

**Instructions**

**The intelligent fertility computer.**



**LADY-COMP®**



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### **Quality Management**

Voluntary participation in regular  
monitoring  
EN ISO13485:2003 + AC:2007

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### **Quality Management**

Medical Device  
Directive 93/42/EEC

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**LADY-COMP® is an FDA cleared fertility monitor.  
The FDA has not cleared LADY-COMP® as a contraceptive device.**

**Consult with your physician if pregnancy is suspected.**

Revision status 11.08

Congratulations on choosing LADY-COMP®.

You have made the right choice. Tens of thousands of women have already made the choice to a natural approach toward family planning. And they were all fully satisfied with this safe and natural method.

Please read these instructions carefully and follow the easy steps. You will find everything that you need to know about this device in the table of contents or in the alphabetical index.

We wish you a successful start.

LADY-COMP® is delivered with all necessary parts

- Temperature Sensor
- Power Supply: 120V
- Travel Bag
- User Manual
- Product Brochure
- 2 year Manufacturer's Warranty

## **Precautions**

- This device is to be used to identify days of increased fertility.
- In no way does LADY-COMP® provide protection against sexually transmitted diseases.
- You should not use the LADY-COMP® if you are menopausal, taking hormonal treatments and/or birth control hormones.
- LADY-COMP® may be less effective in identifying fertile days with irregular menstrual cycles.

**LADY-COMP® is an FDA Approved Fertility Monitor.**

**The FDA has not approved LADY-COMP® as a Contraceptive Device. Consult with your Physician if Pregnancy is Suspected.**

## LADY-COMP®

is a natural family planning tool.

Based on your morning temperature, taken orally, the fertility computer determines your fertile days and shows you when you are ovulating by recording, analyzing and storing your menstrual cycle data.

It monitors your daily status of fertility and will alert you on the days when intercourse may lead to pregnancy: on the day you ovulate – and five days before ovulation.



### Important Facts:

- Your LADY-COMP® arrives with saved sample values. These values are automatically deleted as soon as you take your own first temperature reading or enter your menstruation data.
- The more **regularly** you take your temperature, the faster the device learns your individual cycle.
- Take your temperature **always** in the morning right before you get up.
- The alarm clock **must** be set and activated on the previous day before midnight (12 am).
- Please **stop** taking the pill before starting. The program is based on identifying ovulation and the pill prevents ovulation.
- If a temperature reading is missed, the time window is cleared and you must reset your alarm to take a temperature the next morning.
- Should you need to store your Lady-Comp for any period of time (i.e.: pregnancy), be sure to charge your device at least every 3 months to maintain the life of the internal battery.
- Please be sure to have the thermometer wire threaded through the 3 guide prongs on the back of your device (picture p.11) to prevent damage to your thermometer.

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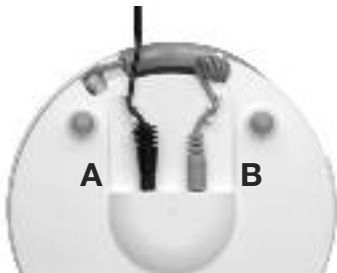
## Connecting LADY-COMP®

Connect the LADY-COMP® with the power plug

1. Connect the power cord into socket A on the back of the device (don't plug it into your AC wall outlet yet)
2. Connect the thermal sensor into socket B on the back of the device

### Important:

3. **THEN** last step:  
plug it into your AC wall outlet



## Charge the Battery

- When you receive the device, the battery is not charged.
- Charge the battery for **24 hours** the first time. During charging, the charge condition indicator Lo 01 to Lo 10 will light up.
- Your device is now ready for approx. one month\*
- **Temperature readings cannot be taken during charging.**

## Recharge the Battery

\*When the display **BA 09** to **BA 01** is shown, the battery must be recharged again. The battery is completely charged after approx. 12 hours.

12 ..... Unit Description .....



### Switching on the device

- Press any button.
- The current time is shown.

### Automatic switching off and automatic return to the time display

- If you do not press any button for 30 seconds, the device automatically returns to the time display and switches off completely after around 60 seconds
- The display then remains dark until the next time a button is pressed or the alarm sounds.
- When you press the plus and the minus buttons simultaneously, the device automatically returns to the time display.

### Self-testing and trial readings

LADY-COMP® shows all displays as part of a test.

Proceeding from the time display:

- Press the plus button 3 times.
- LADY-COMP® now runs through all its symbols independently.  
The device tests itself and indicates this in the display window.
- When the test is completed the time appears and the thermometer symbol is illuminated.
- If you now press the round button, the thermometer flashes and is ready for a reading.
- If no trial temperature reading should be made, then press the minus and plus buttons simultaneously.

