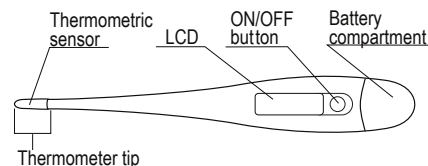


# Digital Thermometer

Model: BBT-113A2-F



## Congratulations on your purchase of this product.

Please read the instructions carefully before using the thermometer for the first time and keep these instructions in a safe place. This product is intended for the measurement of human body temperature.

## Basal body temperature

Your basal body temperature (BBT) is your lowest body temperature in a 24-hour period. This Basal Thermometer is sensitive enough to measure minute changes in body temperature. For BBT-charting it is best to take your temperature when you first wake up in the morning. It's important to record your temperature every day by using a BBT-chart. For more important information about BBT charting visit [www.iProven.com/bbt-chart](http://www.iProven.com/bbt-chart)

## Operating Instructions

Before using, please disinfect the probe. To switch on, press the ON/OFF button next to the display. A short beep will sound indicating that the thermometer is operational. At the same time, the thermometer runs a self-check test during which all the digital segments appear on the LCD. When the letters "Lo" and a flashing "°C" or "°F" displays, the thermometer is ready for use. If the ambient temperature is below 32°C or 89.6°F, then "Lo °C" or "Lo °F" will appear on the LCD. If the ambient temperature is over 42.9°C or 109.2°F; "Hi °C" or "Hi °F" will appear on the LCD. During the temperature reading, the temperature is displayed continuously and the "°C" or "°F" symbol flashes.

The measurement is completed when a constant temperature value has been reached. The temperature value is considered constant when the temperature rises less than 0.1°C within 16 seconds. When the constant temperature value is reached, a beep will sound 4 times, and the "°C" or "°F" symbol will stop flashing. The highest measured temperature appears on the LCD. Please note that this thermometer is a maximum thermometer, i.e. the displayed temperature can increase slightly if measurement continues after the beep. This is particularly the case with axillary measurements which require a significantly longer measurement period for accurate measurement of the core body temperature. In this instance, please follow the instructions described in the "Methods of measuring temperature" section. When the measurement is completed, switch the thermometer off by pressing the ON/OFF button. If not switched off, the thermometer will shut off automatically after 5 minutes.

## Memory function

To recall the last measurement, switch off the thermometer. Then press and hold the ON/OFF button until the last measurement appears on the LCD. Press the button again to turn the thermometer off. When the thermometer will remain turned on, the last measurement will be overwritten by a new one.

## Methods of measuring temperature

It is important to remember that the body temperature reading depends on the position where it is measured. For this reason, the measurement position must always be specified in order to ensure that a correct temperature reading is recorded.

## Rectal / Vaginal Measurement

This is the most accurate method from a medical point of view because it is closest to the core body temperature. The thermometer tip is inserted carefully into the rectum for a maximum of 2 cm. The usual measuring time is approximately 40 to 60 seconds.

## Axillary Measurement

Placing the thermometer in the armpit provides a measurement of surface temperature that can fluctuate by around 0.5°C/0.9°F to 1.5°C/2.5°F from rectal / vaginal temperature readings in adults. The usual measuring time for this method is approximately 80 to 120 seconds. It should be noted that an exact reading won't be obtained if, for example, the armpit temperature is lower than normal (the armpit temperature has been cooled down). If this is the case, extend the measuring time to 5 minutes in order to obtain a reading that corresponds more closely to the core body temperature.

## Oral Measurement

There are different heat zones in the mouth. As a general rule, the oral temperature is 0.3°C/0.5°F to 0.8°C/1.4°F lower than the rectal / vaginal temperature. To ensure that the reading is as accurate as possible, place the thermometer tip to the left or right of the root of the tongue. The thermometer tip should remain in constant contact with the tissue under the tongue during the reading. The mouth should remain closed during the reading. Eating or drinking just before measuring the temperature will result in an inaccurate temperature reading. The usual measuring time is approximately 50 to 70 seconds.

Note: We strongly recommend the rectal / vaginal method as the most accurate method for identifying the basal body temperature and advise you to extend the measuring time by 1 minute after the beep.

