

Canestest®



Self-Test for Vaginal Infections

Self-test for the diagnosis of common vaginal infection

Canestest® is a self-diagnosis test, to be used by women who experience abnormal vaginal symptoms, to help diagnose the cause.

Read this entire leaflet carefully before using this product because it contains important and useful information you need to know.

- Which are the most common causes of vaginal infections?
- How does Canestest® work?
- What precautions should be taken before you use Canestest®?
- How to use Canestest®?
- How to interpret the test results?
- What does Canestest® pack contain?
- How to store Canestest®?

Which are the most common causes of vaginal infections?

Vaginal infections are a common problem amongst women of all age groups. While some vaginal infections are accompanied with symptoms of an abnormal vaginal discharge, almost 50% of these have no such symptoms.

The most common causes of vaginal infections are bacteria, yeast, and trichomonas (it may be also due to a combination of these microorganisms).

Bacterial vaginosis, an infection in the vagina caused by certain bacteria, is more common than thrush and trichomoniasis and is associated with a thin milky (consistent) white-grey discharge and a fishy odour. It may cause complications, especially in the course of pregnancy and childbirth and so should be properly managed.

The discharge caused by a trichomoniasis is yellow-green, frothy and is usually associated with bad odour, itchy vulva and painful urination.

In both infections the vaginal pH is increased.

In contrast, vaginal pH in case of a thrush infection caused by yeast is usually normal. The discharge looks white, thick and cottage cheese-like (curdy) without an offensive odour.

Thrush is associated with intense itching and burning in the vagina and vulvar region.

How does Canestest® work?

Normal vaginal pH (pH is an indicator of acidity) may range from 3.5 to 4.5. Bacterial vaginosis, trichomonas infections and some non-infectious causes (including estrogen deficiency or menopause) increase the vaginal pH.

Canestest® indicates by colour change on the yellow tip of the Canestest® swab whether the pH of your vaginal secretion is normal or increased.

A positive test (colour change to blue/green) indicates a higher vaginal pH level.

A negative test (no colour change) means a normal vaginal pH.

Results are based on an indication of pH level, and have been proven to help detect any change in vaginal pH with more than 90% accuracy even in the case of various levels of watery secretions.

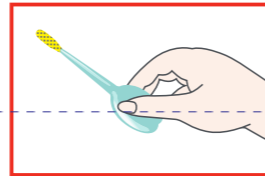
For further interpretation of the test see section "How to interpret the test results".

What precautions should be taken before you use Canestest®?

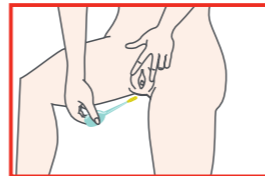
1. To ensure valid results, do not perform the Canestest® in any of the following conditions: (a) it is less than one day before or the day after your period; (b) there are signs of menstruation or any vaginal bleeding; (c) it is less than 12 hours after sexual intercourse or vaginal douching.
2. Do not insert the swab deeper than the handling point.
3. If you are pregnant a positive result may indicate an amniotic fluid leakage. If you are pregnant, consult your physician before use, as interpreting test results during pregnancy and choosing a medication requires professional knowledge.

How to use Canestest®?

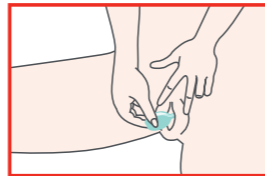
1. Unwrap the individual Canestest® (swab).
2. Make sure that the swab tip does not come into contact with anything before insertion into the vaginal entrance.
3. Hold the Canestest® test with your fingers on the handle of the swab (as pictured).



4. Separate the vaginal outer skin layer so the vagina is exposed.



5. Carefully insert the yellow tip of the Canestest® until the handle reaches the outer skin of the vagina (approximately 5cm (2") into the mid vagina) and rotate the swab several times. Do not touch the vaginal entrance.



6. Withdraw the Canestest® from your vagina. Carefully avoid the tip from coming into contact with anything, and check that it has collected a visible amount of secretion.

7. Wait 10 seconds. Check the tip of the Canestest® for colour changes from yellow to blue or green. Note: if any blood stain appears on the Canestest®, disregard the results and consult your doctor.

8. Dispose of Canestest® after use as you would any other feminine hygiene product, after checking the results. Do not flush it down the toilet.

How to interpret the test results?

Colour change to blue or green (positive result):

If the tip is stained blue or green after 10 seconds, this most likely indicates a bacterial or a trichomonas infection.

Thin milky (consistent), white-grey discharge with a fishy odour, may indicate bacterial vaginosis (BV) infection.

Consider using BV treatment available from your pharmacy or supermarket or consult a health care professional for treatment advice.

Yellow-green, frothy discharge associated with bad odour and painful urination, may indicate trichomoniasis infection. In this case consult your doctor.

In case of any doubts, please consult your doctor or health care professional for advice.

Any partial blue or green stain on the yellow indicator swab tip should be considered as a positive result.

Important: If you are pregnant and the tip is stained blue or green, this may indicate an amniotic fluid leak. Please consult your doctor immediately.

No colour change/remains yellow (negative result):

If the tip is not stained after 10 seconds, the probability of having a bacterial or trichomonas infection is low.

White, thick, cottage cheese-like discharge without offensive odour may indicate vaginal yeast infection, known as thrush. You may consider using a treatment for vaginal thrush available from your pharmacy and supermarket, or consult your pharmacist or doctor or health care professional for treatment advice.

Summary table:

The table below details the symptoms associated with bacterial, trichomonas or thrush (vaginal yeast) infections.

		GREEN/BLUE SWAB	
Symptoms	Discharge	Thin milky, White or grey, Sticky	Frothy, Yellow-green, Sticky
	Odour	Fishy or unpleasant	Unpleasant
	Itching Irritation/ Burning	Sometimes	Vulvar itch (usually intense)
	Painful urination	None	Yes
Medical Condition	Bacterial Vaginosis (BV)	Trichomoniasis	
Options for treatment	Products are available for BV from your pharmacy or supermarket, or consult your doctor or healthcare professional for treatment options.	Treatments are available on prescription from your doctor.	

		YELLOW SWAB	
Symptoms	Discharge	Thick, cottage cheese like (curdy), White	Thin, clear, White
	Odour	None or non-offensive	None
	Itching Irritation/ Burning	Intense itching/ burning	None
	Painful urination	None	None
Medical Condition	Vaginal Thrush	Normal	
Options for treatment	Treatments are available for thrush from your pharmacy or supermarket, or consult your doctor or healthcare professional for treatment options.	None	

Reporting results to your physician

In case of confusing results or uncertainty about an appropriate treatment, ask your pharmacist for further advice, or in case of doubts, consult your doctor or health care professional. If you are pregnant consult your doctor for treatment advice.

What does Canestest® pack contain?

1 individually foil-wrapped Canestest® unit.
1 leaflet.

How to store Canestest®?

Store in a dry place and at room temperature. Please note the expiration date on the individual test package.

Keep the individually foil-wrapped Canestest® unit sealed and use it immediately after opening.

If the swab is damaged or the swab tip is stained, do not use it.

Keep the product out of the reach of children.



Manufacturer

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EU Authorized Representative

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