LADY-COMP® has different operating levels.

Please use the function keys for all inputs and in order to select the different levels.

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### Round button

- With the round button, you can change the levels.
- With the round button, you can make the device ready for setting.
- Ready for setting:  
press and hold the round button for 5 seconds
- When the display flashes, it is ready for setting. The respective data can be advanced or reversed by pressing the plus or minus button.
- Setting completed: press and hold the round button for 5 seconds
- Confirmation of the desired input: the flashing stops and there is an acoustic signal.

### Plus button

- With the plus button, you can advance and enter data (for example to confirm menstruation).

### Minus button

- With the minus button, you can go backwards (for example to look at past temperature readings and evaluations).

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### Back to the starting position










- By pressing the plus and the minus buttons simultaneously, you can return to the starting position / time.

### Fast mode

- By pressing and holding the plus or minus button, you can fast advance or go backwards.







 **press shortly** = switch it on

## TIME LEVEL

<b>ALARM CLOCK</b> ← (-)	<b>ALARM TIME</b> ← (-)	<b>TIME</b> (+) →	<b>DATE</b> (+) →	<b>YEAR</b> (+) →	<b>TEST</b> (+) →
	07:00	13:46	24.08.	2009	
off / on	alarm setting	set time	set date		
	 5 seconds	 5 seconds	 5 seconds		
hours (-) (+)	hours (-) (+)	hours (-) (+)	hours (-) (+)		
	 shortly	 shortly	 5 seconds		
minutes (-) (+)	minutes (-) (+)	minutes (-) (+)			
	 5 seconds	 5 seconds			

 **press shortly**


## FERTILITY LEVEL

<b>FERTILITY</b> ← (-)	<b>TEMPERATURE READING VALUE / CYCLE DAY</b> (+) →	<b>FERTILITY</b>
23.08. / 36.63	36.65 / .14	.01
	no (-)  (+) yes	
Reverse display up to 180 or 250 days	enter menstruation	Advance display up to 6 days
 	 5 seconds	 
reverse / advance	<b>M</b> (+)	reverse / advance

 **press shortly**

## CYCLE STATISTICS LEVEL

<b>LENGTH OF CYCLE</b> ← (-)	<b>NUMBER OF READ CYCLES</b> (+) →	<b>INCREASE IN TEMPERATURE</b> (+) →	<b>OV RANGE</b>
L:28	C:10	Jr.27	0-:02

 **press shortly** / back to the time level

- 1 **Fertility indicators**  
(from left to right)  
red = fertile  
yellow = learning area and transition area or  
missing data  
green = infertile
- 2 **Alarm indicator:**  
lights up when the alarm is switched on.
- 3 **Display for all information:**  
concerning time, dates, temperature readings etc.
- 4 **Thermometer symbol:**  
lights up during temperature reading time and  
flashes when ready for a temperature reading.
- 5 **Menstruation indicator:**  
„M“ flashes for input „+“ yes / „-“ no menstruation  
„M“ lights up constantly, if „+“ was entered.





When you receive LADY-COMP® the year, date and time are already set.

When traveling in different time zones you have the ability to change the date and time to the local time (page 33).

### **1 Charge battery for 24 hours**

Once-only setting

**2 Enter past menstruation data, if any**

**3 Enter BMI**

Always

**4 Set the alarm**

**5 Activate the alarm clock**

**6 Take your temperature**

**7 Read your fertility**

**8 Enter “M” when menstruating**

### **1 Charge battery for 24 hours**

When you get your LADY-COMP® charge it for 24 hours (page 11). Temperature readings cannot be taken during charging.

Before or after charging you can enter past menstruation data and BMI. Remember this just has to be entered once, after that you will not have to repeat this process.

## ONCE-ONLY SETTING

**Enter past menstruation data, if any**

If you have past “M” data about your cycle, you can enter this data into the device

**before the first temperature reading**

(before you start using the device).

Only the first “M” day is to be entered per cycle, the device automatically saves three “M” days. Begin with the input of the furthest menstruation back in time.

**Entering “M” retrospectively:**

Starting from the time:

- Press the round button once.
- Reverse to the desired date with the minus button.
- Now hold the round button for 5 seconds. “M” flashes.
- Press the plus button and enter “M”. “M” remains illuminated.
- In case of correction: negate “M” with the minus button.

## ONCE-ONLY SETTING

### 3 Enter BMI

BMI = Body Mass Index: date of birth, weight\* and height\*. Entering the data facilitates the cycle evaluation.

