

# Quick Guide

# The button functions



Switch on / select menu / confirm



Navigate to the right / make a selection / increase value



Navigate to the left / cancel selection / reduce value



Press simultaneously:  
Return to the higher menu level



3 Sec      In the fertility window:  
opens input field for entering menstruation /  
sexual intercourse

The demo mode can only be used before the first measurement.

# Lady-Comp at a glance



## Step 1

# Activate your Lady-Comp

1. Remove the strap marked "→→→" from the device.
2. Set the wake-up time (once) for the next morning.
3. You can now use Lady-Comp – but a measurement is only possible on the following day. After the first successful measurement, you can also measure without the alarm.

**i** If you have accurate records of your menstrual data, you can add them the day before the first measurement.

## Step 2

# Measuring your temperature

Lady-Comp needs to learn your cycle. Take your basal body temperature every morning after waking up and before you get out of bed. You should sleep at least 3 – 4 consecutive hours before measuring.

1. Place the measuring sensor as far back as comfortable to the left or right under your tongue and close your mouth.
2. Press the circle button to activate the device. Then, start the measurement by pressing one of the 3 buttons.
3. You will hear a beep at the end of the successful measurement, and the measured temperature as well as the fertility status, which is valid until midnight, are displayed.

## Step 3

# Entering your menstruation

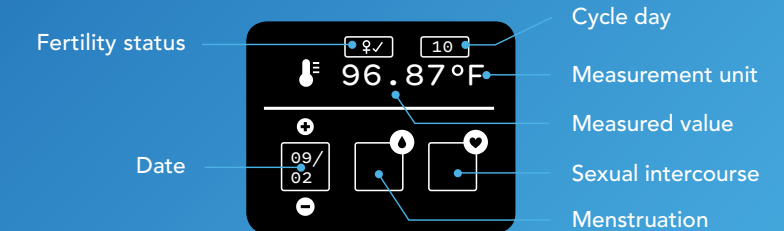
In addition to your temperature data, Lady-Comp needs your menstruation data in order to calculate your cycle. If you see a question mark in the input field for menstruation after measuring, it means that Lady-Comp is asking you for your menstruation input.

- **If you are menstruating:** Press and hold the circle button for 3 seconds to open the input field and enter your menstruation by pressing the plus button. Confirm the entry by pressing the circle button. Enter your menstruation for each day of active bleeding and flow for a minimum of 3 consecutive days.
- **If you are not menstruating:** You do not have to do anything.
- **If you are menstruating, but you do not see a question mark:** Press and hold the circle button for 3 seconds. Enter your menstruation with the plus button and confirm the entry by pressing the circle button twice.

## Step 4

# The fertility window

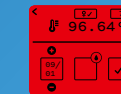
After entering the first menstruation, Lady-Comp shows you the fertility status for the current day with the color of the home screen. In the fertility window you can see the details of the last measurement.



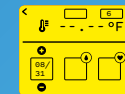
What the screen colors mean:



not fertile

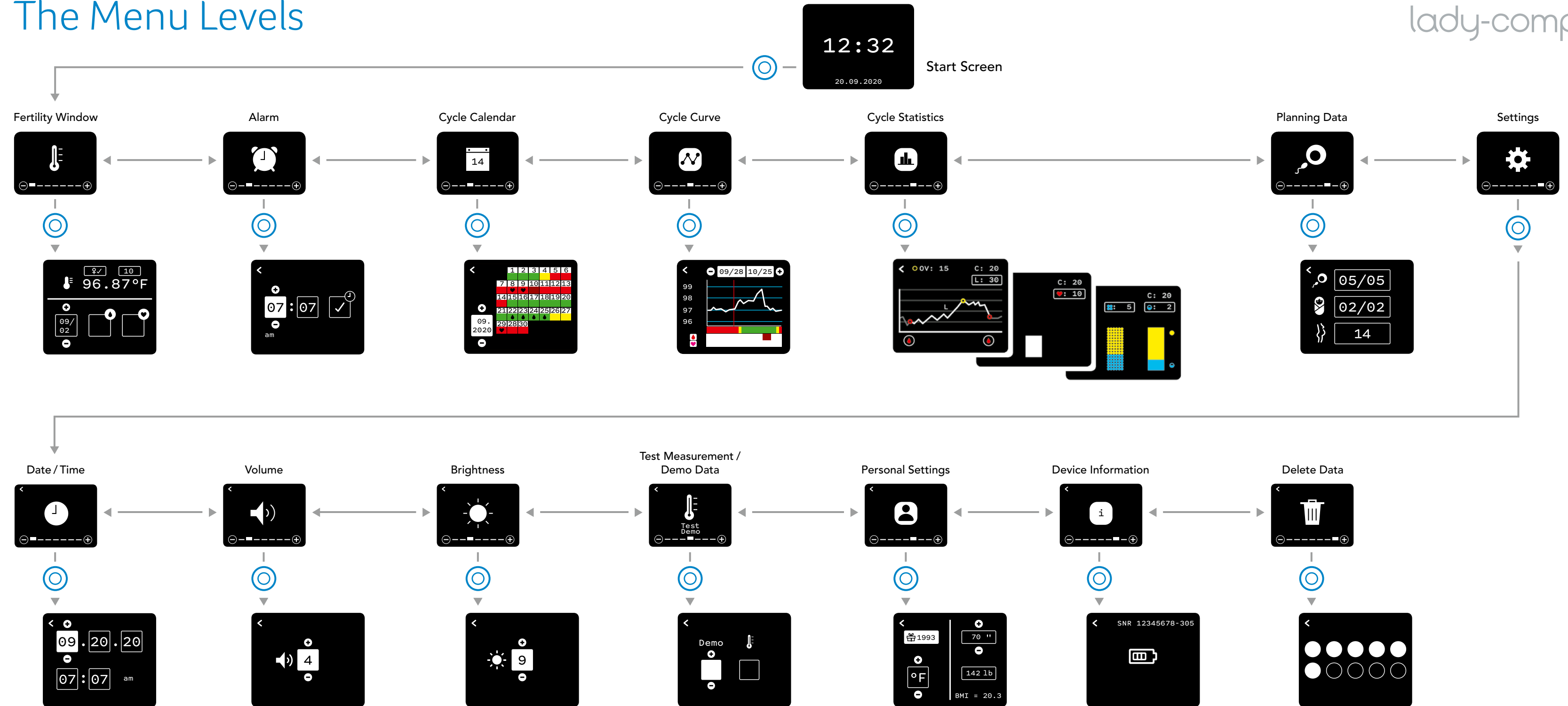


fertile /  
possibly fertile



possibly fertile  
(learning phase or cycle fluctuation)

# The Menu Levels



# Do you have any questions about your Lady-Comp?

Are you looking for further tips and other interesting information?

Or would you like to find the right contact person for your personal questions?

Then visit our website: [www.lady-comp.com](http://www.lady-comp.com)

Scan the code to get to the instructions for use.



lady-comp® 