

LADY-COMP® BABY-COMP®

Instructions



.....the intelligent cycle computers

Congratulations on your choice to natural contraception in future.

Whether you have purchased Lady-Comp or Baby-Comp, whether you are looking for reliable contraception or family planning for a planned pregnancy – you have made the right choice. Tens of thousands of women have already made this before you. And they were all fully satisfied with this safe and natural method.

Please read these instructions attentively and completely for your own safety. You will find everything that you need to know about this device in the table of contents or in the alphabetical index.

We wish you a successful start

Functions Lady-Comp / Baby-Comp

Connecting Lady-Comp / Baby-Comp 8

Connections

Charging the battery

The most important things first 9

Basics 10

Self-testing and switching on and off . . . 11

Operating levels Lady-Comp 12

Function keys 13

Round button, plus button, minus button

Fast mode

Back to the starting position

Display Lady-Comp 14

Necessary settings

before commencement. 15

1. Charge the battery for 24 hours
2. Setting the alarm
3. Activate the alarm clock
4. Enter past menstruation data, if any
5. Enter BMI
6. Temperature reading next morning
7. Reading fertility
8. Enter "M" when menstruating

Temperature reading time limit. 18

Changing the temperature reading time limit

Clearing the temperature reading time limit

Temperature reading 20

General information

How to take your temperature

Interruptions when taking your temperature

Reading symbol doesn't light up

No readings taken

Functions Lady-Comp / Baby-Comp

Entering menstruation data "M" 22

- Entering menstruation data at the beginning
- Entering "M" after some time of use
- Correcting "M"
- Activating "M"
- Entering "M" retrospectively / at a later time

Fertility display 24

- The device gets to know your cycle
- Pregnancy display Lady-Comp
- Potential fertility display
- Retroactive fertility display

Cycle statistics Lady-Comp 26

- Mono-phases and CLI
- Query cycle statistics
- Data analysis and print-out

Settings 28

- Setting the time
- Setting the date
- Setting the alarm tone,
switching the alarm-clock on and off

Further information 30

- During interruptions
- Back in operation after interruption
- After taking the pill
- Summer and winter time
- Travelling / Time zones
- Shift work
- No temperature readings:
increase in temperature / fever
- Pearl-Index
- Data print-out

Additional functions Baby-Comp**Operating levels Baby-Comp** 32**Display Baby-Comp** 33**Planning level**..... 34

Pregnancy planning

Sex prognosis

Entering "SI" data

Conception date and birth date

Pregnancy..... 36

Pregnancy display

Pregnancy confirmed

Interruption during pregnancy

Back in operation after pregnancy

Cycle and planning statistics 38

Data analysis, print-out and consulting service

General Lady-Comp / Baby-Comp**Technical – Disposal** 40

Deleting saved data

Device

Mains power unit

Battery / Battery quality check

Loss of data

Disposal

Care – Maintenance – Safety 42

Cleaning, care, maintenance

Safety advice

Problems and Troubleshooting 44**Indications / Contraindications** 45**Information on Electromagnetic
Compatibility** 46**Alphabetical index** 50



Lady-Comp / Baby-Comp will be delivered with an integrated battery and a separated mains power plug (comp. page 40).

When you receive the device, the battery is not charged.

- The first time the battery must be recharged approx. 24 hours.
- When recharging the battery is completely recharged after approx. 12 hours.
- If the unit is not used for some time, it must be charged every 3 months to ensure that the battery does not suffer any damage.
- Lady-Comp / Baby-Comp must only be used **with battery power**

Connection

On the rear of the device:

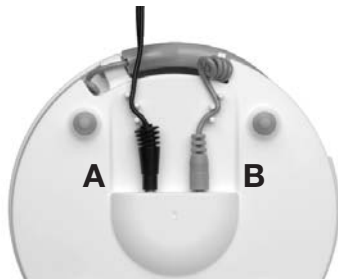
- Socket of the mains power unit in connecting socket A
- Sensor in connecting socket B

Important: Please first establish connection A, then establish mains connection.

Recharge battery

Please observe the sequence below:

1. First insert the socket of the mains power unit into the connecting socket A
 2. Then establish mains connection
 3. Recharge battery
 4. Dissolve mains connection
 5. Unplug the socket of the mains power unit from connecting socket A
- Now Lady-Comp / Baby-Comp is ready for use for approx. one month.
 - When the display **BA 09** to **BA 01** is shown, the battery must be recharged again.



- The battery in your new device must be charged for 24 hours **before you first use it**. During charging, the charge condition indicator Lo 01 to Lo 10 will light up.
- Your device is now ready for around 30 days' use.
- **Temperature readings cannot be taken during charging.**

Right from the beginning the programme works with entered historical data. The more regularly you take your temperature, the faster the device learns to know and interprets your individual cycle.

It shows more and more green days (infertile days) and the red days (fertile days) are more and more limited.

- You can take your temperature early in the morning right after waking up.
- **Always** take your temperature immediately after waking up, before getting up, i.e. before becoming active. (morning temperature = basal body temperature)
- If you have past menstruation data, please enter it **before** the first temperature reading.
- The alarm clock **must** be set on the previous day before 12 p.m. and must be activated for the first day of application.
- Please stop taking the pill before starting. Because: The programme is based on the fact that the ovulation is accurately identified. The pill, however, prevents the ovulation.
- Hormone loops **must** be removed before beginning. In case of a copper loop it is recommended to remove it.



When putting into operation sample values are saved in your Lady-Comp / Baby-Comp. These values are automatically deleted as soon as you have made your own first temperature reading or have already entered your menstruation data. The sample values appear again if you ever delete your data.

Self-testing and trial readings

Lady-Comp / Baby-Comp shows all displays as part of a test.

Proceeding from the time display:

- Press the plus button 3 times.
- Lady-Comp / Baby-Comp now runs through all its symbols independently. The device tests itself and indicates this in the display window.
- When the test is completed the time appears and the thermometer symbol is illuminated.
- If you now press the round button, the thermometer flashes and is ready for a reading.
- If no trial temperature reading should be made, then press the minus and plus button simultaneously.

Switching on the device

- Press any button.
- The current time is shown.

