

# Vaginal pH-Cotton Swabs

## EcoCare™ Comfort

For the determination of vaginal acidity (the pH value)

### VALUE OF MEASURING VAGINAL pH (ACIDITY)

#### A. Maintain vaginal health during pregnancy Decrease the risk of premature birth

The most common cause of premature birth is the colonization of infection-causing bacteria in the vagina. This may go unnoticed by the expectant mother, and in high concentrations, may induce preterm birth. These bacteria displace the naturally occurring Döderlein bacteria, which through the release of oxygen and the production of lactic acid produce a vaginal milieu which normally provides protection against the intrusion of alien bacteria. If this normal balance is disturbed, this may lead to a drop in oxygen tension and an acidity decrease in the vagina and thus to an increase of the pH value. (The pH value provides information about acidity; the more acid the vaginal content, the lower the pH value). This may allow infectious pathogens to travel from the vagina into the uterus and/or lead to the production of labor-inducing agents, and thus to preterm labor, even premature rupture of the amniotic sac and ultimately to premature birth.

The earlier this disturbance is recognized, the greater the chance to prevent a premature birth through corresponding countermeasures. For this reason the pH-EcoCare™ test system was developed. It enables expectant mothers to easily detect disturbances in vaginal acidity.

Bacterial vaginosis (BV) or disturbance in the vaginal milieu is diagnosed in approximately 15-20% of all pregnant women, thereby increasing the probability of an infection and, as a consequence

- premature birth
- chorioamnionitis
- premature rupture of the amniotic sac
- fever during childbirth
- postpartum endometritis
- a bacterial infection of the newborn infant.

Through regular self-testing of the vaginal pH value, expectant mothers can reduce this risk!

#### B. General early detection of disturbances of the vaginal flora

By measuring the pH value just above the vaginal opening, other disturbances of the vaginal balance can easily be detected. If the woman herself, even if she is not pregnant, regularly inspects vaginal acidity using EcoCare™ pH-cotton sticks, early stage infection or vaginal milieu imbalances can be identified and specifically treated.

Approximately 20% of all women who consult a gynecologist suffer from a vaginal infection with varying symptoms such as

- itching
- burning
- dryness
- increased discharge and/or
- fishy odor.

#### C. Medical examination of the vaginal content

Due to the cotton content of the pH-cotton stick, a specimen of the vaginal discharge is always taken which can be applied to a glass slide. By means of native microscopy the specimen can be investigated for signs of infection, cells and pathogens. With this method the doctor can easily diagnose bacterial vaginosis, trichomoniasis and fungal infection.

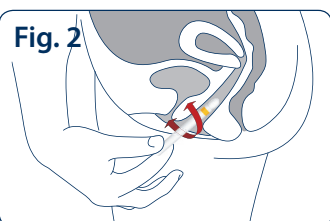
### Method

1. Wash your hands before beginning the test.
2. Take one pH-cotton stick out of the foil.
3. Do not touch the indicator with your fingers and make sure that it does not come into contact with liquids.
4. Hold the pH-cotton stick at the end of the stick between your thumb and index finger. (see Fig. 1)
5. Gently insert the EcoCare™ pH-cotton stick 2-3 cm into the vagina, as if you would use a tampon. (see Fig. 2)
6. Gently rotate the pH-cotton swab to ensure that the indicator layer comes into contact with the vaginal wall and/or vaginal content
7. The indicator changes color according to the acidity.
8. Read the result immediately after extracting the pH-cotton stick. Compare the color of the indicator with the color scale. (see Fig. 3 on next page)
9. Vaginal pH values up to 4.5 are within the normal/healthy range.

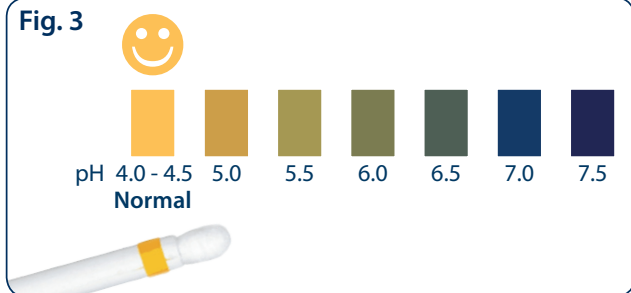
Fig. 1



Fig. 2



**Fig. 3**



## Regular Tests

It is recommended to perform the test regularly, once or twice a week. Record the test values and the date in the table below to present them to the gynecologist, if necessary.

Test	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
pH-Value															
Date															

Test	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
pH-Value															
Date															

## Important Information

If the pH value is not in the normal range on a single test, there is not yet any reason to worry. In this case repeat the test several hours later or the next day. If the pH value is still not in the normal range, you should consult your doctor without delay so that the cause of the elevated pH value can be determined.

The vaginal pH-cotton sticks can only be used to determine the pH value, but not to detect an infection. A normal pH value cannot exclude an infection to 100%. If you should have symptoms despite a normal pH value, please consult your doctor.

The vaginal pH-cotton stick is for one-time use only.

## Storage

Store in sealed package. Keep out of reach of children.



### Manufacturer

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### Sales

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Storage temperature from 10°C to 30°C



Follow instructions for use



For one-time use only



Charge number



Catalog number



Best-before date/expiration date



CE mark