## Cleaning and disinfection

The best way to clean the thermometer tip is by applying a disinfectant (e.g. 70% ethyl alcohol) with a damp cloth. This waterproof thermometer can be immersed in liquid or lukewarm water for thorough cleaning and disinfection.

## Safety precautions

- Do not expose the thermometer to hot water.
- Do not expose the thermometer to high temperatures or direct sunlight.

- Do not drop the thermometer. It is neither shock-proof nor impact-resistant.
- Do not bend or open the device (except the battery compartment).
- Do not clean with thinners, petrol or benzene; Only clean the thermometer with water or disinfectant.
- Do not immerse the thermometer under water deeper than 15cm for longer than 30 minutes.
- The thermometer contains small parts (including a battery) which can be swallowed by children. For this reason, do not leave the thermometer unattended in the hands of children.
- If the ambient temperature is over 35°C or 95°F, dip the thermometer tip in cold water for 10 seconds prior to measuring the temperature.
- Persistent fever, in particular in children, has to be treated by a doctor. Please get in touch with your doctor!

## Explanation of display messages:

- Lo°C or Lo°F Temperature is under 32 °C or 89.6 °F.
- Hi°C or Hi°F Temperature is over 43 °C or 109.4 °F.
- ERR Error code; Please contact customer support.

- ☐ Battery is empty.

## Battery replacement

The battery is empty and needs replacing when the battery symbol ☐ appears on the right of the LCD. Remove the battery cover and replace it with a battery (preferably non-mercury) of the same type. Note: The "+" sign faces up and "-" sign faces down.




## Battery disposal


To protect the environment, please do not dispose of batteries as normal waste. Instead, please hand them in at a collection point or municipal recyclable material centre as special waste.

## Technical data

Type: *maximum thermometer*  
Measurement range: (32.00°C~43.00°C)/(89.60 °F ~109.40 °F)  
Measurement accuracy:  
+/-0.10°C/0.20°F (35.50°C~42.00°C / 95.90°F~107.60°F)  
+/-0.20°C/0.40°F (32.00°C~35.50°C / 89.60°F~95.90°F)  
Storage/transportation temperature:  
(-25~-55)°C, ≤95% RH  
Ambient temperature during use: (5~35 °C), ≤80%RH  
Min Scale: 0.01 °C/0.01°F  
Battery type:  
*Alkaline manganese battery, type LR41, 1.5V, service life minimum 100 hours under continuous operation.*  
Weight: *Approx. 12g*

## Explanation of symbols

-  Product disposal instructions for electronic devices.
-  The battery in this product complies with the requirements stated in European Directives 2006/66/EEC.
-  Type BF equipment.

 This electronic product must not be mixed with conventional domestic waste. Take this product to an appropriate waste collection point for correct handling and recycling.

## Legal requirements and guidelines

This product complies with the European Directive for Medical Devices 93/42/EEC and carries the CE mark. The device also complies with the specifications of the European Standard for Clinical Thermometers Part 3: Performance of compact electrical thermometers (non-predictive and predictive) with maximum device. The CE marking confirms that this is a medical device with a measuring function as defined by the Medical Devices Act, which has undergone a conformity assessment procedure. A Notified Body confirms that this product fulfils all the appropriate statutory regulations.

This thermometer conforms to all of the requirements established in ASTM Standard E 1112. Full responsibility for conformance of this product to the specification is assumed by iProven, 9450 SW Gemini Dr #48879, Beaverton OR, 97008-7105.

## Calibration check

This thermometer is initially calibrated at the time of manufacture. If this thermometer is used according to the operation instruction, periodic re-adjustment is not required. The calibration check should be carried out immediately, if there are indications that the product does not maintain the defined error limits or if the calibration could have been affected by an external factor or by any other means. For calibration please observe any national statutory or administrative regulations. The calibration check can be carried out by any competent authority or by authorised service providers. Test instructions for a calibration check can be provided to the relevant authorities and authorized service providers on request.

## Warranty

For 1 year extended warranty please register your product at [warranty.iproven.com](http://warranty.iproven.com)



This product is manufactured for: iProven USA LLC  
Address: 9450 SW Gemini Dr #48879  
Beaverton - OR 97008-7105

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