Automatic switching off and automatic return to the alarm display

- If you do not press any button for 30 seconds, the device automatically returns to the alarm display and switches off completely after around 60 seconds
- The display then remains dark until the next time a button is pressed or the alarm sounds.
- When you press the plus and the minus button simultaneously, the device automatically returns to the alarm display.

12 Operating levels Lady-Comp

TIME LEVEL



press shortly = switch it on

ALARM CLOCK ← -	ALARM TIME ← -	TIME + →	DATE + →	YEAR + →	TEST + →
	07:00	13:46	24.08.	2008	
- off / on +	alarm setting	set time	set date		
	○ 5 seconds	○ 5 seconds	○ 5 seconds		
hours - +	hours - +	hours - +	hours - +		
	○ shortly	○ 5 seconds	○ 5 seconds		
minutes - +	minutes - +	minutes - +	minutes - +		
	○ 5 seconds	○ 5 seconds	○ 5 seconds		

FERTILITY LEVEL



press shortly

FERTILITY ← -	TEMPERATURE READING VALUE / CYCLE DAY + →	FERTILITY + →
23.08./36.63	36.65 / .14	.01
	no - + yes	
Reverse display up to 180 or 250 days	enter menstruation	Advance display up to 6 days
- +	○ 5 seconds	- +
advance / reverse	M +	advance / reverse

LEVEL CYCLE STATISTICS



press shortly

LENGTH OF CYCLE ← -	NUMBER OF READ CYCLES + →	INCREASE IN TEMPERATURE + →	OV RANGE + →
L:28	C:10	JF.27	0-:02



press shortly / back to the time level

Lady-Comp / Baby-Comp have different operating levels.

Please use the function keys for all inputs and in order to select the different levels.

Round button

- With the round button, you can change the levels.
- With the round button, you can make the device ready for setting.
- Ready for setting:
press and hold the round button for 5 seconds
- When the display flashes, it is ready for setting. The respective data can be advanced or reversed by pressing the plus or minus button.
- Setting completed: press and hold the round button for 5 seconds
- Confirmation of the desired input: the flashing stops and there is an acoustic signal.

Back to the starting position

- By pressing the plus and the minus button simultaneously, you can go return to the starting position / time.

Plus button

- With the plus button, you can advance and enter data (for example to confirm menstruation).

Minus button

- With the minus button, you can go backwards (for example to look at past temperature readings and evaluations).

Fast mode

- By pressing and holding the plus or minus button, you can fast advance or go backwards..

- 1 **Fertility indicators**
(from left to right)
red = fertile
yellow = learning area and transition area or
missing data
green = infertile
- 2 **Alarm indicator:**
lights up when the alarm is switched on.
- 3 **Display for all information:**
concerning time, dates, temperature readings etc.
- 4 **Thermometer symbol:**
lights up during temperature reading time and
flashes when being ready for temperature
reading.
- 5 **Menstruation indicator:**
„M“ flashes for input „+“ yes / „-“ no menstruation
„M“ lights up constantly, if „+“ was entered.



- 1. Charge battery for 24 hours**
- 2. Setting the alarm**
- 3. Activate the alarm clock**
- 4. Enter past menstruation data, if any**
- 5. Enter BMI**

- 6. Temperature reading next morning**
- 7. Reading fertility**
- 8. Enter “M” when menstruating**

When you receive Lady-Comp / Baby-Comp, the year, date and time are already correctly set.

When travelling in different time zones you have the possibility to change the date and time to the local time.

- 1. Charge battery for 24 hours**
It is not possible to take a temperature reading during the charging process.

2. Setting the alarm

Proceeding from the time display:

- Press the minus button once.
- The alarm setting appears on the display.
- Now hold down the round button for 5 seconds. The alarm time flashes.
- Advance the hours using the plus button or reverse the hours using the minus button.
- If the plus / minus button is held down more than three seconds, fast mode begins.
- Afterwards press the round button, now you can adjust the minutes in the same way.
- Advance the minutes using the plus button or reverse the minutes using the minus button.
- Input completed: press and hold the round button for 5 seconds.
- The flashing stops and you can hear an acoustic signal. The current alarm setting appears on the display.

3. Activate the alarm clock

Starting from the time display:

- Press the minus button once, the alarm time is displayed
- Press the minus button again, the bell flashes.
- Press the plus button and the bell lights up continuously. You will be woken at your desired time.

4. Enter past menstruation data, if any

If you have past “M” data about your cycle, **you can enter this data into the device before the first temperature reading.** Activate “M” as described on page 23.

Only the first “M” day is to be entered per cycle, the device saves automatically three “M” days. Begin with the input of the furthest menstruation back in time.

5. Enter BMI

BMI = Body Mass Index: date of birth, weight and height. Entering the data facilitates the cycle evaluation.

- By simultaneously pressing the + / – button for 5 seconds, these values can be entered.
- First the year of birth appears, the birth symbol lights up.
- Enter your year of birth:
 - Hold the round button down for 5 seconds
 - The year will flash
 - Enter your year of birth using the plus and minus buttons.
 - Save changes: hold the round button down for 5 seconds.
- Enter your height:
 - Press the round button quickly
 - Then hold it down for 5 seconds
 - The height will flash
 - Enter your height using the plus and minus buttons.
 - Save changes: hold the round button down for 5 seconds
- Enter your weight:
 - Press the round button quickly
 - Then hold it down for 5 seconds
 - The weight will flash
 - Enter your weight using the plus and minus buttons.
 - Save changes: hold the round button down for 5 seconds

- To save your changes, press the round button quickly and the calculated BMI figure will appear.
- Shortly press the round button to save data and return to the time display.

6. Temperature reading next morning

Take your **basal body temperature** after waking up in the morning. The basal body temperature is the temperature of the body just after waking up, before getting up and before becoming active in any way. More information on temperature reading on page 20.

The device is ready to take a temperature reading

- +3 / -3 hours before or after the previous temperature reading time. (see page 18)

7. Reading fertility

The device shows your temperature reading value and your fertility for the day:

red	fertile
green	infertile
yellow	learning area and transition area
red flashes	prognosis ovulation day (= ovulation)

8. Enter “M” when menstruating

After the temperature reading the “M” = menstruation possibly flashes.