- By simultaneously pressing the + / - button for 5 seconds, these values can be entered.
- First the year of birth appears, the birth symbol lights up.
- Enter your year of birth:
  - Hold the round button down for 5 seconds
  - The year will flash
  - Enter your year of birth using the plus and minus buttons.
  - Save changes: hold the round button down for 5 seconds.
- Enter your height:
  - Press the round button quickly
  - Then hold it down for 5 seconds
  - The height will flash
  - Enter your height\* using the plus and minus buttons.
  - Save changes: hold the round button down for 5 seconds
- Enter your weight:
  - Press the round button quickly
  - Then hold it down for 5 seconds
  - The weight will flash
  - Enter your weight\* using the plus and minus buttons.
  - Save changes: hold the round button down for 5 seconds
- To save your changes, press the round button briefly and the calculated BMI figure will appear.
- Press the round button briefly to return to the time display.

\* Celsius models – Centimeters/kilograms  
Fahrenheit models – Inches/pounds

.....  
SETTINGS NEEDED AT ALL TIMES

## 4 Set the alarm

Proceeding from the time display:

- Press the minus button once.
- The alarm setting appears on the display.
- Now press and hold the round button for 5 seconds.  
The alarm hour flashes.
- Advance the hours using the plus button or reverse the hours using the minus button.
- If the plus / minus button is held down more than three seconds, fast mode begins.
- Afterwards, press the round button briefly and the minutes begin to flash.
- Advance the minutes using the plus button or reverse the minutes using the minus button.
- Input completed: press and hold the round button for 5 seconds.
- The flashing stops and you can hear an acoustic signal. The current alarm setting appears on the display.

## 5 Activate the alarm clock

Starting from the time display:

- Press the minus button once, the alarm time is displayed.
- Press the minus button again, the bell flashes.
- Press the plus button and the bell lights up continuously. You will be woken at your desired time.

## Alarm tone



At the beginning LADY-COMP® wakes you up with a soft acoustic tone which gradually becomes louder and louder. The alarm ends if you press any button.

## Switching the alarm on and off

Proceeding from the time display:

- Press the minus button once. The alarm setting appears.
- Press the minus button once more and the bell symbol flashes.
- Press the plus button to activate the alarm.
- The bell remains constantly illuminated. You hear an acoustic signal as a confirmation.
- If you do not want to be woken up, you should press the minus button when the bell flashes. The bell symbol disappears from the display. The alarm is inactive.
- The bell lights up at the same time as the time display to confirm that your alarm is set.
- If the bell does not light up with the time display, the alarm is inactive. This also applies to the following days.

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## SETTINGS NEEDED AT ALL TIMES

### **6 Take your temperature next morning**

Temperature readings cannot be taken during charging. Unplug the device from the power source to take your temperature.

#### **General information**

Taking your basal body temperature reliably every day is one of the key elements of our system. The basal body temperature is the temperature immediately after waking up, **before** getting up, **before** becoming active in any way.

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

#### **How to take your temperature**

Place the thermometer under your tongue, right at the back, either to the left or the right of the frenulum, and close your mouth. While taking your temperature the thermometer should not be moved. You will get the best results when choosing the same thermometer position every day.

## Temperature reading



LADY-COMP® wakes you up with a signal tone.

By pressing any button, the alarm tone can be switched off.



The thermometer symbol is illuminated. It is ready for a temperature reading.

Now place the thermometer under your tongue, right at the back, either to the left or to the right of the frenulum, and close your mouth. To take your temperature, press any button.



The thermometer symbol flashes.

The measuring procedure takes max. 1-2 mins, if no measurement is possible after 3 mins the procedure is automatically stopped. The display shows temperature reading values from 34.50 to 41.00 degrees Celsius or 94.20 to 105.00 degrees Fahrenheit.

If your temperature is above 37.8°C or 99.9°F, the reading alternates with “F” for fever.

When finishing the temperature reading you hear a signal tone and the ascertained temperature reading value appears on the display.

- Your fertility is displayed for that day.

## Terminating a temperature reading

If you do not take your temperature or you would like to terminate the temperature reading, you can terminate the reading by simultaneously pressing the minus and plus buttons. An acoustic signal can be heard. The device terminates the temperature reading and no value is recorded for this day.

### Temperature reading time limit

LADY-COMP® controls the temperature reading time limit. It is based on the actual reading time and determines the reading time for the next day.



The temperature reading time limit comprises **6 hours**, beginning and ending **three hours before and after the last temperature reading time**, if differing from the alarm setting time.

Temperature can only be taken **once a day**, within the temperature reading time limit.

**The alarm must be activated to set the first temperature reading time window.**



You can identify the reading time from the **continually illuminated** reading symbol.

