

Instructions

LADY-COMP[®] BABY-COMP[®]



..... 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

Lady-Comp / Baby-Comp

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Lady-Comp/Baby-Comp will be delivered with an integrated battery and a separated mains power plug (comp. page 29).

You can operate Lady-Comp/Baby-Comp

- Optionally at the mains or
- With the integrated, rechargeable battery (at home and/or on holiday)

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

- The first time the battery should be recharged approx. 24 hours.
- When recharging the battery is completely recharged after approx. 12 hours.

Connection

On the rear of the device:

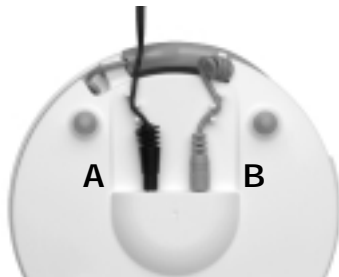
- Socket of the mains power unit in connecting socket A
- Sensor in connecting socket B

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 9-1 is shown, the battery must be recharged again.



- 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.
- The coil which is doped with hormones **must** be removed before beginning. In case of a copper coil it is recommended to remove it.

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.



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. 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.
- When you press the plus and the minus button simultaneously, the device automatically returns to the alarm display.
- When using the mains operation, the device returns to the pre-set dimming level after 30 seconds.

When using batteries:

- If no button is pressed, Lady-Comp/Baby-Comp switches off automatically after 30 seconds. Then the display is dark until the next time when a button is pressed or the alarm clock rings.

press shortly = switch it on

ALARM CLOCK	ALARM TIME	TIME	DATE	YEAR
	07:00	13:46	24.08.	2004
off / on	alarm setting 5 seconds hours shortly minutes 5 seconds	set time 5 seconds hours shortly minutes 5 seconds	set date 5 seconds 5 seconds	

press shortly

FERTILITY	TEMPERATURE READING VALUE / CYCLE DAY	FERTILITY
• • • 23.08 / 36.63	• • • 36.65. / .14	• • • .01
ARreverse display up to 180 or 250 days advance / reverse	yes no enter menstruation 5 seconds 	advance display up to 6 days advance / reverse

press shortly

LENGTH OF CYCLE	NUMBER OF READ CYCLES	INCREASE IN TEMPERATURE	OV RANGE
L:28	C:10	17.27	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.

Plus button

- With the plus button, you can advance and enter data (for example to confirm menstruation).
- One press on the plus button advances the display by one unit.

Minus button

- With the minus button, you can go backwards (for example to look at past temperature readings and evaluations).
- One press on the minus button reverses the display by one unit.
- Data can also be corrected with the minus button.

Back to the starting position

- By pressing two buttons simultaneously you can go return to the starting position.

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:
flashes for input "+" yes / "-" no menstruation
and lights up constantly, if "M" was entered.



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

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.

The battery in the device must be charged 24 hours before usage. However, you can already use the device while being charged, as soon as it is connected with the mains power unit.

1. 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 alarm setting using the plus button or
- reverse the alarm setting 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.

2. Enter BMI

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

Proceeding from the time display:

- By simultaneously pressing the plus/minus button for 5 seconds, these values can be entered.
- First the year of birth appears, the birth symbol lights up.
- By pressing the plus or minus button the year of birth can be entered.
- Input completed: press and hold the round button for 5 seconds.
- By pressing the round button you can proceed the same way for your height, confirm this by pressing and holding for 5 seconds. Afterwards press the round button again and enter your weight and confirm by pressing and holding for 5 seconds.
- Shortly press the round button to save data and return to the time display.

3. Enter past menstruation data "M", 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 19.

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.

4. Activating the alarm

Proceeding from the time display:

- Press the minus button once. The alarm setting appears.
- Press the minus button again, the bell symbol flashes.
- Press the plus button = the bell remains constantly illuminated. You will be woken up at the desired time.

5. Temperature reading the 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 17.

6. Fertility indicators

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

7. Menstruation data

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 19).

Ready to take a temperature reading

The device is ready to take a temperature reading:

- +/- 3 hours before or after the alarm clock rings.
- +/- 3 hours before or after the previous temperature reading time.

Temperature reading time limit

Lady-Comp/Baby-Comp controls the temperature reading time limit. It comprises **6 hours**, beginning and ending three hours before and after the 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.

The **thermometer symbol remains illuminated** throughout the temperature reading time limit. If there is no temperature reading for one day, the temperature reading time limit is left open and must be set again by the alarm clock. 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.

Taking your temperature, 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.

Information on taking 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 temperature reading takes approx. 60 seconds. The display shows temperature reading values from 34.50 to 41.00 degree Celsius.

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

Interruptions when taking your temperature

Should there be interruptions when taking your temperature, e.g. by moving the thermometer in your mouth, the temperature reading is automatically extended. The temperature reading value flashes to indicate an interruption.

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.

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. It is recommended to interrupt the daily temperature reading in case of feverish cold or when taking medication to avoid entering "abnormal" values into the device.

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

Enter 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.

Enter "M" after using the device for some time

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. Proceed as described in Enter "M" at a later date.

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.

