

Vianalyse Test Instructions

Why do I need this test?

An estimated 9 million visits to GP's each year are due to vaginal discharge, irritation or discomfort. Many women continue with discomfort hoping the problem will go away. Immediate and effective treatment can be obtained from a local pharmacy or doctor based on the test results.

The test is for women who sense their vaginal discharge is abnormal.

Indications for Use

This product should be used to indicate whether an abnormal vaginal discharge is caused by bacterial, parasitic infections or yeast infection. The Vianalyse test determines whether there is a high or a low risk of bacterial or parasitic infections by indicating disordered acidity parameters.

The test can be performed under 3 different circumstances:

1. Before any visit to the doctor due to abnormal discharge, to provide first-step information to your doctor.
2. Before trying an OTC (Over The Counter) self-treatment, to check whether consulting a doctor is essential.
3. Before and after using a prescribed treatment for candida or thrush (yeast infection), to be sure that Candida is the only cause for your abnormal discharge.

Package Contents

The Vianalyse test kit contains two test panty liners (TPL), two plastic drying boxes, and instructions for use.

Conditions & limitations for use

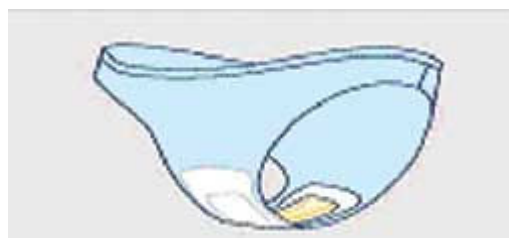
Do not perform the Test if the answer to any of the following questions is YES:

1. Is it less than one day before or the day after your period?
2. Do you have any signs of menstruation or any vaginal bleeding?
3. Is it less than 12 hours after sexual intercourse or vaginal douching?

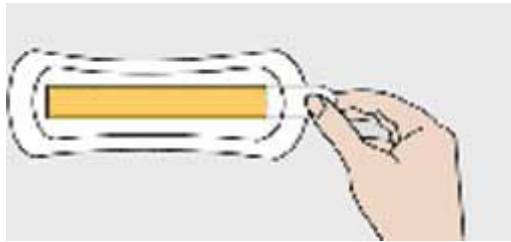
If you are pregnant please take a look at our Amniosense test since you could also have amniotic fluid leakage.

Directions for Use

1. Wash and dry your hands.
2. Unwrap the Test Panty Liner (TPL) from the foil pouch. The TPL contains a removable pale yellow indicator strip.
3. Attach the TPL to your underwear with the loose tail forward. The pale yellow indicator strip should sit directly against your vagina. Wear the TPL as you would a normal panty liner.



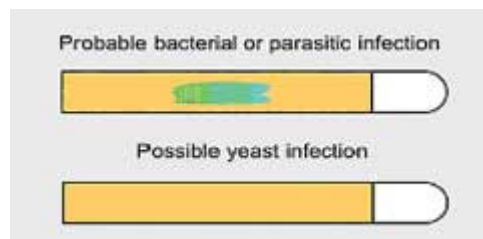
4. After 6 hours (but not more than 12 hours) or as soon as a discharge appears, prepare the enclosed plastic drying box.
5. Remove the indicator strip from the TPL by pulling the tail of the indicator strip (shown below).



6. Lay the indicator strip on the white cloth in the open plastic box. Close the box and dispose of the panty liner.
7. Wait 10 minutes and then check the colour of the indicator strip.

Reading your results

After 10 minutes of drying, look at the colour of the indicator strip.



- **Positive:** If the indicator strip is stained blue or green, the risk of having a bacterial or parasitic infection is high.
- **Negative :** If the indicator strip did not change colour at any time you may have a yeast/thrush infection or a temporary irritation.
- If the indicator strip initially stained blue or green but the colour faded back to yellow during the 10 minute waiting period, then it is suspected that the indicator strip has been in contact with urine. You may have a yeast/thrush infection or a temporary irritation. You may wish to repeat the test using a new panty liner.

What should I do with my results?

A **positive** test indicates an elevated vaginal pH level, known to accompany bacterial and parasitic infections. In the case of a positive test result i.e. blue/green staining of the panty liner strip women are advised to consult their doctor for further diagnosis and appropriate treatment. A **negative** test result indicates a probable yeast/thrush infection which can be treated appropriately by visiting your local pharmacy and asking the pharmacist for advice.

Repeating the Test:

If you are not certain that a vaginal discharge was emitted during the Vianalyse Test, perform a second test (included) immediately after the first, using a new TPL. If the indicator strip stained blue or green on either test, there is a high risk that your discharge includes bacterial or parasitic causes.

Showing the Indicator Strip to your Doctor.

The colour change in cases of disordered acidity parameters is stable for two days or more. If you intend to show the test result to your doctor, take the closed plastic box containing the indicator strip and the instruction leaflet along with you.

Important:

If you are pregnant and the indicator strip is stained blue or green, the colour may indicate an amniotic fluid leak. It is important to consult your doctor as soon as possible or try our test for amniotic leak tests.

How can I help myself?

- Take plenty of showers and try to use soap free products.
- Maintain good, normal hygiene practises.
- Avoid wearing tight fitting clothes such as tights and jeans.
- After bowel movement always wipe the anus from front to back.