The reading time limit is independent of the alarm and is calculated from the measurement time on the previous day (+3 / -3 hours).

Example:

1st day Reading at 06.00 am  
 2nd day *Reading time limit 03.00 – 09.00 am*  
 Reading at 07.00 am  
 3rd day *Reading time limit 04.00 – 10.00 am*  
 Reading at 09.00 am  
 4th day *Reading time limit*  
*06.00 am – 12.00 noon*  
 etc.

**The device is ready to take a temperature reading**

- +3 / -3 hours before or after the previous temperature reading time.



Normally the alarm setting time and the temperature reading time are both the same. We recommend that you allow LADY-COMP® to wake you up.

If you wake up within the temperature reading time limit, e.g. to look after your child, take your temperature.

If you get up late and the temperature reading time limit is over, there is **no temperature reading** for that day. The alarm clock must be activated again for the following day.

### **Changing the temperature reading time limit**

The temperature reading time limit is changed by the alarm, e.g. at the weekend or for shift work.

### **Clearing the temperature reading time limit**

If no reading is taken for one day, the **temperature reading time limit is cleared** and has to be set again using the alarm.

## SETTINGS NEEDED AT ALL TIMES



### Reading fertility

The device shows your temperature reading value and your fertility for the day:

#### Fertility display

LADY-COMP® supplies information concerning fertility on every day of the cycle by using coloured display lamps.

- red fertile
- green infertile
- yellow learning area and transition area, missing temperature reading value, ovulation late
- ☀ red flashes Today is the fertilization optimum.  
“red flashes” is a prognosis.  
“red flashes” shows the identified ovulation for closed cycles.

### The device gets to know your cycle

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

The number of “green days” increases cautiously and systematically.

If the device does not receive data for a long period of time or receives information that it cannot evaluate, the number of “yellow” days increases.

### Pregnancy display LADY-COMP®

LADY-COMP® indicates a probable pregnancy from the 15th day of conception by the simultaneous flashing of the red, yellow and green indicators.

The pregnancy is confirmed from the 18th day following fertilization by the simultaneous constant illumination of the red, yellow and green indicators.

## Potential fertility display

Proceeding from the time display:

- Press the round button once.
- Press the plus button once to gain access to the potential fertility display.
- Press the plus button several times to see the fertility of the next 6 days.

The actual level of fertility for the day for which the prognosis is made is shown on the day itself. This means that the prognosis for four days from now may be “green”, but if ovulation is late and you are still fertile, the display will show “red” on day 4.

Every prediction is a statement of probability. The fertility of a “prognosis day” may deviate from the fertility ascertained on the respective day. The current fertility shown is applicable.

## Retrospective fertility display

All previous temperature reading values can be retrieved up to 180 days with the LADY-COMP® and 250 days with the LADY-COMP® BABY (planning software), by pressing the minus button several times.

Proceeding from the time display:

- Press the round button once and today’s temperature value appears, the display alternates with the current cycle day.
- Press the minus button once. Yesterday’s date will be shown. This display alternates with the temperature reading value of the respective day.
- Reverse with the minus button.
- Advance with the plus button.
- The reversing stops, if no button is pressed for 30 seconds or if you simultaneously press the plus and minus buttons.

## SETTINGS NEEDED AT ALL TIMES

## 8

**Enter “M” when menstruating**

After the temperature reading the “M” (menstruation) may flash.

- If you are menstruating, press the plus button, “M” remains illuminated.
- If you are not menstruating, press the minus button, “M” disappears from the display.
- **Enter “M” on at least three consecutive days.**
- **If you are menstruating and the device does not ask you for input, activate “M”.**

**Activating “M”**

If you have “M” on a day that LADY-COMP® does not ask for “M”, please activate “M” yourself.

Proceeding from the time display:

- Press the round button. You see today's temperature reading with the fertility report.
- Now press and hold the round button for 5 seconds. “M” flashes.
- Enter “M” by pressing the plus button. “M” remains illuminated.

The following days LADY-COMP® will ask for “M” automatically.

## Entering "M" after some time of use

When LADY-COMP® knows your cycle, the device only asks about "M" when menstruation is expected.

- It begins to ask 2 days before ("M" flashes).
- When "M" is finished, LADY-COMP® stops asking for "M".

The first bleeding after stopping hormonal contraception is not a menstruation, but a hormone-conditioned withdrawal bleeding. Do not enter "M" for this bleeding.

## Correcting "M"

Incorrect "M" data can only be retroactively corrected for the last three days.

If you want to correct or add "M" days, begin with the furthest menstruation back in time.