- If you are menstruating, press the plus button, “M” remains illuminated.
- If you are not menstruating, press the minus button, “M” disappears from the display.
- **Enter “M” on at least three consecutive days.**
- **If you are menstruating and the device does not ask you for input, activate “M”** (see page 23).

Temperature reading time limit

Lady-Comp / Baby-Comp controls the temperature reading time limit. It is based on the actual reading time and determines the reading time for the next day.



The temperature reading time limit comprises **6 hours**, beginning and ending **three hours before and after the last temperature reading time**, if differing from the alarm setting time.

Temperature can only be taken **once** a day, **within** the temperature reading time limit.

Before the first temperature reading, the alarm clock must be activated.



You can identify the reading time from the **continually illuminated** reading symbol.

The reading time limit is independent of the alarm and is calculated from the measurement time on the previous day (+3 / -3 hours).

Example:

1st day Reading at 06.00 hr
 2nd day *Reading time limit 03.00 – 09.00 hr*
 Reading at 07.00 hr
 3rd day *Reading time limit 04.00 – 10.00 hr*
 Reading at 09.00 hr
 4th day *Reading time limit 06.00 – 12.00 hr*
 etc.

Normally the alarm setting time and the temperature reading time are both the same. We recommend that you allow Lady-Comp / Baby-Comp to wake you up.

If you wake up within the temperature reading time limit, e.g. to look after your child, take your temperature. If you get up late and the temperature reading time limit is over, there is no temperature reading for that day.

Changing the temperature reading time limit

The temperature reading time limit is changed by the alarm, e.g. at the weekend or for shift work.

Clearing the temperature reading time limit

If no reading is taken for three days, the temperature reading time limit is cleared and has to be set again using the alarm.

General information

Taking your basal body temperature reliably every day is one of the key elements of our system. The basal body temperature is the temperature immediately after waking up, **before** getting up, **before** becoming active in any way.

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

How to take your temperature

Place the thermometer under your tongue, right at the back, either to the left or the right of the frenulum and close your mouth. While taking your temperature, the thermometer should not be moved. You will get the best results when choosing the same thermometer position every day.

Temperature reading



Lady-Comp / Baby-Comp wakes you up with a signal tone.

By pressing any button, the alarm tone can be switched off.



The thermometer symbol is illuminated. It is ready for a temperature reading.

Now place the thermometer under your tongue, right at the back, either to the left or to the right of the frenulum and close your mouth. To take your temperature, press any button.



The thermometer symbol flashes.

The measuring procedure takes approx. 1-2 mins, if no measurement is possible after 3 mins the procedure is automatically stopped. The display shows temperature reading values from 34.50 to 41.00 degree Celsius.

If your temperature is above 37.8°, the reading alternates with “F” for fever.

When finishing the temperature reading you hear a signal tone and the ascertained temperature reading value appears on the display.

- Your fertility is displayed for that day.

Interruptions when taking your temperature

See page 44 “Problems and Troubleshooting”

Terminating a temperature reading

If you do not take your temperature or you would like to terminate the temperature reading, you can terminate a temperature reading by simultaneously pressing the minus and plus button. An acoustic signal can be heard. The device terminates the temperature reading. The temperature reading is left out for this day.

Reading symbol doesn't light up

If the reading symbol doesn't light up in the morning, set the alarm clock for the next morning. Lady-Comp / Baby-Comp will be ready to take a reading again.

No readings taken

In the event of a raised temperature due to a cold, flu, fever, lack of sleep, excessive alcohol consumption, please read page 31

Basically, you enter “M” on the days that you have “M”. However, this should be on at least three consecutive days.

Entering menstruation data at the beginning



After the temperature reading the “M” = menstruation symbol possibly flashes.

- If you are menstruating, press the plus button, “M” remains illuminated.
- If you are not menstruating, press the minus button, “M” disappears from the display.
- A signal confirms the input, the current cycle day appears on the display alternating with the temperature reading value.

Entering “M” after some time of use

When Lady-Comp / Baby-Comp knows your cycle, the device only asks about “M” when menstruation is expected.

- It begins to ask 2 days before (“M” flashes).
- When “M” is finished, Lady-Comp / Baby-Comp stops asking for “M”.

The first bleeding after stopping the pill is no menstruation, but a pill-conditioned withdrawal bleeding. Do not enter “M” for this bleeding.

Correcting “M”

Incorrect “M” data can only be retroactively corrected for the last three days.

If you want to correct or add “M” days, begin with the furthest menstruation back in time (see page 23).

Activating "M"

If you have "M" on a day that Lady-Comp / Baby-Comp does not ask for "M", please activate "M" yourself.

Proceeding from the time display:

- Press the round button. You see today's temperature reading with the fertility report.
- Now press and hold the round button for 5 seconds. "M" flashes.
- Enter "M" by pressing the plus button. "M" remains illuminated.

The following days Lady-Comp / Baby-Comp will ask for "M" automatically.

Entering "M" retrospectively / at a later time

1. It is possible to enter M data you have already recorded before you start using the device.
2. If you have not taken a temperature reading for some time (e.g. on holiday), but menstruated during this time, you can retrospectively enter this data.

As long as no temperature reading values are recorded, you can go as far back in time as you wish. **Begin with the furthest day back in time.** If readings are recorded, you can always correct "M" for up to three previous days.

Starting from the time:

- Press the round button once.
- You go backwards with the minus button to the desired date.
- Now hold the round button for 5 seconds. "M" flashes.
- Press the plus button and enter "M". "M" remains illuminated.
- In case of correction: negate "M" with the minus button.

Fertility display

Lady-Comp / Baby-Comp supplies information concerning fertility on every day of the cycle by using coloured display lamps.

- **red** fertile
- **yellow** learning area and transition area, missing temperature reading value, ovulation late
- **green** infertile
- ☀ **red flashes** Today is the fertilisation optimum. “red flashes” is a prognosis. “red flashes” shows the identified ovulation for closed cycles.

The device gets to know your cycle

The more regularly you take your temperature, particularly at the beginning, the faster the device gets to know your personal cycle.

The number of “green days” increases cautiously and systematically.

If the device does not receive any more data for a long period of time or receives information that it cannot evaluate, the number of “yellow” days increases.

Pregnancy display Lady-Comp

Lady-Comp indicates a probable pregnancy from the 15th day of conception by the simultaneous flashing of the red, yellow and green indicators.

