

Questions & Answers

Q: What is vaginal pH?

A: Vaginal pH indicates the acidity of the vagina. Normal pH with this kit is 4.5, abnormal is in the range of 5.0-7.5.

Q: Does vaginal itching, burning and discharge always mean a yeast (fungal) infection?

A: No! Less than 30% of instances of vaginal itching, burning and discharge are due to a yeast (fungal) infection.

Q: If I have vaginal itching, vaginal discharge and a vaginal pH of 4.5 could I try an anti-yeast medication?

A: Yes! But seek medical attention if symptoms do not go away or it's the first time you've had a yeast infection.

Q: If I have vaginal itching, vaginal discharge and burning and my vaginal pH is 5.0-7.5, what should I do?

A: Contact your healthcare provider as soon as possible.

Q: Why are there two trays in the kit?

A: For your convenience, two trays are included in each kit. The second tray can be used to double check your initial result for peace of mind, after completing treatment, or for testing if you experience symptoms in the future.

Q: When I opened the test kit, the color of the circle on the wand was not the same color as on the box. Is it okay to use?

A: Yes. There is some variation in the starting color of the pH test paper. It ranges from bright yellow to green. However, the starting color does not influence your final pH result.

Get Relief While You're Waiting to See Your Healthcare Provider

If you do need to see your healthcare provider, you can get symptomatic relief while you wait. **Vagisil® products are for external use only. They will relieve the symptoms, but will not treat the infection. Only a prescription from your healthcare provider can do that.**

SYMPTOMS	VAGISIL® PRODUCT
Severe, burning itch & irritation	Maximum Strength Vagisil® Creme – The strongest medicine you can buy to relieve intense itch. Vagisil® Medicated Wipes – Cleanse while instantly relieving itch. Flushable, individually wrapped wipes for on-the-go relief.
Mild itching	Regular Strength Vagisil® Creme – relieves itch, calms skin.
Foul, fish-like odor or discharge	Vagisil® Powder – Patented Odor Block protection keeps you feeling fresh, even absorbs discharge.

Questions? Call 1-800-431-2610, weekdays 9AM to 5PM EST.

For general information, visit us at: vagisilkit.com



Usage Information

Understanding Vaginal pH...

The following summary is for those who wish to better understand the body's natural process for producing vaginal acidity.

A normal estrogen level helps produce normal vaginal cells that make glycogen (sugar). A normal bacteria common to the vagina is Lactobacillus. It digests the vaginal cell sugar and produces hydrogen peroxide and lactic acid, keeping normal vaginal pH at 3.5 to 4.5. This pH level helps to suppress abnormal bacteria, but does not suppress yeast. When abnormal bacteria overgrow or Trichomonas become established, this results in the vaginal pH rising to an abnormal level of 5.0 – 7.5.

A yeast infection usually does not cause an increase in vaginal pH. Other vaginal infections may cause the vaginal pH to be 5.0 or greater. By measuring your vaginal pH, this kit may help you decide if your symptoms of itching, burning, unpleasant odor and/or unusual discharge require medical attention.

Measuring vaginal pH is one of the tools your healthcare provider can use to help diagnose vaginal infections. Now you can measure vaginal pH at home.

The Vagisil Screening Kit does **NOT** identify specific causes of vaginal infection. Only your healthcare provider can do that.

There usually are symptoms with an infection. This screening kit is intended for use by women who have any of these symptoms:

- Itching • Burning • Unpleasant odor • Unusual discharge

PLEASE READ THIS BOX CAREFULLY

WARNINGS:

Do not use this test under the following conditions:

- If you are pregnant
- If you are menopausal
- If you are nursing
- If you do not have normal periods
- If you are currently having your period
- For five (5) days after your period is over
- If you have had sexual intercourse in the last 48 hours
- If you have douched in the last 48 hours
- If you have used a vaginal preparation like contraceptive creams, internal yeast infection products (anti-fungal agents) in the last 72 hours
- If product is past its expiration date printed on the package
- If the blister seal or lidding of the tray pack is tampered with or damaged

- This is **NOT** a test for diseases such as Group B Streptococcus or Sexually Transmitted Diseases (STDs) such as HIV, Chlamydia, Herpes, Gonorrhea or Syphilis. An STD can exist at any pH. If you think you might have an STD, see your doctor.
- **DO NOT** use this kit and see your healthcare provider immediately if you have abdominal pain, fever, chills and/or abnormal vaginal bleeding.

CAUTION:

- Each of the following can increase vaginal pH levels if present in the vagina when you test for pH: **cervical mucus, blood, semen. Perimenopause (low estrogen) or menopause (lower estrogen) may also cause an increase in vaginal pH.**
- Incorrect kit results can be caused by contact with blood, semen or certain vaginal products.
- Reading the pH swab under fluorescent light might result in a pH reading that is higher than it really is.
- Use each pH swab one time only.
- **Please read instructions carefully before use. If you have any questions, call your healthcare provider or our toll free Help Line, 1-800-431-2610, weekdays, 9AM to 5PM EST.**

STORAGE:

Store in a dry place at room temperatures that do not exceed 86°F or fall below 59°F.

