



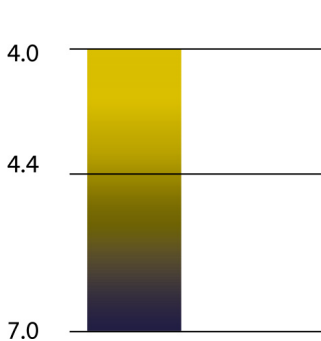
- » Sit down on the toilet bowl with knees widely apart or stand with your feet slightly apart.
- » With your free hand, gently extend the mouth of the vagina, carefully sliding open the labia.
- » Insert the applicator into the vagina 2.5 cm deep (but no deeper than the round handle) pressing the test field in the direction of the anus for 10 seconds (see picture). ❷
- » Then gently remove the applicator from the vagina.



## STAGE 2: TEST READING AND ASSESSMENT

- » Read the test result immediately after removal of the applicator from the vagina. ❸
- » Compare the color, which appeared on the surface of the Ph Test with color scale placed on the foil package, as shown in picture.
- » Your result is the pH value at the color closest to that on the test.

**IMPORTANT:** If after the test, the pH test surface does not have a uniform color, it means that the test was performed incorrectly. Possible cause is insufficient covering by vaginal secretions. **In this case covering can be improved using the same applicator.**



## pH SCALE

**CORRECT RANGE** - color indicator turns to yellowish.  
 The pH value of vagina within 4.0 to 4.4 belongs to the normal range.

**INCORRECT RANGE** - color indicator is darker and becomes brownish-green-blue. The pH level in the vagina above 4.4 means alkaline environment, which increases the risk of occurrence of infection and premature birth.

## FREQUENTLY ASKED QUESTIONS

### What is the correct pH level in the vagina?

The correct vagina pH level falls within the range of 4.0 a 4.4. Level above 4.4 may lead to ailments and various infections.

### What are the symptoms of vaginal infection?

- » itching around the vagina,
- » flushing of the vagina and vulva,
- » vaginal discharge of a distinctive look,
- » specific fishy odor,
- » soreness and burning of the vulva,
- » pain during intercourse.

### When should I use the pH TEST?

- » when the following symptoms occur in the vaginal area: burning, itching, specific fishy odor, discharge,
- » in the course of menopause substitute hormone therapy,
- » after antibiotic therapy,
- » during pregnancy,
- » if you suspect a change in the composition of the bacterial flora of the vagina
- » as a preventive health check,
- » in the case of the tendency to premature births,
- » following sexual intercourse with a new partner,
- » before and after vaginal surgery.

### What if the pH value deviates from normal?

If the pH level is not within the norm, there is no reason for concern. Many factors can temporarily change the vaginal pH level and does not need to provide it about the presence of the disease (see "What may affect the pH change in the vagina? ") In this case, the test should be repeated a few hours later or the next day. If the pH level still does not fit normal values and is accompanied with the following symptoms, you should absolutely consult your doctor.

Alarming symptoms:

- » itching or burning of the vagina,
- » excessive amount of mucus,
- » unpleasant, fishy odor,
- » suspected release of amniotic fluid,
- » burning sensation when urinating,
- » bleeding (including staining),
- » symptoms close to menstruation,
- » fever

### If I observed the appropriate hygiene principles, am I exposed to vaginal infection?

Vaginal infections very frequently occur independently of taking care of intimate hygiene. The following factors may have an impact:

- » an increase in the frequency of sexual intercourses,
- » greater number of partners,
- » the use of hormone therapy,
- » mental state (stress),
- » use of antibiotics,
- » a diet rich in sugar and dairy products (especially milk and ice cream, owing to the high level of lactose contained therein).

### May I perform pH Test while I am pregnant?

Yes. Regular self-checking of the vaginal pH level during pregnancy can reduce the risk of the vaginal infection, which is very during that time. This is related to the weakening of the immune system and with congestion of the vaginal mucosa. Bacterial vaginosis is diagnosed in approximately 15-20% of all pregnant women. This increases the risk of:

- » premature birth,
- » inflammation of the membranes,
- » premature cracking of the fetal membranes,
- » fever during labor
- » infection of mucus membrane of the uterus after childbirth
- » bacterial infection of the fetus.

### What may affect pH change in the vagina?

Specific conditions can temporarily change the value of the pH of the vagina, which may cause false results. For this reason, 12 hours before the test avoid sexual activity and the use of vaginal medication. Do not wash or flush with the shower the vaginal area shortly before the test. Also urine may cause false test result, therefore, the test should be made at least 15 minutes after urination. For the test to be reliable, it should be performed 3-4 days after the end of menstruation.

## CONTENTS

The package contains 2 tests intended for measuring the vaginal pH and instruction for use.

## TEST OPERATION PRINCIPLE

pH Test is the vaginal applicator of about 8 cm, with a built-in test stripe (f.Merck pH indicator, pH 4.0-7.0, non-blood, 1.09542.0001). Vaginal applicator consists of a ring and a test spatula of approximately 5 cm. On one side of the test spatula there is a window in which stripe for measuring pH is placed. Round handle allows you to safely hold the vaginal applicator that is inserted into the vagina to 2.5 cm, then the pH measuring area should be slightly pressed to the rear side of the vagina to be covered by vaginal secretions. Applicator is then removed from the vagina and the pH level may be read.







## IMPORTANT NOTES

- » Use each test (applicator) only once.
- » pH Test allows you to specify the pH level of the vagina, but does not shows the infection.
- » Do not run test after its date of expiry (the date on the package).
- » Improper use of the applicator can cause tearing of the hymen in women who have not started sexual life. As in the case of use of the tampon.

Date of the last revision of the instruction: 20.06.2022  
Version 4AT/EN

## SYMBOLS

CE 1434

	Prior to test performance carefully read the instruction		For in vitro diagnostics
	For single use only		Store at temperature 2-30°C
	Serial number		Expiry date



### Manufacturer:

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**controly**  
medical devices