The pregnancy is confirmed from the 18th day following fertilisation by the simultaneous constant illumination of the red, yellow and green indicators (see also Baby-Comp page 36).

Potential fertility display

Proceeding from the time display:

- Press the round button once.
- Press the plus button once to gain access to the potential fertility display.
- Press the plus button several times to see the fertility of the following 6 days.

The actual level of fertility for the day for which the prognosis is made is shown on the day itself. This means that the prognosis for four days from now may be “green”, but if ovulation is late and you are still fertile, the display will show “red” on day 4.

Every prediction is a statement of probability. The fertility of a “prognosis day” may deviate from the fertility ascertained on the respective day. The **current** fertility shown is applicable.

Retroactive fertility display

All previous temperature reading values can be retrieved up to 180 days with the Lady-Comp and 250 days with the Baby-Comp, by pressing the minus button several times.

Proceeding from the time display:

- Press the round button once and today’s temperature value appears, the display alternates with the current cycle day.
- Press the minus button once. Yesterday’s date will be shown. This display alternates with the temperature reading value of the respective day.
- Reverse with the minus button.
- Advance with the plus button.
- The reversing stops, if no button is pressed for 30 seconds or if you simultaneously press the plus and minus button.

Mono-phases and CLI

If there is no ovulation in a cycle, Lady-Comp / Baby-Comp indicates this to you. When this is the case the device stays on “red”.

A proportion of up to 20% mono-phase cycles can occur. If the proportion of mono-phases is higher, we can provide you with a printout of your cycle to discuss with your gynaecologist.

A corpus luteum insufficiency (CLI) can be diagnosed by means of a Lady-Comp / Baby-Comp printout.

The Baby-Comp shows the proportion of the mono-phases and cycles with a CLI in the planning statistics.

When you stop taking the pill, it takes some time before ovulation occurs again and you return to your own cycle. If you would like to have more information concerning this subject, please contact us. We have a database and exchange information.

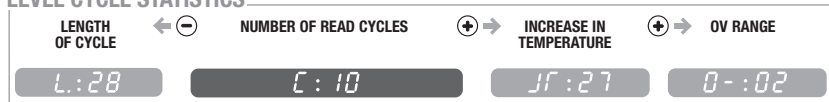
Cycle statistics

The query of this information on your individual cycle is the result of our research and development work made over a period of 15 years in the field of natural contraception and family planning. We are pleased to make this data accessible to you.

Data analysis and printout

If you are interested in a detailed analysis of your cycle and interested in a printout of the data saved in the device, please send your Lady-Comp / Baby-Comp to our address.

LEVEL CYCLE STATISTICS



Query cycle statistics

Proceeding from the time display:

- Press the round button on the Lady-Comp twice.
- The number of saved cycles since the beginning appears, (shown in absolute figures) e. g. C:10.
- Press the minus button once: your length of cycle on average, e. g. L:28.
- Press the plus button once: your increase in temperature after ovulation on average e. g. Jf . 27, 0.27 degree Celsius increase in temperature

- Press the plus button twice: your ovulation range (ovulation) in plus / minus days, e. g. 0-:02.

You can leave the cycle statistics and return to the time display by simultaneously pressing the plus / minus button.

Setting the time

Proceeding from the time display:

- Press the round button and hold for 5 seconds.
- The hours flash.
- Advance the time setting (hours) with the plus button.
- Reverse the time setting (hours) with the minus button.

If the plus / minus button is held for more than three seconds, the fast mode begins.

Afterwards shortly press the round button, now you can change the minutes in the same way.

- Input completed: press the round button and hold for 5 seconds. The flashing stops. You hear an acoustic signal to confirm your input.

Setting the date

Proceeding from the time display:

- Press the plus button once. The date appears.
- Now hold down the round button for 5 seconds. The date flashes.
- Press the plus button to advance the date setting.
- Press the minus button to reverse the date setting.
- Input completed: press and hold the round button for 5 seconds. You hear an acoustic signal. The date appears on the display.

The year is automatically adjusted when you pass 31.12. This also applies for leap years.

- Correcting the date
See page 44 “Problems and Troubleshooting”

If the device has already received one or more temperature readings, it is only possible to reverse the date setting by one day. If the date is reversed, no temperature reading can be made the following day.

You can always advance the date by one day. It is impossible to change the date by accident.

This is how you can correct the date when travelling in a different time zone. Do not take your temperature on the day of travel.

Alarm tone

At the beginning Lady-Comp / Baby-Comp wakes you up with a soft acoustic tone which gradually becomes louder and louder. The alarm ends if you press any button.

Switching the alarm on and off

Proceeding from the time display:

- Press the minus button once. The alarm setting appears.
- Press the minus button once more and the bell symbol flashes.
- Press the plus button, if you want to be woken up.
- The bell remains constantly illuminated. You hear an acoustic signal as a confirmation.
- If you do not want to be woken up, you should press the minus button, when the bell flashes. The bell symbol disappears from the display.
- The bell lights up at the same time as the time display to confirm that you will be woken up the next day.
- If the bell does not light up with the time display, you know that you will not be woken up. **This also applies to the following days.**

During interruptions

The battery in your Lady-Comp / Baby-Comp must be fully charged every 3 months to maintain functionality (page 41).

Back in operation after interruption

The date, the year and the time continue to work automatically without connection to electricity and / or flat battery.

If no temperatures are taken, the temperature reading time limit is left open and must be reset. This involves setting the alarm for the next morning and continuing in the usual way.

After taking the pill

Before beginning you have to stop taking the pill. The first bleeding after stopping the pill is no menstruation, but a pill-conditioned withdrawal bleeding. Do not enter "M" for this bleeding.

Summer and winter time

You advance or reverse the time to summer or winter time.

Travelling / Time zones

When travelling in different time zones you have the possibility to change the date and time to the local time. Set and activate the alarm to the desired new reading time. Lady-Comp / Baby-Comp will be ready to take a reading the next morning. Repeat the procedure when you return home.

Shift work

Set and activate the alarm to the desired new reading time. Lady-Comp / Baby-Comp will be ready to take a reading the next morning. Repeat the procedure for your next shift change (see page 19).

No temperature reading

The devices calculate from the available values the future cycle course and resulting from this the fertility.