## Entering "M" retrospectively / at a later time

If you have not taken a temperature reading for some time (e.g. on holiday), but menstruated during this time, you can retroactively enter this data.

As long as no temperature reading values are recorded, you can go as far back in time as you wish. **Begin with the furthest day back in time.** If readings are recorded, you can always correct "M" for up to three previous days.

Starting from the time:

- Press the round button once.
- Reverse to the desired date using the minus button.
- Now hold the round button for 5 seconds. "M" flashes.
- Press the plus button and enter "M". "M" remains illuminated.
- In case of correction: negate "M" with the minus button.

### **Monophasic cycles and CLI**

If there is no ovulation in a cycle, LADY-COMP® indicates this to you. When this is the case the device stays on “red”.

A proportion of up to 20% monophasic cycles can occur. If the proportion of monophasic cycles is higher, we can provide you with a printout of your cycle to discuss with your gynaecologist.

A corpus luteum insufficiency (CLI) can be diagnosed by means of a LADY-COMP® printout.

When you stop taking hormonal contraception, it takes some time before ovulation occurs again and you return to your own cycle. If you would like to have more information concerning this subject, please contact us. We have a database and exchange information.

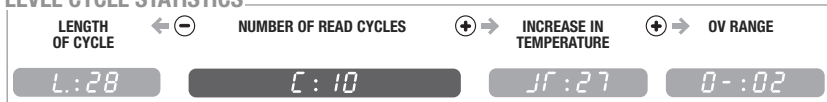
### **Cycle statistics**

The query of this information on your individual cycle is the result of our research and development work made over a period of 25 years in the field of natural contraception and family planning. We are pleased to make this data accessible to you.

### **Data analysis and printout**

If you are interested in a detailed analysis of your cycle or interested in a printout of the data saved in the device, please call us.

**LEVEL CYCLE STATISTICS**



**Query cycle statistics**

Proceeding from the time display:

- Press the round button on the LADY-COMP® twice.
- The number of saved cycles since the beginning appears, (shown in absolute figures) e. g. C:10.
- Press the minus button once: your length of cycle on average, e. g. L:28.
- Press the plus button once: your increase in temperature after ovulation on average e. g. Jf . 27, 0.27 degree Celsius increase in temperature

- Press the plus button twice: your ovulation range (ovulation) in plus / minus days, e. g. 0-:02.

You can leave the cycle statistics and return to the time display by simultaneously pressing the plus / minus buttons.

## Changing the time

Proceeding from the time display:

- Press the round button and hold for 5 seconds.
- The hours flash.
- Advance the time setting (hours) with the plus button.
- Reverse the time setting (hours) with the minus button.

If the plus / minus button is held for more than three seconds, the fast mode begins.

Afterwards shortly press the round button, now you can change the minutes in the same way.

- Input completed:  
press the round button and hold for 5 seconds. The flashing stops. You hear an acoustic signal to confirm your input.



### Changing the date

Proceeding from the time display:

- Press the plus button once. The date appears.
- Now press and hold the round button for 5 seconds. The date flashes.
- Press the plus button to advance the date setting.
- Press the minus button to reverse the date setting.
- Input completed: press and hold the round button for 5 seconds. You hear an acoustic signal. The date appears on the display.

The year is automatically adjusted when you pass 31.12 (day.month). [Fahrenheit models - 12.31 (month.day)] This also applies to leap years.

- **Correcting the date**

See page 40, Problems and Troubleshooting.

If the device has already received one or more temperature readings, it is only possible to reverse the date setting by one day. **If the date is reversed, no temperature reading can be made the following day.**

You can always advance the date by one day. It is impossible to change the date by accident.

Using this process you can correct the date when travelling to a different time zone: **Do not take your temperature on the day of travel.**

### **During interruptions**

The battery in your LADY-COMP® must be fully charged every 3 months to maintain functionality (page 11).

### **Back in operation after interruption**

The date, the year and the time continue to work automatically without connection to electricity and / or flat battery.

If no temperatures are taken, the temperature reading time limit is cleared and must be reset. This involves setting the alarm for the next morning and continuing in the usual way (page 20).

### **After taking the pill**

Before beginning you have to stop taking the pill. The first bleeding after stopping the pill is not menstruation, but a hormone-conditioned withdrawal bleeding. **Do not enter “M” for this bleeding.**

### **Summer and winter time**

You advance or reverse the time to summer or winter time.

### **Travelling / Time zones**

When travelling in different time zones you have the ability to change the date and time to the local time. Set and activate the alarm to the desired new reading time. LADY-COMP® will be ready to take a reading the next morning. Repeat the procedure when you return home.

