

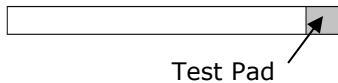
Just Fitter Vaginal pH Test Strips Instructional Guide

Introduction: The exact meaning of pH is being disputed as either "Power of Hyrdogen" or "Potential Hydrogen", either way, it is written with a small p and a capital H to entail Hydrogen. pH is the scale used to measure acidity or alkalinity.

Product Description: Just Fitter Vaginal pH Test Strips are reagent strips that changes color as it reacts to according to the level of Alkalinity / Acidity of your vaginal secretions. Color of reactant is compared to the color chart printed on the box and/or bottle label.

Precaution:

- **Just Fitter Vaginal pH Test Strips** are for diagnostic use only. **DO NOT CONSUME.**
- **Just Fitter pH Test Strips** are used for vaginal secretions testing only. **NOT ADVISABLE** for testing blood and other liquids.
- Store Test Strips in the original container only.



HOW TO GET THE BEST RESULTS WHEN USING THE JUST FITTER VAGINAL PH TEST STRIPS:

1. It is advisable to test your vaginal pH if you are experiencing unusual vaginal symptoms, such as itching, burning, a foul vaginal odor, or abnormal vaginal discharge. This can help you decide whether or not you might need medical treatment.
2. Please note that these vaginal ph test strips will not help diagnose HIV, chlamydia, herpes, gonorrhea, syphilis, or group B streptococcus.
3. To test your Vaginal pH, use a clean cotton swab.
4. Gently collect a small amount of fluid from the vagina by spreading the labia.
5. Insert the swab and tilt it to make contact with the vaginal wall.
6. Apply fluid on cotton swab to the test pad on the strip.
7. Wait 30 seconds.
8. Match the colors to the color chart found in the packaging of the product.
9. Remember that when handling the Test Strips, make sure to hold or touch only the white portion of the strip which is the part of the strip that sticks out the bottle. Touching or holding the colored area may compromise the accuracy of the results.

MATCH THE COLOR PAD OF THE STRIP TO THE CHART

PLEASE NOTE: It is common your results will not EXACTLY match the color chart. This is quite normal. Just pick the CLOSEST color.

HOW TO STORE YOUR VAGINAL pH STRIPS

Store the Vaginal pH Test Strips in its bottle at room temperature. Your Just Fitter Vaginal pH Test Strips are made of imported quality materials which make it very durable and stay "fresh" in the package. This allows the test strips to provide accurate results.

ABNORMAL TEST RESULTS:

1. Check 'Expiration' date. If 'Expiration' date has passed, discard strips and repeat test with new strips.
2. Check for discoloration of unused reagent strips. Discoloration may occur if bottle cap was not completely closed, or if bottle was stored in extreme heat or cold. Repeat test with strips from new bottle.

At times when the color on the strip does not match the chart, choose the closest shade, or you may also run another test and make sure to carefully follow the instructions provided above.

FAQs – JUST FITTER Vaginal pH Test Strips

How accurate is this test?

Vaginal pH test strips show good agreement with a doctor's diagnosis. However, just because you find changes in your vaginal pH, doesn't always mean that you have a vaginal infection. pH changes also do not help or differentiate one type of infection from another. Your doctor diagnoses a vaginal infection by using a combination of: pH, microscopic examination of the vaginal discharge, amine odor, culture, wet preparation, and Gram stain.

Does a positive test mean you have a vaginal infection?

No, a positive test (elevated pH) could occur for other reasons. If you detect elevated pH, you should see your doctor for further testing and treatment. There are no over-the-counter medications for treatment of an elevated vaginal pH.

If test results are negative, can you be sure that you do not have a vaginal infection? No, you may have an infection that does not show up in these tests. If you have no symptoms, your negative test could suggest the possibility of chemical, allergic, or other noninfectious irritation of the vagina. Or, a negative test could indicate the possibility of a yeast infection. You should see your doctor if you find changes in your vaginal pH or if you continue to have symptoms.

REFERENCES:

<https://www.fda.gov/medical-devices/home-use-tests/vaginal-ph>
<https://www.verywellhealth.com/testing-vaginal-ph-at-home-3522670>

Distributed By:



2260 S Cole Rd Ste 110
Boise, ID
USA 83709
Phone: 18882978388

Vista Center,
50 Salisbury Road,
Hounslow,
TW4 6JQ UK

18 Riverbank Court,
Ashmore,
Queensland
4214 Australia