Increase in temperature by a cold, flu, lack of sleep, excessive consumption of alcohol and / or medication with thermal effect are “abnormal” and are recognised as such by the device.

Fever: If the temperature reading value indicates that the temperature is too high (higher than 37.80), an “F” for fever appears on the display alternating with the temperature reading.

In general it is recommended to interrupt the daily temperature reading in case of feverish cold, taking of medication or if celebrating all night long. So it can be avoided to enter “abnormal” values into the device.

Pearl-Index

The Pearl-Index is a value with which the safety of a contraception method is ascertained in medicine.

Example: If 100 women have contraception for one year and one of them becomes pregnant, this corresponds to a Pearl-Index of 1.0.

The daily fertility displays of Lady-Comp and Baby-Comp have a Pearl-Index of 0.7 or to explain it more easily of 99.3 %.

Data print-out

Of your data memorised in the device, you can receive a print-out and detailed analysis from the distributor: the last 180 days memorised in your Lady-Comp and the last 250 days memorised in your Baby-Comp.

32 Operating levels Baby-Comp



 **press shortly** = switch it on

TIME LEVEL

ALARM CLOCK 	ALARM SETTING 	TIME 	DATE 	YEAR 	TEST
	07:00	13:46	24.08.	2008	

 **press shortly**



FERTILITY LEVEL

FERTILITY 	TEMPERATURE READING VALUE / CYCLE DAY 	FERTILITY
23.08./36.63	36.65 / .14	.01


Setting of the time and fertility level can be seen on page 12.



 **press shortly**

PLANNING LEVEL

CONCEPTION DAY 	DATE 	DATE OF BIRTH
29.01.	24.08.	22.10.



"SI" input

 5 seconds


 

 **press shortly**

LEVEL CYCLE AND PLANNING STATISTICS

CLI VALUE 	MONO-PHASEs 	LENGTH OF HIGH LEVEL 	LENGTH OF CYCLE 	NUMBER OF READ CYCLES 	INCREASE IN TEMPERATURE 	OV RANGE 	PLANNING HIT 
L1:10	PO:15	HL:12	L.:28	C:10	JT:27	0-:02	10:03



 **press shortly** / back to the time level

1 Fertility indicators

(from left to right)

red = fertile

yellow = learning area and transition area or
missing data

green = infertile

2 Alarm indicator:

lights up when the alarm is switched on.

3 Display for all information:

concerning time, dates, temperature readings etc.

4 Thermometer symbol:

lights up during temperature reading time and flashes when being ready for temperature reading.

5 Menstruation indicator:

“M” flashes for input “+” yes / “-” no menstruation

“M” lights up constantly, if “+” was entered.

6 Display birth:

Date and symbol flashes on possible date of birth.

Date remains illuminated in case of confirmed ovulation or confirmed pregnancy.

7 Conception display:

Date and symbol flash in case of conception optimum and remain illuminated in case of confirmed ovulation or confirmed pregnancy.

8 Sex prognosis indicator “girl”:

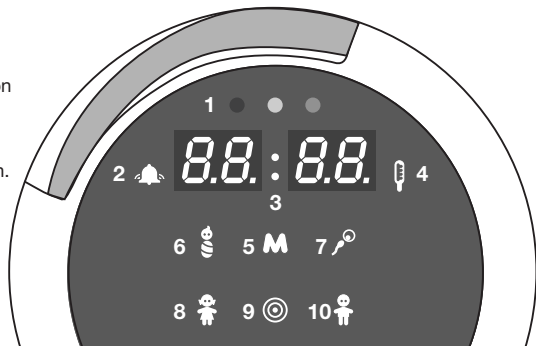
Illuminates if it is more likely that a girl is expected.

9 “SI”-input:

Flashes for input sexual intercourse.

10 Sex prognosis indicator “boy”:

Illuminates if it is more likely that a boy is expected.



Pregnancy planning

Baby-Comp shows you the optimum time for you to get pregnant

Just one days per cycle is considered to be optimum, the second day before ovulation.



On this day the “boy and girl” symbols flash together with the date.



In order to plan for a boy, only have intercourse on the two days on which just the “boy” symbol is shown.



If your preference is for a girl, only have intercourse on the two days on which just the “girl” symbol is shown.

The “boy” symbol lights up one day before the first optimum conception day.
The “girl” symbol lights up one day after the second optimum conception day.

Prognosis

During a possible or confirmed pregnancy, Baby-Comp indicates whether you can rather expect to have a boy or a girl. Precondition is the “SI” input which you have to enter on the morning after having intercourse.



Both the “boy and girl” symbol will appear if intercourse took place on days on which it is equally likely for a boy or a girl to be conceived. This also applies if no “SI” was entered.

Proceeding from the time display:

- Press the round button twice. The current date appears on the display.
- Now press the minus button and you will see the conception date with the symbols “boy” and / or “girl” and the sperm symbol.
- Then press the plus button twice and you will see the calculated date of birth with the symbols “boy” and / or “girl” and the birth symbol.

“SI” input for sex prognosis

If you are planning a pregnancy and are interested in having a sex prognosis, inform Baby-Comp when sexual intercourse (SI) took place. Enter “SI” data the following morning after taking a temperature reading. “SI” data can only be corrected the same day.

Proceeding from the time display:

- Press the round button twice to get into the planning level.
- Now press and hold the round button for 5 seconds. The “SI” symbol flashes.
- Say yes for “SI” by pressing the plus button. An acoustic signal confirms the data.
- The “SI” symbol remains constantly illuminated.

If Baby-Comp has received “SI” data, it indicates on the fertile days whether there is more likelihood of conceiving a girl or a boy in the event of fertilisation.

Conception date and birth date

After ovulation has been recognised, Baby-Comp indicates the possible conception and birth date in the planning level.

Proceeding from the time display:

- Press the round button twice. The current date appears on the display.
- Now press the minus button and the date of conception appears.
- Then press the plus button twice and the estimated date of birth appears.

If ovulation is confirmed, the display will be static (no longer flashing),

Before ovulation, the displays and symbols **flash**.

After ovulation they are **constantly illuminated**.

If no prediction is possible, “----” appears on the display.


Pregnancy display

Baby-Comp distinguishes between three pregnancy stages.