### **Shift work**

Set and activate the alarm to the desired new reading time. LADY-COMP® will be ready to take a reading the next morning. Repeat the procedure for your next shift change (see page 25, Changing the temperature reading time limit).

### **No temperature reading**

The device uses past values and cycle knowledge to calculate the future cycle course and resulting from this, the fertility.

**Increases in temperature** by a cold, flu, lack of sleep, excessive consumption of alcohol and / or medication with thermal effects are “abnormal” and are recognized as such by the device.

**Fever:** If the temperature reading value indicates that the temperature is too high (higher than 99.9), an “F” for fever appears on the display alternating with the temperature reading.

In general it is recommended to interrupt the daily temperature reading in cases of feverish cold, taking of medication or if celebrating all night long. So entering “abnormal” values into the device can be avoided.

### **Pearl-Index**

The Pearl-Index is a value with which the safety of a contraception method is ascertained in medicine.

Example: If 100 women use contraception for one year and one of them becomes pregnant, this corresponds to a Pearl-Index of 1.0.

The daily fertility display of LADY-COMP® has a Pearl-Index of 0.7 or to explain it more easily, of 99.3 %.

### **Data print-out**

Of your data memorized in the device, you can receive a print-out and detailed analysis from the distributor: the last 180 days memorized in your LADY-COMP® and the last 250 days memorized in your LADY-COMP® BABY (planning program).

## Deleting saved data

Start self-testing (see page 13), now data can be deleted during or after the self-testing:

- Simultaneously press the round button, the minus button and the plus button.
- Hold all three buttons for 5 seconds.
- An “L” for delete appears on the display panel, with a “9” on the right.
- Now release the three buttons.
- You must count down this “9” to zero by pressing the minus button 9 times. The cancellation process is interrupted if you touch any other button. At zero it is automatically deleted. An acoustic signal can be heard.
- Afterward, the current time appears on the display.

In so doing, the unintentional deletion of saved data will be excluded. After deleting you will find the pre-set example values on the individual display. After taking your temperature the first time, the example data is automatically deleted, this is also the case when switching the device on for the first time.

## Device

**Size:** 14 cm diameter, 3.5 cm high **Weight:** 180 g

**Casing:** ABS based impact resistant plastic

**Measurement range:** 34.5 – 41.0°C / 94.1-105.8°F

**Accuracy of measurement:** 0.05°C **Terms of use:**

5 – 35°C / 41-95°F **Storage and transport:** Store between –10° and 60°C / 32-122°F, max air pressure 1500 hPa, relative air humidity 25 – 90 %.

## AC Power Supply Unit

LADY-COMP® is delivered with an integrated battery and multi-range AC-DC adaptor, 110 – 230V



**The devices can only be used with the original power supply unit!**

Ensure that the power unit is firmly connected to the adapter.

## Battery

- The battery **must** be charged for 24 hours before first use, then for 12 hours each subsequent time.
- LADY-COMP® is now ready for around one month's use.
- Repeat the battery charging procedure if **BA 09** to **BA 01** is shown on the display.
- Press the + and – buttons at the same time to get back to the time from the BA display.

**Important:** The battery **should not** be completely discharged. It should be recharged when the display shows **BA 01** at the latest.

- If the device is not going to be used for longer periods, it must be charged every **3 months** to ensure that the battery does not suffer any damage.

## Loss of data

If the battery goes flat, the data stored in the LADY-COMP® will not be lost.

## Disposal

Public collection point for electrical equipment.

### Battery Quality Declaration

The capacity of your LADY-COMP® reduces with every charge / discharge cycle. Storage at too high or too low temperatures will also reduce the capacity to some extent.

As a result, your device's operational time may be significantly reduced, even after full battery charging. In any case, the battery is made in such a way that it can be charged and discharged within two years.

## Cleaning

**Temperature sensor:** To clean the probe, please use only tepid water, do not use alcohol or chemical products.

**Casing:** Wipe gently with a cloth dampened with glass cleaner.

## Care and Maintenance

Your computer has been designed and manufactured with great care and should also be handled with care. If you follow the advice below, you will be able to enjoy your LADY-COMP® for a long time.

- Protect your computer from wet and damp. Rain, moisture and liquids contain minerals which corrode electronic circuits. If the device does get wet, disconnect it immediately from any power supply to avoid the risk of electric shock. Do not place the device on / in any heat source (even to dry it) such as in a microwave oven or on a radiator.
- Do not keep your computer in a hot place (e.g. car dashboard in summer). High temperatures can shorten the life of electronic devices, damage batteries and deform or melt certain plastics.
- Do not keep your computer in a cold place. When it warms up again (to its normal operating temperature), condensation can form inside which damages electrical contacts.

