

The cyclotest service hotline

You have undoubtedly read our instructions on the use of the cyclotest lady carefully and have familiarised yourself with its functions. Our description is in line with normal cycle trends. At the start, you may find you have questions about how to use cyclotest lady. If you have any further questions, please visit our website at www.cyclotest.com or send an email to info@cyclotest.de.



0 52/ 224 41 47
www.cyclotest.ch

For customers from Switzerland:

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Error messages



The measured temperature is below 32.00°C and is therefore outside the measuring range.



The measured temperature is above 42.99°C and is therefore outside the measuring range.



The device has an electrical fault. If the fault occurs again, contact the UEBE Medical GmbH customer service centre.

Explanation of symbols



0123

This product complies with Council Directive 93/42/EEC of 5 September 2007 concerning medical devices and bears the mark CE 0123 (TÜV SÜD Product Service GmbH).



Manufacturer



Medical product



Reference number = article number



Batch number



Consult the instructions for use



Temperature limit



Humidity limit



Degree of protection against electric shock: TYPE BF



Direct current

Disposal



Technical equipment and batteries do not belong in household waste. They must be disposed of at appropriate collection and disposal points.

Technical data

Type	Maximum thermometer, direct mode
Measuring points/ body reference points	Rectal, oral, vaginal
Measuring range	32.00°C to 42.99°C
Measurement accuracy	± 0.10°C
Operating conditions	Ambient temperature of 5°C to 40°C; relative humidity of 15% to 90%
Conditions for storage and transport	Ambient temperature of -25°C to +70°C; relative humidity of 0% to 90%
Battery	Button battery (type LR41, SR41, AG3 or V392), 1.55 V
Expected service life	5 years
IP classification	IP22: Protected against solid foreign bodies with a diameter of 12.5 mm and above, protection against drip- ping water

Care of the device

Clean the cyclotest lady before and after each use using a soft cloth and isopropyl alcohol diluted with water or cold soapy water.

The device can be immersed in water or a disinfectant solution for cleaning purposes. The maximum immersion time is 30 minutes! Do not sterilise the thermometer by boiling it, using gas or in a steam autoclave.

Warranty

The device has been manufactured and tested with all due care. Nevertheless, in the event of defects upon delivery, we provide a warranty under the following conditions:

During the warranty period of 2 years from the date of purchase, we remedy defects at our discretion and at our expense in our plant through repair work or replacement delivery of a defect-free device. The cost of returning the device to our factory shall be borne by the sender. Returns that are sent back without prepayment will not be accepted by UEBE.

The warranty does not cover normal wear and tear of wearing parts or damage caused by failure to observe the instructions for use, improper handling (e.g. breakage, leaking batteries) or disassembly of the device by the buyer. Furthermore, the warranty does not constitute grounds for asserting claims for damages against us.

Warranty claims can only be asserted during the warranty period and upon presentation of the proof of purchase. In the case of a warranty claim, the device along with the proof of purchase

and a description of the complaint must be sent to: UEBE Medical GmbH, Service Center, Zum Lager 1, 97900 Kilsheim, Germany

The statutory claims and rights of the buyer against the seller (for example, defect claims, producer liability) are not restricted by this warranty.

Please note: In the case of a warranty claim, please attach the proof of purchase.



lady

Basal thermometer for tracking
menstrual cycles

Instructions for use

Intended use

cyclotest lady is a digital thermometer specially designed for measuring the basal body temperature of women of childbearing age. The maximum temperature is determined using the measuring tip and stored until the next measurement takes place. This measurement is then transferred to a chart and used to differentiate between fertile and non-fertile days in the cycle.

Safety instructions

- Do not allow the thermometer to fall on the floor. The thermometer is not shock-resistant or impact-resistant.
- Do not walk, run or talk during the measurement.
- Store the thermometer in the plastic case when the thermometer is not being used.
- The thermometer contains small parts (batteries etc.) that could be swallowed by children. Do not leave the device unattended in the vicinity of children.
- Protect the thermometer against high temperatures and direct sunlight.
- Do not open the device (except when changing the battery).
- The use of this device in the vicinity of mobile phones, microwaves or other devices with strong electromagnetic fields

can cause malfunctions. Maintain a distance of at least three metres from such devices when using the thermometer.

- Clean the thermometer before and after each use: See “Care of the device”.

Device description



Replacing the battery

Replace the battery when the battery icon is displayed on the screen (this is not applicable during the full-screen display after the thermometer is switched on).

- To replace the battery, remove the battery compartment cover from the thermometer by pulling it backwards.

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- Carefully pull the battery holder approximately 1 cm out of the housing. Never pull the battery holder further out than this, as doing so can damage the connection to the measuring sensor.
- Use a non-metallic object to slide the battery out of the holder.
- Insert a new battery (type LR41, SR41, AG3 or V392; 1.55 V) with the + symbol facing upwards.
- Slide the battery holder back into the housing and insert the battery compartment cover again. Make sure that the seal is not damaged or displaced.

