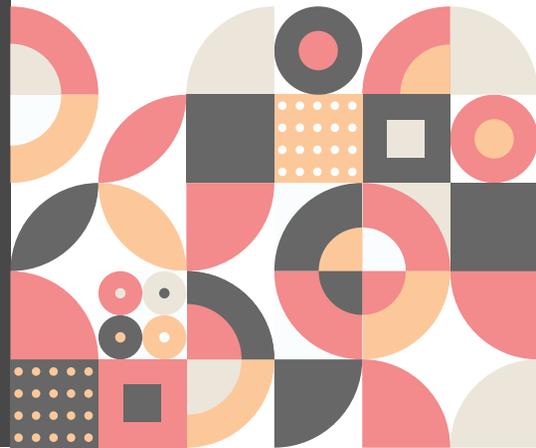


# VAGINOX

## VAGINAL PH TEST

Fast | Easy | Accurate

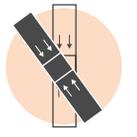
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### BOX CONTENTS



Sterile swabs



pH test strips

- Store at room temperature. Do not freeze.
- Keep out of direct sunlight.
- Do not open the pouch until it has reached room temperature and you are ready to take the test.

### LIMITATIONS OF USE

- The test is semi quantitative and relies on color matching.
- As with all laboratory tests, definitive diagnostic or therapeutic decisions should not be made or based on any single result or method.
- The test is only a starting point to detect vaginal infections.

### VALUE YOUR HEALTH BY KNOWING BETTER

*"At DIAGNOX, we aim to develop smart healthcare products that combine scientific innovations, premium quality, ease-of-use, and affordability to improve our quality of life."*

If you have any questions regarding your purchase, please contact us at our 24/7 customer service.

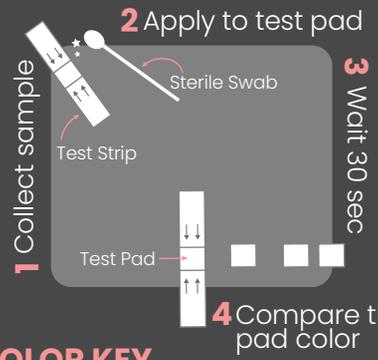
Designed & Tested in the United States.

Manufactured in China for DIAGNOX LLC, Dallas, TX - USA

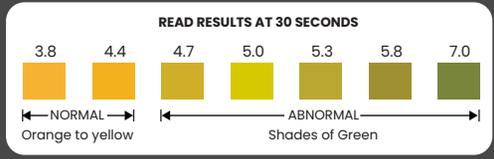
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### COLOR KEY



### UNDERSTAND THE RESULTS

pH	Symptoms	Indication
3.8 to 4.4	None	Balanced pH
3.8 to 4.4	Itching, burning, odor, discharge	Signs of a yeast infection (thrush)
4.5 and more	Itching, unpleasant/fishy smell, discharge (white to greyish)	It may be a bacterial infection (vaginosis)
4.5 and more	Pain when urinating, unpleasant mold-like smell, abnormal foamy yellow to greenish discharge	Typically related to trichomoniasis (trich)

Please consult with your primary care provider about your specific symptoms and potential causes of vaginal infection.

### GOOD TO KNOW

**Vaginal Yeast Infection** also known as candidiasis or vaginal thrush, is a common condition. A healthy vagina contains bacteria and some yeast cells. But when the balance of bacteria and yeast changes, the yeast cells can multiply. This causes inflammation, intense itchiness, and a thick, white discharge from the vagina.

**Bacterial Vaginosis (BV)** is a type of vaginal inflammation caused by the overgrowth of bacteria naturally found in the vagina. Anything that changes the chemistry of the vagina's pH balance can mess with bacteria levels and lead to infection

**Trichomoniasis**, also called trich, is a common sexually transmitted disease (STD). It can occur in both men and women. In women, trichomoniasis can cause a foul-smelling vaginal discharge, genital itching, and painful urination.