- Do not drop the device, knock it or bang it and do not shake it. Rough handling like this could damage delicate components inside the device.
- Do not use abrasive chemicals, cleaning solutions or strong cleaning products to clean the LADY-COMP®.

All the advice above applies equally to the temperature sensor, battery and power supply unit.

If one of these parts does not work properly, contact our sales agents for fast and reliable help.

## Safety advice

Strong electromagnetic fields (e.g. from mobile phones, amateur radios or microwaves) may affect the functioning of the device.

## Device designation



Manufacturer's name



Date of manufacture



Application type B



Follow enclosed instructions



Do not dispose of in household waste!



Product safety corresponds to European directives

0124 Declaration of conformity  
 Conformity assessment procedures according to Annex II of Directive 93/42 EEC with named centre Dekra Certification GmbH

Made in Germany

**Terminating a temperature reading**

If you do not take your temperature or you would like to terminate the temperature reading, you can terminate the reading by simultaneously pressing the minus and plus buttons. An acoustic signal can be heard. The device terminates the temperature reading. The temperature reading is left out for this day (page 23).

---

**Readings impossible, or unwanted interruption in reading**

- Check whether the temperature reading time limit has been cleared (reading symbol does not light up).
  - Carry out self-test (page 13, Self-Test)
  - Check sensor for damage
  - Battery faulty, return device for battery replacement
- 

**Reading symbol doesn't light up**

If the reading symbol doesn't light up in the morning, set the alarm clock for the next morning. LADY-COMP® will be ready to take a reading again (page 20).

---

**No readings taken**

In the event of a raised temperature due to a cold, flu, fever, lack of sleep, excessive alcohol consumption, please read page 35.

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**Battery is not charging**

- Check whether the right power supply unit is being used for charging (page 36, Power Supply Unit)
  - Check whether the primary adapter is set correctly (page 11, Connecting LADY-COMP®)
- 

**Device did not wake you**

- Check whether the alarm is set (page 21, Switching the alarm on and off)
  - Carry out self-test to see whether beeper functions (page 13)
-



**Time and Date is wrong**

- Change time (page 32)
- Date in the past (see page 32, Changing the date)
- Date in the future: this can only be corrected if no reading has been taken that day, otherwise you will have to wait until the following day.

**Retrospective “M” entry not possible**

- Retrospective entry older than 3 days and readings exist (page 29)

**BA Display**

- Device must be charged for around 12 hours (page 11)
- If the BA display appears again after a short time, the device should be returned to have the battery replaced.

**Indications:**

LADY-COMP®:

Fertility Computer, Ovulation Predictor,  
Natural Family Planning

**Contraindications:**

No contraindications are known.

**Purpose:**

The fertility computer LADY-COMP® is a rechargeable minicomputer designed for measuring body temperature on waking (Basal Body Temperature). This allows women to identify fertile periods via an optical display. The calculation of the fertile period is possible using the morning temperature which is taken orally. A thermometer sensor is used and individual cycle data saved and automatically assessed by the fertility computer. Together with the manual input of menstruation and intercourse information (only LADY-COMP® BABY) the device is used to identify the fertile and infertile phases of the monthly cycle. This allows natural pregnancy prevention as well as natural family planning.

### Guidelines and Manufacturer's Information – Electromagnetic Emissions

The LADY-COMP® device is intended for use in the electromagnetic environments specified below. The customer or user of the LADY-COMP® device should ensure that it is used in such an environment.

Emission Measurements	Conformity	Electromagnetic Environment – Guidelines
HF Emissions acc. CISPR 11	Group 1	The LADY-COMP® device uses HF energy solely for its internal functions. As a result, HF emissions are very low and it is unlikely that nearby electronic equipment will be affected.
HF Emissions acc. CISPR 11	Class B	The LADY-COMP® device is intended for use in all structures including homes and such which are connected directly to a public electricity supply network that also supplies buildings which are used for residential purposes.
Harmonic oscillations acc. IEC 6100-3-2	Class A	
Voltage fluctuations / flicker acc. IEC 6100-3-3	fulfilled	

### Recommended spacing between portable and mobile HF telecommunications equipment and the LADY-COMP® device

The LADY-COMP® device is intended for use in the electromagnetic environments specified below. The customer or user of the LADY-COMP® device can help to avoid electromagnetic interference by maintaining the minimum spacing between portable and mobile HF telecommunications devices (transmitters) and the LADY-COMP® device, depending on the output of the communications device, as specified below.