In case of correction or subsequent input: The input is only required for the first "M" day. The device automatically enters the two subsequent days.

Entering "M" at a later time

If you have not taken a temperature reading for some time (e.g. on holiday), but menstruated during this time, you can retroactively enter this data.

You can go back to the desired date if no temperature reading value is available. Begin with the furthest menstruation back in time. You can always correct "M" on the three previous days.

- 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 displays

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 34)

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

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

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

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. Once the date has been correctly entered, it automatically proceeds correctly, with adjustments for leap years. This is irrespective of whether the Lady-Comp/Baby-Comp is operated with or without mains connection or flat battery.

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.

Back in operation after an 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.

If you want to subsequently enter "M" data, this is possible at any time as long as there are no temperature reading values in between. "M" input which is entered by mistake cannot be corrected if that was more than three days ago.

Travelling / Time zones

When travelling in different time zones you have the possibility to change the date and time to the local time. The temperature reading does not apply on the first day. (see page 24)

Shift work

In case of shift work the alarm setting and therefore the temperature reading time limit is directed towards the real sleep time. Basically the basal body temperature (wake up temperature) must be recorded.

Summer and winter time

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

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.

No temperature readings

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, however, are "abnormal" and are recognised as such by the device.

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.

Cleaning the thermometer

The tip of the thermometer can be cleaned with warm water. Occasional cleaning is recommended. Please do not use chemical substances and no alcohol.

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.

Deleting saved data

Start self-testing (see page 9), 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.

Regulating the brightness

(Operating with mains power unit)

The pre-set brightness applies to the “time display window” and is maintained by the device until further changes are made.

The other display windows have always the same normal degree of brightness.

When you begin to use the device, the display shows the normal degree of brightness and is then reduced to the desired dimming level.

Dimming level:

Proceeding from the time display:

- Press and hold the round button.
- Press the plus button for “lighter” or the minus button for “darker”.

There are three different settings of brightness.

The device can also be completely turned off using the dimming level if the minus button is pressed repeatedly until you hear an acoustic signal.

Mains power unit

Lady-Comp/Baby-Comp is delivered with an integrated battery and a Euro 110 – 230 V 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!

No risk of loss of data

In the event of a power cut and flat batteries, there is absolutely no risk of losing the data memorised in the Lady-Comp/Baby-Comp and the data concerning menstrual cycles.


Battery

The integrated battery of Lady-Comp/Baby-Comp must be connected with the mains power unit to electricity for approx. 12 hours. Now Lady-Comp/Baby-Comp are ready for use mains-independently for approx. one month.


Repeat the recharging of the battery when BA 9 – 1 appears on the display.

By pressing the plus/minus buttons simultaneously, you return from the BA-display to the time display.

Important! If display falls under BA 1, the device cannot be operated any more, recharge batteries.

 press shortly = switch it on

TIME LEVEL

ALARM CLOCK 	ALARM SETTING 07:00	TIME 13:46	DATE 24.08.	YEAR 2004
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 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 10

 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 L 1:	MONO-PHASES PO:	LENGTH OF HIGH LEVEL HL:	LENGTH OF CYCLE L:	NUMBER OF READ CYCLES C: 10	INCREASE IN TEMPERATURE JF.	OV RANGE 0-:	PLANNING HIT 10:03
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 press shortly / back to the time level

- Fertility indicators (from left to right)
red = fertile
yellow = learning area and transition area or missing data
green = infertile
- Alarm indicator:
lights up when the alarm is switched on.
- Display for all information:
concerning time, dates, temperature readings etc.
- Thermometer symbol:
lights up during temperature reading time and flashes when being ready for temperature reading.
- Menstruation indicator:
flashes for input "+" yes / "-" no menstruation and lights up constantly, if "M" was entered.
- Display birth:
Date flashes on possible date of birth
Date remains illuminated in case of confirmed pregnancy.
- Conception display:
Date flashes in case of conception optimum and remains illuminated in case of confirmed pregnancy.
- Sex prognosis indicator "girl":
Illuminates if it is more likely that a girl is expected.
- "SI"-input:
Flashes for input sexual intercourse.
- 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 two days per cycle are considered to be optimum. These days have no significance for the sex of the offspring and so the "boy and girl" symbols flash together with the date.



In order to plan for a boy, only have intercourse on the day on which just the "boy" symbol is shown.



If your preference is for a girl, only have intercourse on the day 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.

Sex 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.

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.

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. This can easily be done by pressing a button at home.

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

CORPUS LUTEUM INSUFFICIENCY	MONO-PHASES	LENGTH OF HIGH LEVEL	CYCLE LENGTH	NUMBER OF READ CYCLES	INCREASE IN TEMPERATURE	OV-RANGE	PLANNING HIT
L I: -- ← ⊖	PO: -- ← ⊖	HL: -- ← ⊖	L: 28 ← ⊖	C: 10	⊕ → Jf .27 ⊕ →	0 - : 02 ⊕ →	⊕ → 10:03 ⊙

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: --.
- Press three times: your mono-phases in % of the last 20 cycles, symbol PO:--.
- Press four times: CLI is shown in %, symbol LI:--.
(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.

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