Due to changed estrogen levels, this product is not intended for menopausal, pregnant or nursing women. Not for use by pregnant women. If you are pregnant or think you may be pregnant and suspect you have a vaginal infection, call your obstetrician immediately.

What is the Vagisil Screening Kit?

DEVICE DESCRIPTION: The Vagisil® Screening Kit is comprised of a 2-inch device. A piece of pH paper is attached to one side near the tip of the device while the other end is a textured handle. The device is inserted into the vagina and touched to the vaginal wall to moisten the pH paper. The device is then withdrawn and the pH level is determined by comparing the color of the pH paper to the color on the pH guide.

How to measure your vaginal pH...

Each kit contains 2 trays that have a pH swab and an easy-to-read pH guide.

1 Wash hands and dry them thoroughly.

2 Take one tray from the package and lift the seal to remove the pH swab and guide. The swab has an easy-to-grip handle on one end and pH paper on the other. **Don't let the end with the pH paper touch anything before using.**

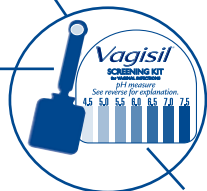
3 Hold the handle of the swab as shown, between your thumb and forefinger. Your thumb should be on the word "Vagisil" on the handle.

4 Choose either of these positions: Sit with knees spread apart OR stand with one foot on the toilet seat. With your free hand, gently spread apart the folds of skin at the vaginal opening.

5 Notice what side of the slim end of the swab has the pH paper on it. Gently insert only the slim end of the swab into your vagina until the wider end of the handle rests against the outside skin of the vagina.

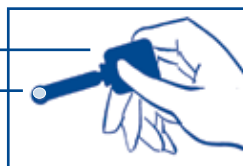
6 Once inserted, gently tilt the swab so the thumb side with the pH paper on it touches the inside wall of the vagina. Press for 5 seconds. Remove the swab, being careful not to touch the pH paper to anything. Read the results immediately.

pH Swab



Color-keyed pH Guide

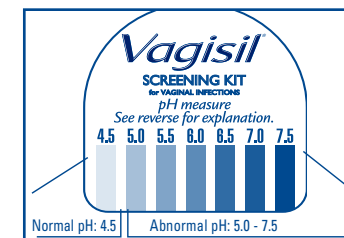
Handle
pH Test Paper
Insert this end



How to read your pH level...



Under a bright light (not fluorescent) or daylight, compare the color of the pH paper on the swab to the colors on the pH guide. The colors on the pH guide range from bright yellow (4.5) to a dark blue (7.5).



Slide the pH swab back and forth until you find the color on the pH guide that looks like the color on the pH swab. This number is your vaginal pH.

Keep in mind that Kit readings are not intended to be indications of presence or absence of any specific bacteria and this Kit is not for diagnosis.

What could your result mean?

If you have symptoms and a normal pH: Itching, burning, yeasty odor and/or unusual discharge and a normal pH of 4.5 may be a yeast infection. If this is the first time you have had a yeast infection or if you are not sure, see your healthcare provider for proper diagnosis. If you try an anti-yeast medication, seek medical attention if symptoms do not go away.

If you have symptoms and an elevated pH: Itching, burning, unpleasant or unusual odor and/or unusual discharge and an elevated pH of 5.0 or more may be a vaginal infection and you will need to see your healthcare provider for full diagnosis and prompt treatment. Do not self-treat. There are no over-the-counter medications available for treatment of a high vaginal pH.

The chart below may be helpful when discussing symptoms and pH level with your healthcare provider:

pH	Symptoms May Include	Possible Infection	Action
4.5	<ul style="list-style-type: none"> Itching Burning Unusual discharge Yeasty odor 	Yeast Infection	First time sufferers, see your healthcare provider.
5.0 or Greater	<ul style="list-style-type: none"> Itching Unusual discharge Unpleasant odor 	Bacterial Vaginosis (BV)	See your healthcare provider for further testing, diagnosis and treatment.
5.0 or Greater	<ul style="list-style-type: none"> Itching Burning Unusual discharge Unusual odor 	Trichomoniasis (Trich)	See your healthcare provider for further testing, diagnosis and treatment.

Always consult your healthcare provider with any questions of a medical nature.

Performance Information: A study of 96 premenopausal women with symptoms of vaginal infection was conducted. Of the 88 women with complete information, twenty of twenty-one women (95%) with a physician's diagnosis of bacterial or trichomonas infection had a pH greater than 4.5 while fifty of sixty-seven women (75%) with yeast or normal findings had a pH of 4.5. Overall, therefore, 70 of 88 women (80%) had their results confirmed by a physician.

REFERENCES: Caillouette JC et. al.; Vaginal pH as a marker for bacterial pathogens and menopausal status: Am J Obstet Gynecol; 6/79: Vol. 176, No 6 Diagnosis of Vaginitis; APGO Educational Series in Women's Health Issue; 1998. Vaginitis; ACOG Technical Bulletin Number 226; 7/96.