

Vaginal infection prevention

Rapid test to determine the pH value

1 min



Accuracy
> 99 %



Is your vaginal flora in balance?

Healthy vaginal flora has a slightly acidic pH between 3.8 and 4.5. If the pH is higher, this suggests an imbalance in the microbial environment in the vagina due to bacteria or fungi. This is generally associated with symptoms such as a discharge, fishy smell, itching, burning or dryness.

Knowing where you stand: Rapid test for vaginal infection prevention

The rapid test for vaginal infection prevention helps you to quickly and reliably determine whether your vaginal pH is higher than 4.5. If the result is positive, you should discuss how to proceed with your doctor. This pack contains 2 self-tests so that you can confirm the first result. Please keep the instruction leaflet to use with the second test.

How reliable is the Veroval® test?

The rapid test for vaginal infection prevention was developed to make the accuracy and reliability of modern diagnostics available for private use at home. The test is based on measuring the vaginal pH using a swab and therefore corresponds to the latest medical research. **A performance evaluation study confirmed an accuracy of greater than 99%**

Is the test complicated to use?

No: all you need is a clock with a seconds display. The exact test procedure is described overleaf.

Performance data:

In a performance evaluation study the rapid test for vaginal infection prevention showed an accuracy of greater than 99% in the critical range of pH 4 to 5 compared to measurement using a pH electrode.

What should I pay attention to?

Storage:

• Store the self-test and all components at +4 °C to +30 °C.

Shelf life:

• The product may only be used until the printed expiry date.

Accuracy:

• Accuracy is greater than 99 %.

Application:

- The result of the test will **not be reliable** if the measurement is taken **within 12 hours of sexual intercourse**, within **12 hours of using vaginal therapeutic products** (pessaries, creams, etc.) as well as **during and 3 to 4 days after your period**.
- Do not wash your genital area immediately before taking the measurement.
- Urine can distort the test result.
- Improper use may lead to tearing of the hymen (similar to the use of tampons).
- Do not use if the foil bag is open or the applicator is damaged.
- Only use the applicator once.
- Do not dismantle the applicator.
- Keep the test out of the reach of children.
- The final diagnosis should always be made together with your doctor.

Disposal:

• All test components can be discarded in the domestic waste.

Important information about pregnancy:

Bacterial vaginosis is diagnosed in 15–20% of all pregnant women and this infection is associated with an increase in the risk of premature birth, premature rupture of membranes, fever during birth and bacterial infection of the unborn baby. It is therefore recommended to keep the rapid test for vaginal infection prevention handy in case you become pregnant and to measure the pH twice weekly.

Materials

- 2 applicators and desiccant, packed separately in foil bags
- 1. Instruction leaflet

Explanation of symbols

Consult instruction leaflet	In-vitro diagnostic product (for use outside the body)	Expiry date (see imprint on packaging)
Store in a dry place at +4 °C to +30 °C. Do not freeze.	Contents sufficient for 2 tests	Do not re-use
Manufacturer		LOT Batch number (see imprint on packaging)
Reaction time in the applicator	Rapid test for self-testing	

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Vaginal infection prevention

Rapid test for self-testing

This is how it's done:

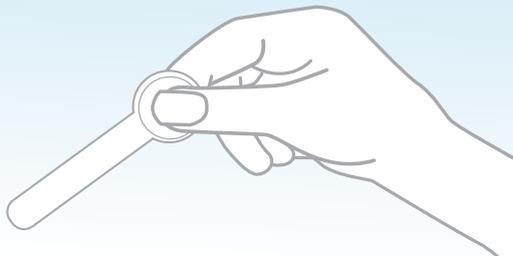
- 1** • Place the foil bag with the applicator in front of you on a flat surface.

Contents:

1 applicator and desiccant in a foil bag

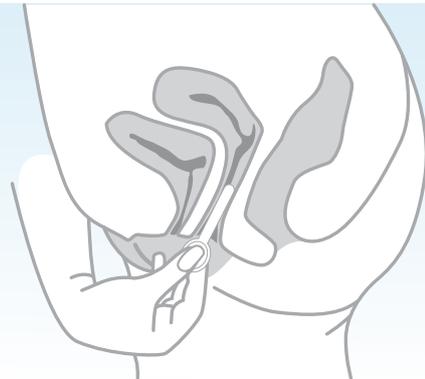


- 2**
- After you have washed your hands, take the test out of the foil bag.
 - Only hold the applicator by the round grip on the end, using your thumb and forefinger.
 - Your thumb should only ever be on the side of the vaginal applicator where there is no pH measurement zone.
 - Avoid any other fluids coming into contact with the pH measurement zone.



- 3**
- Squat down with your knees apart or stand with one foot on the toilet seat or any other solid surface.
 - Gently part the vaginal opening with your free hand by carefully moving aside the outer labia.

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- Gently insert the vaginal applicator into your vagina as though you are using a tampon (approximately 1–3 cm into your vagina but no further than the round grip).
- Now gently press the inserted vaginal applicator against the back wall of the vagina (towards the rectum) for about 10 seconds so that the pH measurement zone is thoroughly moistened. It is important that the applicator is thoroughly moistened to obtain a correct result.

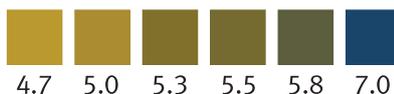
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- Then remove the vaginal applicator carefully from the vagina and immediately read the test result while the measurement zone is still wet.

Assessing the result



If the colour of the pH measurement zone is yellowish, your vaginal pH is between 4.0 and 4.4 and therefore in the normal/healthy range.



If the colour of the pH measurement zone is more of a brown/green/blue tone, your vaginal pH is greater than 4.4. Vaginal pH values greater than 4.4 are outside the normal/healthy range.

If the pH measurement zone does not have a uniform colour after you have carried out the test, this is an indication that the test was not done correctly. One possible cause is that the pH measurement zone was not sufficiently moistened with vaginal secretions. In this case, you can repeat the measurement using the same vaginal applicator. After assessing the test, dispose of the applicator (and the packaging) in the household waste.

If your vaginal pH is again not in the normal range, there is no reason for concern. In this case, repeat the measurement several hours later or the next day. If the pH is still not in the normal range, you should speak to your doctor to clarify the reason.

Information:

The following are possible causes of an elevated vaginal pH:

- bacterial vaginosis or mixed bacterial infection (possibly caused by sexually transmitted infections)
- premature rupture of membranes
- improper and/or excessive care of the genital area (frequent vaginal douching, inappropriate cleaning products)
- reduced oestrogen levels (oestrogen supports the breakdown of glycogen to lactic acid)
- postoperative wound infection

Remember that a number of factors can temporarily change the vaginal pH. The cause is not always a disease! If you develop the following symptoms, you should always seek medical advice: bleeding (including spotting), itching or burning in the vagina, increased discharge, fishy or unpleasant smell, burning during urination, period-like symptoms or suspected leakage of amniotic fluid.