Measuring wake-up temperature

Take the measurement immediately after waking, before you get out of bed. Aim to take the measurement at the same time each day. You should have slept for at least 5 hours before taking a measurement. If you have not slept for 5 hours, skip the measurement and do not enter any measurement data. Do not eat or perform any vigorous movement before taking the measurement. The thermometer can be used orally, rectally or vaginally; however, once you have selected the method of measurement, you should then continue to use that method. Measuring in the armpit (axillary temperature) provides inaccurate results. This is therefore an unsuitable method for measuring basal temperature. We recommend measuring by placing the probe under your tongue and closing your mouth.

- Press the on/off button to switch the thermometer on. A short signal tone confirms that the thermometer is switched on. While the tone sounds, a full-screen display occurs, i.e. all of the elements on the screen are displayed.
- The measured value from the previous measurement is displayed. The screen then shows the test value of 37.00°C (± 0.02°C). The thermometer switches to measuring mode.

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- Insert the measuring tip into one of the two heat pockets under the tongue, to the left or right of the tongue root. The sensor must make good contact with the tissue. Close your mouth and breathe calmly through your nose so that the measurement result is not affected by the air that you breathe. When a new measurement has started, the “°C” icon on the display begins to flash.
- At the start of the measurement, the thermometer is still in the warm-up phase and the “Lo” icon is displayed as the temperature is still outside of the measuring range.
- When your temperature has been measured successfully, the device will beep multiple times and indicate the measured temperature on the screen. Always wait until the measurement is complete before removing the thermometer from the measurement point. In some cases, this may take a few minutes.
- The measured temperature is stored until the next measurement. The device will switch itself off approx. 8–10 minutes after the measurement is complete. You can also switch off the thermometer before this by pressing the on/off button.



Evaluating the measurements

Enter the measurements into a cyclotest chart. Use a new chart for every cycle.

Enter your first measurement on the first day of your regular period (= first day of your cycle). Regular periods can be differentiated from mid-cycle bleeding as regular periods usually cause your temperature to fall.

Note any anomalies or influences that can cause a change in temperature on the chart, for example: Sexual intercourse (SI), febrile illness (F), taking medication (M) or sleeping pills (S), too

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little sleep (TLS), changes in the weather (W), alcohol consumption (A), emotional distress (D) or physical exertion (PE). Also note any bleeding and the consistency of your cervical mucus (discharge): Regular period (R), heavy, moderate or light mid-cycle bleeding (HMB, MMB, LMB), spotting (S) and, if possible, the discharge of cervical mucus and its consistency.

Detailed and accurate charts can provide important diagnostic reference points and should always be taken with you when you visit a doctor. This is especially recommended if your cycle becomes irregular.

Ovulation occurs around the middle of the cycle and is decisive in terms of family planning and attempts to conceive. 1 or 2 days after ovulation, basal temperature increases by 0.2–0.5°C. In most cases, a decrease in basal temperature of approx. 0.1°C can be observed immediately before ovulation. Your basal temperature remains elevated to roughly the same extent until your next regular period, when it decreases again (see example curve in the charts). Significant deviations from this sequence indicate an irregular cycle or pregnancy.

You can obtain replacement charts (Art. no. 70600004, PZN-01498580) from a pharmacy or from cyclotest (info@cyclotest.de).

Using the thermometer for natural family planning

Unfertilised eggs only remain viable for fertilisation for a few hours after ovulation, while sperm is viable for two to four days. Therefore, the egg can only be fertilised (conception) in the five days before the elevation in temperature described above.

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By determining the fluctuation range for your ovulation stage with as much accuracy as possible using multiple cycles, you can have a good idea of when you will be fertile. If your temperature remains elevated for longer than 18 days, this likely indicates that you are pregnant.

Temperature method

Using the “strict version” of the temperature method (sexual intercourse only after three days have elapsed since your temperature became elevated and until your next regular period) is almost as reliable as using the pill; only in this case, it is a “natural” method that does not require taking medication or using other forms of contraception.

Even the “extended version” of the temperature method is as reliable as using a physical barrier. Using this method, you can also have sexual intercourse in the time after your regular period has begun and up to six days before your temperature begins to elevate. In short: Determine the earliest day on which your temperature starts to elevate using at least six consecutive cycles, then count backwards by six days.

Symptothermal method

This method combines the temperature method with observing a “symptom”, i.e. your cervical mucus. Usually the days after your regular period are “dry” and you release no cervical mucus. A few days before your fertile period, your cervical mucus can cause a sticky/wet feeling at your vaginal opening. The mucus is usually fibrous, transparent and more liquid than usual.

If you observe such symptoms three to four days before your temperature is due to elevate, you can be sure that this increase in temperature is due to ovulation. During this time, ensure that you observe the consistency of your mucus once per day.

Using the thermometer to measure fever

cyclotest lady can also be used to measure fevers. Follow the steps described in “Measuring wake-up temperature”.

The average body temperature when measured orally is 36.7°C ± 0.5°C. The reference values below can be used to classify a fever:

37.5°C to 37.9°C: elevated temperature
38.0°C to 38.9°C: moderate fever
over 39.0°C: high fever

Rectal temperature measurements are generally 0.5°C higher and axillary temperature measurements are 0.5°C lower than temperatures measured orally.

Caution: Always consult a doctor in cases of high fever.

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