

VAGINAL HEALTH TEST

PLEASE READ INSTRUCTIONS CAREFULLY BEFORE USE

The Indications for Use:

The Vaginal Health Test is an over-the-counter home test kit, to be used by women of menstruating age, to test the acidity of vaginal discharge. It is intended for use by women who have any of the following symptoms: vaginal itching, or an abnormal color, odor, or excessive amount of vaginal discharge. The test may help determine if your symptoms are caused by an infection that may require follow-up by your healthcare provider.

The Vaginal Health test is a convenient easy-to-use vaginal acidity test for use by women of menstruating age who have symptoms that may be associated with a vaginal infection. These symptoms include:

- Abnormal discharge (it is excessive, an unusual color, or has an unpleasant odor compared to your usual discharge)
- Itching
- Irritation or burning

This test may help you determine if your symptoms are caused by an infection, which may require follow-up by your healthcare provider.

The test assesses your vaginal discharge and indicates whether your vaginal acidity is normal or abnormal. **It does not indicate a specific vaginal infection.** If you receive a result of abnormal acidity detected (positive result), you **MUST** discuss your symptoms and results with your healthcare provider - **do not treat yourself with OTC (over the counter) antifungal creams.**

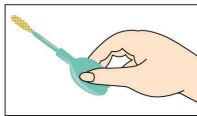
NOTE: If you are pregnant, consult your healthcare provider before use, as interpreting test results during pregnancy requires professional knowledge. Never try to treat yourself before discussing your symptoms and the results of this test with your healthcare provider.

Conditions and Limitations:

- To ensure valid results, do not perform the test if: It is less than 1 day before, or 5 days after your period.
- Do not use the test if you have any Pre-menopause, menopause or post menopause symptoms and are not using hormonal replacement therapy.
- Do not use the test to test for sexually transmitted diseases such as HIV, Chlamydia, herpes, gonorrhea, or syphilis.
- Do not use the test until 72 hours after the application of vaginal preparations like contraceptive creams.
- Do not perform the test if you have any signs of menstruation or any vaginal bleeding.
- Do not perform the test if it is less than 48 hours after sexual intercourse or vaginal douching.
- Do not use the test while sweating (e.g., during or immediately after exercise).

HOW TO USE THE TEST:

1. Thoroughly wash and dry your hands.
2. Remove the **Test Swab** from the foil pouch. Do not use if the foil pouch is damaged, or if the device appears to be damaged in any way.
3. Make sure that the **Tip** does not contact anything before insertion into the vagina.
4. Hold the **Test Swab** with your fingers on the **Handle**.
5. Separate the vaginal outer skin layer so the vagina is exposed.



6. Insert the yellow **Tip** until your fingers reach the outer skin of the vagina (approximately 2 inches into the mid vagina) and rotate several times. Do not touch the vaginal entrance.
7. Withdraw the **Test Swab** from your vagina. Carefully avoid touching the **Tip** to anything, and check that it has collected a visible amount of secretion. If you are not certain that vaginal discharge was collected on the tip, perform the test again using a new **Test Swab**.



REPEATING THE TEST

If you are not certain that vaginal discharge was collected on the tip, perform a second sampling. If the tip stained blue or green on either test your vaginal acidity is abnormal, and you should consult your healthcare provider.

HOW TO READ YOUR RESULT:

Wait 10 seconds to read your results. Check the **Tip** for color changes from yellow to blue or green.

Note: If any blood stain appears on the swab, disregard the result.



Abnormal Acidity Detected (Positive Result)

If any part of the **Tip** is stained blue or green, your vaginal acidity (pH) is abnormal, and you may have a vaginal infection. You should see your healthcare provider for further testing and treatment.

Do not self-treat.

Important: If you are pregnant and the tip is stained blue or green, the color may indicate an amniotic fluid leak. It is important to consult your healthcare provider as soon as possible.



Normal Acidity Detected (Negative Result)

If the entire **Tip** remains yellow, your vaginal acidity (pH) is normal. If you are experiencing symptoms of an infection (abnormal discharge, itching, irritation, or burning) you may have a yeast infection. If this is your first yeast infection see your healthcare provider.

Be sure to wash your hands after you have finished the test. Dispose of the **Test Swab** with normal household waste.



Questions?

Contact: info@cs-commonsense.com
Our professional staff is available to assist you.

QUESTIONS & ANSWERS

1. WHAT IS VAGINITIS?

Vaginitis is a term for any infection or inflammation of the vagina.