- 1 Possible pregnancy after 4-5 days red, yellow and green light up alternately if SI data has been entered.
- 2 Probable pregnancy after 15 days red, yellow and green flash.
- 3 Confirmed pregnancy after 18 days red, yellow and green are constantly illuminated

The displays for level 2 and 3 do not require "SI" input.


Baby-Comp indicates a possible pregnancy after the 4th - 5th day after fertilisation. This very early indication can be made when "SI" (sexual intercourse) has been entered on the following morning after the temperature reading and a possible pregnancy could be calculated.

 The fertility symbols red, yellow and green alternate.

After the fifteenth day Baby-Comp indicates a "probable pregnancy".

 The fertility symbols red, yellow and green flash.

If the likelihood of pregnancy is confirmed, there is a further display starting from the 18th day after fertilisation.

 All three colours are constantly illuminated.



Pregnancy confirmed

If pregnancy is established, we recommend that you should continue taking temperature readings every morning during the first months. Baby-Comp keeps an eye on the development of the early pregnancy.

In the event of a confirmed pregnancy the conception date and the date of birth remain constantly illuminated.

Now it is time to make an appointment with your gynaecologist.

Interruption of use during pregnancy

The battery in your Lady-Comp / Baby-Comp must be fully charged every 3 months to maintain functionality.

Back in operation after pregnancy

You are not fertile during the first six weeks after the birth. After this and in all other cases, we recommend you to recommence temperature readings **no later than 6 weeks** after the birth.

At first Baby-Comp shows “yellow”.

Slight fluctuations in temperature indicate that normal cycle is re-establishing itself. Baby-Comp begins to show the usual fertility display.

Cycle and planning statistics

Since the launching of Baby-Comp in 1986 we have supported countless couples with regard to planning a child by providing print-out, analysis of the saved data and the evaluation programme developed by us.

With the cycle and planning statistics you have the possibility to retrieve information about planning a child. Statistics are meaningful after readings have been taken for three cycles.

Proceeding from the time display:

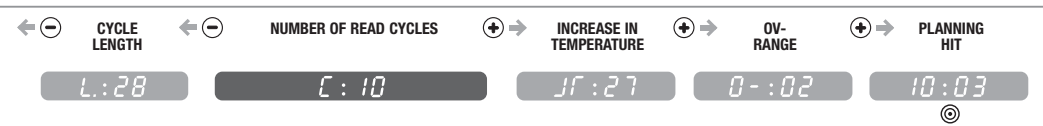
- Press the round button three times.
Now you are on level 4, the cycle and planning statistics.
- The number of saved cycles since the beginning is shown, (number in absolute figures), e.g. C 10.

LEVEL CYCLE AND PLANNING STATISTICS



Press the minus buttons

- Press once:
your cycle length on average, e. g. L : 28.
- Press twice:
your length of high level on average, symbol HL:12.
- Press three times:
your mono-phases in % of the last 20 cycles, symbol PO:15.
- Press four times:
CLI is shown in %, symbol LI:10.
(CLI = corpus luteum insufficiency).



Press the plus buttons

- Press once:
your increase in temperature after ovulation on average, e. g. *Jf* . 27, 0.27 degree Celsius increase in temperature
- Press twice:
your ovulation range in plus / minus days, e. g. 0 - :02.
- Press three times:
your planning hit: left the number of cycles, right the number of hits, limited to the last 20 cycles, e. g. © 10:03.

You can exit from the cycle and planning statistics and return to the time display by simultaneously pressing the plus / minus buttons.

Data analysis, print-out and consultation

If you are interested in receiving a detailed analysis of your cycle and a printout of the data memorised in the device, please send your Lady-Comp / Baby-Comp to our address.

In the event of difficulties with your cycle or conception, a printout and evaluation can generally provide valuable information for you and your gynaecologist.

Deleting saved data

Start self-testing (see page 11), now data can be deleted during or after the self-testing:

- Press simultaneously the round button, the minus button and the plus button.
- Hold all three buttons for 5 seconds.
- An “L” for delete appears on the display panel, with a “9” on the right.
- Now release the three buttons.
- You must count down this “9” to zero by pressing the minus button 9 times. The cancellation process is interrupted if you touch any other button. At zero it is automatically deleted. An acoustic signal can be heard.
- Afterwards the current time appears on the display.

In so doing, the unintentional deletion of saved data will be excluded. After deleting you will find the pre-set example values on the individual displays. After taking your temperature the first time, the example data is automatically deleted, this is also the case when switching the device on for the first time.

Device

Size: 14 cm diameter, 3.5 cm high **Weight:** 180 g

Casing: ABS based impact resistant plastic

Measurement range: 34.5 – 41.0°C

Accuracy of measurement: 0.05°C **Terms of use:**

5 – 35°C **Storage and transport:** Store between –10° and 60°C, max air pressure 1500 hPa, relative air humidity 25 – 90 %.

Mains power unit

Lady-Comp / Baby-Comp is delivered with an integrated battery and a Euro 110 – 230 V Friwo MPP6 type mains power unit. The mains power unit is a multi-range power unit and can be used with 110 – 230 V.



Adapters for US; UK; Australia or a ROW (can be used e.g. as table mains power unit) are available as accessories.

The devices can only be used with the original mains power unit! Ensure that the mains power unit is firmly connected to the adapter.

Battery

- The battery **must** be charged for 24 hours before first use, then for 12 hours each subsequent time.
- Lady-Comp / Baby-Comp is now ready for around one month's use.
- Repeat the battery charging procedure if **BA 09** to **BA 01** is shown on the display.
- Press the + and – buttons at the same time to get back to the time from the BA display.

Important: The battery **should not** be completely discharged. It should be recharged when the display shows **BA 01** at the latest.

- If the device is not going to be used for longer periods, it must be charged every 3 months to ensure that the battery does not suffer any damage.

Loss of data

If the battery goes flat, the data stored in the Lady-Comp / Baby-Comp will not be lost.

Disposal

Public collection point for electrical equipment.

Battery Quality Declaration

The capacity of your Lady-Comp / Baby-Comp reduces with every charge / discharge cycle. Storage at too high or too low temperatures will also reduce the capacity to some extent.

