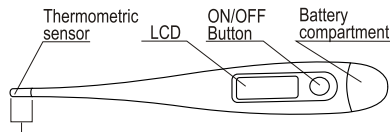




Basal Thermometer

Model: GM-300B



Thermometer tip

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

Operating Instructions

Before using, please disinfect the probe at first. 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" display, the thermometer is now 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 and if it is more than 43°C or 109.4°F, then "Hi°C" or "Hi°F" will appear on the LCD. During the reading, the current 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. As soon as the constant temperature value is reached, a beep will sound four times, and the "°C" or "°F" symbol will stop flashing. The highest temperature measured appears on the LCD. However, 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, should a temperature value be recorded which approximates the core body temperature. In this instance please note the description under "Methods of measuring temperature". When the measurement is completed, please switch the thermometer off by pressing the ON/OFF button. After the temperature has been displayed, the thermometer will shut off automatically after 10 minutes.

Memory function

Switch the thermometer off, then press the ON/OFF button for about 2 seconds. The last measured value with "°C" or "°F" will appear automatically on the LCD. This display is visible as long as the ON/OFF button is held down. The reading is only over-written when a new temperature value is recorded.

Methods of measuring temperature

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

In the rectum (rectal)

This is the most accurate method from a medical point of view, because it comes 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.

Under the arm (axillary)

Placing the thermometer in the armpit provides a measurement of surface temperature that can fluctuate by around 0.5°C to 1.5°C from rectal temperature readings in adults. The usual measuring time for this method is approximately 80 to 120 seconds. It should be noted, however, that an exact reading cannot be obtained if, for example, the armpits have been allowed to cool. If this is the case, we recommend extending the measuring time by around 5 minutes in order to obtain the most precise possible reading that corresponds as closely as possible to the core body temperature.

In the mouth (oral)

There are different heat zones in the mouth. As a general rule, the oral temperature is 0.3°C to 0.8°C lower than the rectal temperature. To ensure that reading is as accurate as possible, place the thermometer tip to the left or right of the root of the tongue. The thermometer tip must have constant contact with the tissue during the reading and be placed under the tongue in one of the two heat pockets at the back, keep the mouth closed during the reading and breathe evenly through the nose. Do not eat or drink anything before the measurement. The usual measuring time is approximately 50 to 70 seconds.

Note: We strongly recommend the rectal method as the most accurate method for identifying the basal temperature, and advise you to extend the measuring time by 3 minutes after the beep.

How to change the measuring scale (only for switchable type)

To switch the display between °C and °F, turn the unit on. Press and hold the ON/OFF button for 2 seconds, the display will show another scale.

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 thermometer model GM-300B is guaranteed waterproof and can therefore be immersed in liquid or lukewarm water for through cleaning and disinfection.

Safety precautions

- Do not allow the device to come into contact with hot water.
- Do not expose 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 with water or disinfectant.
- Do not immerse the Waterproof thermometers under water 15cm for longer than 30 minutes.
- The thermometer contains small parts (battery, battery compartment) which can be swallowed by children. For this reason, do not leave the thermometer unattended in the hands of children.
- Avoid bending the thermometer tip.
- If the ambient temperature is over 35°C or 95°F, dip the thermometer tip in cold water for approx. 5 to 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!

Battery replacement

The battery is empty and needs replacing when the "⬇" or "⬜" 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. Please note: the "-" sign up and "+" sign down

Product disposal

Please ensure environmental protection. Batteries do not belong in the domestic waste. Please hand them in at collection point or the municipal recycle material centre as special waste.



This symbol on products and/or accompanying documents means that consumed electronic products must not be mixed with conventional domestic waste. Take these products to the corresponding collection points for correct treatment and recycling, where they will be accepted free of charge. For more information on the closest collection point, Please enquire with your local authorities.

Technical data

Type: maximum thermometer
 Measurement range: (32.00~ 43.00)°C/(89.60~109.40)°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

⬇ or ⬜ battery is empty



Product disposal instructions for electronic devices



The battery in this product complies with the requirements stated in European Directives 2006/66/EEC.

Lo°C or Lo°F: temperature under 32°C or 89.6°F

Hi°C or Hi°F: temperature over 43°C or 109.4°F



Type BF equipment



Read IFU carefully

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 in the sense of the Medical Devices Act, which has undergone a conformity assessment procedure. A Notified Body confirms that this product fulfils all the appropriate statutory regulations.

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 has to be carried out immediately, if there are indications that the product does not keep the defined error limits or the calibration properties could have been affected by an intervention or by any other means. Please also observe any national statutory regulations. The calibration check can be carried out by the competent authorities or by authorised service providers. A test instruction for calibration check can be provided to the relevant authorities and authorised services providers on request.

Warranty

This product is warranty for 1 year from the date of leave factory. Damage resulting from incorrect use or abuse is not covered by the warranty. Battery and packaging are excluded from the warranty. Claims beyond this, including claims for damages, are excluded. If you find that the thermometer is defective and not in good function, please firstly check the battery before sending in for repair.