2. WHAT CAUSES VAGINITIS?

Bacterial Vaginosis (BV) is the most common cause of vaginitis and causes up to 50% of cases in all women and 10-30% of cases in pregnant women. Candidiasis (also known as a "yeast infection") can cause up to 25% of cases, and trichomoniasis, a parasitic infection causes up to 20% of vaginitis infections. There are also non-infectious cases of vaginitis. These are usually caused by an allergic reaction or irritation from vaginal sprays, douches, spermicidal products, soaps, detergents, or fabric softeners. Burning, itching, or vaginal discharge may be present even if there is no infection.

3. WHAT IS CONSIDERED AN ABNORMAL VAGINAL DISCHARGE?

A vaginal discharge is abnormal if it is excessive, has an unusual color, or has an abnormal odor, compared to your usual discharge. The test can also be performed in cases of itching or irritation with a normal discharge.

4. WHAT KIND OF DISCHARGE IS ASSOCIATED WITH BV?

The discharge may have an odor and is usually uniformly thin and watery. It may be grayish white to yellowish white in color.

5. IS BV TREATED THE SAME WAY AS A YEAST INFECTION?

No. BV is caused by an abnormal growth of bacteria and must be treated with prescription antibiotics. A yeast infection is caused by a fungal infection, which can often be treated using over-the-counter antifungal treatments. Yeast infection can be confirmed by your physician, and prescription treatments for yeast infection are also available.

6. WHY SHOULD I BE CONCERNED ABOUT BV?

If left untreated, BV can lead to a serious infection of the reproductive organs called pelvic inflammatory disease. BV can lead to complications in pregnant women, including serious infections and premature birth.

7. WHAT IS VAGINAL pH?

Abnormal vaginal pH level could be due to an imbalance of healthy bacteria in the vagina. Generally, pH levels up to 4.5 are considered normal; pH levels above 5.0 are considered abnormal.

8. HOW DOES THE TEST FOR VAGINAL HEALTH WORK?

The test swab changes colors when the acidity of the vaginal discharge is abnormal (pH level is elevated, or the discharge is "watery"). "Watery" discharge and elevated vaginal pH levels are known to accompany bacterial and parasitic infections, as well as noninfectious causes (including estrogen deficiency).

Continued from question 8

When the yellow tip comes in touch with vaginal discharge with abnormal acidity it changes color to blue or green. The color change creates a stain that is darker and easily observed over the yellow background.

9. IF I HAVE VAGINAL ITCHING, BURNING, AND/OR ABNORMAL DISCHARGE, AND I RECEIVE A RESULT OF ABNORMAL ACIDITY DETECTED, WHAT SHOULD I DO?

You should discuss your symptoms with your healthcare provider to help determine the best treatment for your vaginal discharge and symptoms. Do not self-treat.

10. IF I HAVE VAGINAL ITCHING, BURNING, AND/OR ABNORMAL DISCHARGE, AND I RECEIVE A RESULT OF NORMAL ACIDITY DETECTED, WHAT SHOULD I DO?

You may have a yeast infection. If you use an over-the-counter treatment and your symptoms do not go away, or if this is your first yeast infection, see your healthcare provider. If you are unsure if you have a yeast infection or how to treat yourself, you should consult your healthcare provider.

11. CAN I HAVE MORE THAN ONE TYPE OF INFECTION AT ONE TIME?

Yes. In one study, 21.1% of the women with presumed yeast infection actually had mixed infection (a combination of yeast and/or bacterial infection and/or trichomoniasis).

12. CAN I TAKE A SHOWER BEFORE USING THE TEST?

Yes. Showering before use will not affect the results; however, make sure you are completely dry before using the test as excess water may affect the test result.

13. HOW ACCURATE IS THE VAGINAL HEALTH TEST?

In a clinical study, of cases with abnormal vaginal acidity there were approximately 14% false negative cases accounting for a sensitivity of 86.32%. Of cases with normal vaginal acidity approximately 7.0% of false-positive cases were detected, accounting for a specificity of the test at 93.43%.

14. ARE THERE ANY OTHER FACTORS THAT CAN AFFECT MY RESULT?

Yes. Other factors that may affect vaginal acidity (pH) levels include blood, semen, menopause, post-menopause and peri-menopause (low estrogen).

Do not use past its expiration date.
Store at 59°-86°F (15°-30°C). Do not freeze.
Keep out of the reach of children.
Do not use if the swab is damaged.
Made in Israel.

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