As a result, your device's operational time may be significantly reduced, even after full battery charging. In any case, the battery is made in such a way that it can be charged and discharged within two years.

Cleaning

Temperature sensor: To clean the probe, please use only tepid water, do not use alcohol or chemical products.

Casing: Wipe gently with a cloth dampened with glass cleaner.

Care and Maintenance

Your computer has been designed and manufactured with great care and should also be handled with care. If you follow the advice below, you will be able to enjoy your Lady-Comp / Baby-Comp for a long time.

- Protect your computer from wet and damp. Rain, moisture and liquids contain minerals which corrode electronic circuits. If the device does get wet, disconnect it immediately from any power supply to avoid the risk of electric shock. Do not place the device on / in any heat source (even to dry it) such as in a microwave oven or on a radiator.
- Do not keep your computer in a hot place (e.g. car dashboard in summer). High temperatures can shorten the life of electronic devices, damage batteries and deform or melt certain plastics.
- Do not keep your computer in a cold place. When it warms up again (to its normal operating temperature), condensation can form inside which damages electrical contacts.

- Do not drop the device, knock it or bang it and do not shake it. Rough handling like this could damage delicate components inside the device.
- Do not use abrasive chemicals, cleaning solutions or strong cleaning products to clean the Lady-Comp / Baby-Comp.

All the advice above applies equally to the temperature sensor, battery and mains unit. If one of these parts does not work properly, contact our sales agents for fast and reliable help.

Safety advice

Strong electromagnetic fields (e.g. from mobile phones, amateur radios or microwaves) may affect the functioning of the device.

Device designation



Manufacturer's name



Date of manufacture



Application type B



Follow enclosed instructions



Do not dispose of in household waste!



Product safety corresponds to European directives

0124 Declaration of conformity
 Conformity assessment procedures according to Annex II of Directive 93/42 EEC with named centre Dekra Certification GmbH

Made in Germany

**Readings impossible,
or unwanted interruption in reading**

- Check whether the temperature reading time limit has been cleared (reading symbol does not light up).
 - Carry out self-test (P. 11 Self-Test)
 - Check sensor for damage
 - Battery faulty, return device for battery replacement
-

Battery is not charging

- Check whether the right mains unit is being used for charging (P. 40 Mains Unit)
 - Check whether the primary adapter is set correctly (P. 40 Mains Unit)
-

Device did not wake you

- Check whether the alarm is set (P. 29 Switching the alarm on and off)
 - Carry out self-test to see whether beeper functions (P. 11)
-

Time is wrong

- Correct time (P. 28)
-

Date is wrong

- Date in the past: see P. 28 Setting the date
 - Date in the future: this can only be corrected if not reading has been taken that day, otherwise you will have to wait until the following day.
-

Retrospective “M” entry not possible

- Retrospective entry older than 3 days and readings exist
-

BA Display

- Device must be charged for around 12 hours (P. 8 / 40)
 - If the BA display appears again after a short time, the device should be returned to have the battery replaced.
-

Indications:

LC: contraception

BC: contraception and family planning

Contraindications:

No contraindications are known.

Purpose:

The cycle computers Lady-Comp and Baby-Comp are rechargeable minicomputers designed for measuring body temperature on waking (Basal Body Temperature). This allows women to identify fertile periods via an optical display. The calculation of the fertile period is possible using the morning temperature which is taken orally. A thermometer probe is used and the result saved and automatically assessed by the cycle computer. Together with the manual input of menstruation and intercourse information (only Baby Comp) these devices are used to identify the fertile and infertile phases of the monthly cycle. This allows natural contraception as well as natural family planning.

The Baby-Comp includes further functions which show the optimal time for planning a pregnancy, an intercourse prognosis and the date of conception, as well as calculating the birth date.

Guidelines and Manufacturer's Information – Electromagnetic Emissions

The Lady-Comp and Baby-Comp devices are intended for use in the electromagnetic environments specified below. The customer or user of the Lady-Comp and Baby-Comp devices should ensure that they are used in such an environment.

Emission Measurements	Conformity	Electromagnetic Environment – Guidelines
HF Emissions acc. CISPR 11	Group 1	The Lady-Comp and Baby-Comp devices use HF energy solely for their internal functions. As a result, HF emissions are very low and it is unlikely that nearby electronic equipment will be affected.
HF Emissions acc. CISPR 11	Class B	The Lady-Comp and Baby-Comp devices are intended for use in all structures including homes and such which are connected directly to a public electricity supply network that also supplies buildings which are used for residential purposes.
Harmonic oscillations acc. IEC 6100-3-2	Class A	
Voltage fluctuations / flicker acc. IEC 6100-3-3	fulfilled	

Recommended spacing between portable and mobile HF telecommunications equipment and the Lady-Comp and Baby-Comp devices

The Lady-Comp and Baby-Comp devices are intended for use in the electromagnetic environments specified below. The customer or user of the Lady-Comp and Baby-Comp devices can help to avoid electromagnetic interference by maintaining the minimum spacing between portable and mobile HF telecommunications devices (transmitters) and the Lady-Comp and Baby-Comp devices, depending on the output of the communications device, as specified below.

Nominal Transmitter Output [W]	Protective Spacing according to Transmission Frequency [m]		
	150 kHz to 80 MHz d = 1,2 \sqrt{P}	80 MHz to 800 MHz d = 0,35 \sqrt{P}	800 MHz to 2,5 GHz d = 0,7 \sqrt{P}
0.01	0.12	0.04	0.07
0.1	0.38	0.11	0.22
1	1.20	0.35	0.70
10	3.79	1.11	2.21
100	12.00	3.50	7.00

For transmitters whose nominal output is not shown in the above table, the spacing can be worked out by using the figure shown in each column, where P is the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information.

Note 1: To calculate the recommended protective spacing for transmitters in the frequency range from 80 MHz to 2.5 GHz, an additional factor of 10/3 was used to reduce the likelihood that a mobile / portable communications device inadvertently brought into the vicinity of the patient will cause any interference.


Note 2: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

Guidelines and Manufacturer's Information – Electromagnetic Interference

The Lady-Comp and Baby-Comp devices are intended for use in the electromagnetic environments specified below. The customer or user of the Lady-Comp and Baby-Comp devices should ensure that they are used in such an environment.