## SUMMARY

Vaginox vpH test by Diagnox measures the acidity of the vaginal discharge on the pH scale. A balanced pH environment is important for preventing infections, healthy pregnancies, hormonal balance, and overall health. The normal vagina pH level is about 3.8 to 4.5, which means it's on the acidic side. This acidic environment helps against bacterial growth and infections. When it is either too acidic or too alkaline, there is a pH imbalance which is linked to higher risk for infection. The pH level of vaginal discharge combined with physical symptoms helps in determining the overall health of vagina as well as provides clues about different vaginal infections. Vaginal pH screening is a routine practice at OB/GYN clinics. At-home vaginal pH test provides convenience to determine the pH level of vaginal discharge and seek medical help if there is an increased risk for vaginal infections.

Common Symptoms of Vaginal Infections are:

- Strong, fish-like smell from vagina
- Grey, green, or foamy vaginal discharge
- Swelling, itching and/or irritation around the vagina
- Pain or burning feeling in the vagina during sex
- Burning sensation while urinating

These are symptoms of common infections like bacterial vaginosis (BV), trichomoniasis (trich), or yeast infections. Most of these infections fall under the larger category of vaginitis. Vaginitis is any inflammation or irritation of the vagina and surrounding area.

## INTENDED USE

Vaginox vpH test is intended to determine the pH level of the vaginal fluid.

## ABOUT THE TEST

This test can be used at homes for a quick, reliable, and cost-effective way to check vaginal pH level. Unlike conventional products that expire within a few days after they are opened, individually packed pouches offer an extended shelf life, convenient handling, and easy storage so that you get a reliable test result every time.

## WHEN TO PERFORM THE TEST?

Use this test for general screening of vaginal health or specifically in the following circumstances:

- If experiencing discomfort in the genital organs (e.g., burning, itching, unpleasant smell, discharge).
- Discomfort during urination or sex.
- In the event of bacterial vaginosis.
- To monitor the progression of a vaginal disease and/or treatment.
- After anti-infective treatment (e.g., antibiotics).

The test is also recommended:

- As part of preventive examinations.
- During pregnancy.
- If there is a history of premature delivery/premature births.
- Before and after vaginal surgery.
- After sexual intercourse with a new partner.

## BEFORE PERFORMING THE TEST

Please read all of the following information before taking the test.

- Use each swab and test strip only once.
- This test is intended for vaginal pH testing only.
- Do not touch the test area of the strip or the applicator/swab.
- Used strips and swabs should be discarded after use.
- This test only measures vaginal pH and does not detect specific infections.
- An acidic pH is not always enough to prevent infections.
- If you notice/experience anything unusual despite a normal pH value, consult your doctor.
- Use the test before the expiry date (see the date on the box).
- Certain circumstances may temporarily change vaginal pH and thereby falsify the results of this measurement.
- Take the following limitations into account when measuring your pH and interpreting the test. Perform the measurement:
  - at least 12 hours after sexual intercourse.
  - at least 12 hours after vaginal administration of medicinal products (pessaries, cream, gel, etc.).
  - 3 to 4 days after your period ends.
  - at least 15 minutes after urinating: traces of urine may lead to a false result.
- Do not use after washing or showering external genital areas.
- Never start treatment without discussing the test result with your doctor.

## DIRECTIONS FOR USE

- 1 Wash your hands before starting the test.
- 2 Open the box, carefully remove the pH test strip and the swab from their respective pouches. Do not touch the test area of the pH test strip or the tip of the swab. Also, avoid the pH measuring area to come into contact with other liquids.
- 3 For ease of sample collection, it may be helpful to either sit down with the knees apart or stand with one foot resting on a higher level (e.g., a toilet seat or another stable surface).
- 4 The swab is intended to collect vaginal fluid. Hold the swab at the base with one hand. With the other hand, gently free the opening of the vagina by spreading the external folds of skin (labia).
- 5 Gently introduce the swab into the vagina up to about 1 to 3 cm deep. Press the swab tip gently against the posterior wall of the vagina (on the side of the rectum) for about 5 seconds to ensure that the swab tip is well moistened. Sufficient moistening is important for the test's interpretation.
- 6 Finally, carefully remove the swab from the vagina. Make sure not to touch the tip of the swab against anything to ensure a clean sample.
- 7 Gently wipe the swab across the test area on the pH test strip. The color on the test area should start changing.
- 8 Read the results at 30 seconds by matching the color on the test area to the closest color on the color key. Color changes after 2 minutes are of no diagnostic value.
- 9 Record your results and interpret the results according to the next section.