Nominal Transmitter Output [W]	Protective Spacing according to Transmission Frequency [m]		
	150 kHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2,5 GHz
	<b>d = 1,2</b> □P	<b>d = 0,35</b> □P	<b>d = 0,7</b> □P
0.01	0.12	0.04	0.07
0.1	0.38	0.11	0.22
1	1.20	0.35	0.70
10	3.79	1.11	2.21
100	12.00	3.50	7.00

For transmitters whose nominal output is not shown in the above table, the spacing can be worked out by using the figure shown in each column, where P is the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information.

Note 1: To calculate the recommended protective spacing for transmitters in the frequency range from 80 MHz to 2.5 GHz, an additional factor of 10/3 was used to reduce the likelihood that a mobile / portable communications device inadvertently brought into the vicinity of the patient will cause any interference.


Note 2: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

### Guidelines and Manufacturer's Information – Electromagnetic Interference

The LADY-COMP® device is intended for use in the electromagnetic environments specified below. The customer or user of the LADY-COMP® device should ensure that they are used in such an environment.

Interference test	IEC 60601 – Test level	Conformity level	Electromagnetic environment - guidelines
Electrostatic discharge (ESD) acc. IEC 61000-4-2	± 6 kV contact discharge (indirect) ± 8 kV air discharge	± 6 kV contact discharge ± 8 kV air discharge	Floors should be made of wood or concrete or covered with ceramic tiles. If the floor is covered with synthetic material, the relative air humidity must be at least 30 %.
Rapid transient electrical disturbances / bursts acc. IEC 61000-4-4	± 2 kV for mains connections ± 1 kV for input and output wires	± 2 kV for mains connections ± 1 kV for input and output wires	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Surges acc. IEC 61000-4-5	=> not applicable ± 1 kV push-pull voltage (symmetrical)	=> not applicable ± 1 kV push-pull voltage (symmetrical)	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Voltage interruptions, short term interruptions and fluctuations in the supply voltage acc. IEC 61000-4-11	< 5 % UT for ½ period (> 95 % interruption) 40 % UT for 5 periods (60 % interruption) 70 % UT for 25 periods (30 % interruption) < 5 % UT for 5 s (> 95 % interruption)	< 5 % UT for ½ period (> 95 % interruption) 40 % UT for 5 periods (60 % interruption) 70 % UT for 25 periods (30 % interruption) < 5 % UT for 5 s (> 95 % interruption)	The quality of the supply voltage should correspond to that of a typical business or hospital environment.  If the user of the LADY-COMP® device wishes to continue using the device during a power cut, we recommend connecting the LADY-COMP® device to an uninterruptible power supply or a battery.
Magnetic field at the supply frequency (50 / 60 Hz) acc. IEC 61000-4-8	3 A/m	3 A/m	Magnetic fields at mains frequency should correspond to the typical values seen in a typical business or hospital environment.

Note 1: UT is the alternative current voltage before the application of the test level.

Interference test	IEC 60601 – Test level	Conformity level	Electromagnetic environment - guidelines
Directed HF interference acc. IEC 61000-4-6	3 V <sub>eff</sub> 150 kHz to 80 MHz	3 V <sub>eff</sub>	<p>Portable and mobile communications devices may be used a short distance from the LADY-COMP® device provided that the recommended protective spacing is used, as calculated according to the transmission frequency equivalent</p> <p><b>Recommended protective spacing:</b></p> $d = [3,5/3]\sqrt{P} = 1,2\sqrt{P}$ $d = [3,5/10]\sqrt{P} = 0,35\sqrt{P}$ for 80 MHz to 800 MHz
Radiated HF interference acc. IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = [7,0/10]\sqrt{P} = 0,7\sqrt{P}$ for 800 MHz to 2,5 GHz <p>with P being the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information and d as the recommended protective spacing in metres (m).</p> <p>The field strengths of stationary radio transmitters should be lower than the agreed level at all frequencies according to on site tests.</p> <p>Interference is possible in the vicinity of equipment that carries the following symbol.</p> 

Note 2: The higher frequency range applies at 80 MHz and 800 MHz

Note 3: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

a) The field strengths of stationary transmitters, e.g. base stations for mobile telephones and mobile radio equipment, amateur radio stations, AM and FM radio and television transmitters could theoretically be imprecisely defined in advance. In order to determine the electromagnetic environment with regard to stationary transmitters, a study of the location should be carried out. If the field strengths measured at the location where the device will be used exceed the agreed levels above, the device should be monitored to see that it operates properly.

If unwanted performance characteristics are observed, additional measures may be necessary, such as an exchange or a change of location for the device.

b) Above the frequency range from 150 kHz to 80 MHz, the field strengths should be lower than  $[V1]V/m$ .

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