Interference test	IEC 60601 – Test level	Conformity level	Electromagnetic environment - guidelines
Electrostatic discharge (ESD) acc. IEC 61000-4-2	± 6 kV contact discharge (indirect) ± 8 kV air discharge	± 6 kV contact discharge ± 8 kV air discharge	Floors should be made of wood or concrete or covered with ceramic tiles. If the floor is covered with synthetic material, the relative air humidity must be at least 30 %.
Rapid transient electrical disturbances / bursts acc. IEC 61000-4-4	± 2 kV for mains connections ± 1 kV for input and output wires	± 2 kV for mains connections ± 1 kV for input and output wires	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Surges acc. IEC 61000-4-5	=> not applicable ± 1 kV push-pull voltage (symmetrical)	=> not applicable ± 1 kV push-pull voltage (symmetrical)	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
Voltage interruptions, short term interruptions and fluctuations in the supply voltage acc. IEC 61000-4-11	< 5 % UT for ½ period (> 95 % interruption)	< 5 % UT for ½ period (> 95 % interruption)	The quality of the supply voltage should correspond to that of a typical business or hospital environment.
	40 % UT for 5 periods (60 % interruption)	40 % UT for 5 periods (60 % interruption)	
	70 % UT for 25 periods (30 % interruption)	70 % UT for 25 periods (30 % interruption)	If the user of the Lady-Comp or Baby-Comp device wishes to continue using the device during a power cut, we recommend connecting the Lady-Comp or Baby-Comp device to an uninterruptible power supply or a battery.
	< 5 % UT for 5 s (> 95 % interruption)	< 5 % UT for 5 s (> 95 % interruption)	
Magnetic field at the supply frequency (50 / 60 Hz) acc. IEC 61000-4-8	3 A/m	3 A/m	Magnetic fields at mains frequency should correspond to the typical values seen in a typical business or hospital environment.

Note 1: UT is the alternative current voltage before the application of the test level.

Interference test	IEC 60601 – Test level	Conformity level	Electromagnetic environment - guidelines
Directed HF interference acc. IEC 61000-4-6	3 V _{eff} 150 kHz to 80 MHz	3 V _{eff}	<p>Portable and mobile communications devices may be used a short distance from the Lady-Comp and Baby-Comp device provided that the recommended protective spacing is used, as calculated according to the transmission frequency equivalent</p> <p>Recommended protective spacing:</p> $d = [3,5/3]\sqrt{P} = 1,2\sqrt{P}$ $d = [3,5/10]\sqrt{P} = 0,35\sqrt{P}$ <p>for 80 MHz to 800 MHz</p>
Radiated HF interference acc. IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = [7,0/10]\sqrt{P} = 0,7\sqrt{P}$ <p>for 800 MHz to 2,5 GHz</p> <p>with P being the nominal output of the transmitter in Watts (W) according to the transmitter manufacturer's information and d as the recommended protective spacing in metres (m).</p> <p>The field strengths of stationary radio transmitters should be lower than the agreed level at all frequencies according to on site tests.</p> <p>Interference is possible in the vicinity of equipment that carries the following symbol.</p> 

Note 2: The higher frequency range applies at 80 MHz and 800 MHz

Note 3: These guidelines may not be applicable in all cases. The spread of electromagnetic emissions will be affected by absorption and reflection by buildings, objects and people.

a) The field strengths of stationary transmitters, e.g. base stations for mobile telephones and mobile radio equipment, amateur radio stations, AM and FM radio and television transmitters could theoretically be imprecisely defined in advance. In order to determine the electromagnetic environment with regard to stationary transmitters, a study of the location should be carried out. If the field strengths measured at the location where the device will be used exceed the agreed levels above, the device should be monitored to see that it operates properly.

If unwanted performance characteristics are observed, additional measures may be necessary, such as an exchange or a change of location for the device.

b) Above the frequency range from 150 kHz to 80 MHz, the field strengths should be lower than $[V]V/m$.

Activating “M”	23	Data analysis and print-out	26+39
Alarm clock: activating it	15	Data print-out	31
switching it on and off	29	Date of birth and conception date	35
Alarm tone	29	Deleting saved data	40
Automatic switching off and		Device	40
return to the time display	11	Device designation	27
Back in operation after an interruption	30	Display Lady-Comp	14
Back in operation after pregnancy	37	Display Baby-Comp	33
Basic terms for all input	10	Disposal	41
Battery	41	Electromagnetic Compatibility	46
Before commencement	15	Enter BMI (Body Mass Index)	16
Body Mass Index BMI	16	Entering “SI” data	35
Care and Maintenance	42	Entering menstruation data	
Cleaning thermometer	42	after some time	22
CLI (corpus luteum insufficiency)	26	at the beginning	17+22
Coil and Lady-Comp / Baby-Comp	9	Fast mode	13
Conception date and birth date	35	Fertility display	24
Connections	8	Fever	31
Correcting “M”	22	Function keys	13
Cycle statistics Lady-Comp	26	Indication / contraindication	45
Cycle and planning statistics		Interruption of use	30+37
Baby-Comp	27+38	Loss of data excluded	41

M ains power unit	40	Problems and Troubleshooting	44
Menstruation data “M”	22	R etrospective fertility display	25
activating “M”	23	S afety advice	43
after using for some time	22	Self-testing and trial temperature reading ...	11
at the beginning	17+22	Setting the date	28
correcting “M”	22	Setting the alarm	15
enter “M” retrospectively / at a later time ..	23	Setting the time	28
Mono-phases	26	Sex prognosis	34
N ecessary settings		Shift work	30
before commencement	15	“SI” input for sex prognosis	35
No temperature readings	31	Starting position	13
O perating levels Lady-Comp	12	Summer and winter time	30
Operating levels Baby-Comp	12+32	Switching the device on and off	11
Ovulation display	24	T emperature reading time limit	18
P earl-Index	31	Temperature reading	20
Pill and Lady-Comp / Baby-Comp	9 + 30	information	20
Planning level Baby-Comp	34	interruption	21
Planning statistics	38	no readings: increase, fever	31
Potential fertility display	25	Thermometer, cleaning	42
Pregnancy confirmed	37	Travelling / time zones	30
Pregnancy display Baby-Comp	36	Trial temperature reading	11
Pregnancy planning	34		



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