

Exploro® Highly Sensitive VAGINAL HEALTH pH TEST DEVICE (pH value of 4.0 - 7.0)

A reliable, hygienic, pain-free method for determining the vaginal pH level

Exploro® Highly Sensitive Vaginal Health pH Test Device uses a dry chemical method to help monitor pH levels in female vaginal fluid specimens (see **FAQ #1**). While it is not intended to diagnose any condition, it may support general wellness awareness for individuals experiencing symptoms such as unusual odor, itching, burning, or abnormal vaginal discharge (see **FAQ #4**).

Exploro® Highly Sensitive Vaginal Health pH Test Device is a reliable, hygienic, and pain-free method for determining vaginal pH levels through visual interpretation of color change. When the test device measurement zone comes into contact with vaginal secretion, a color change occurs. This color can then be matched to a color scale to determine the pH level.

⚠ WARNING

Read the complete information before performing the test.

- The test kit should be stored at room temperature, avoiding areas of excess moisture.
- Do not use the test if the foil packaging is damaged or has been opened.
- After opening the test device package, use it immediately to avoid prolonged exposure to air, which could cause the test to malfunction.
- The test kit must not be frozen.
- Do not use the test after the expiry date printed on the package and foil pouch.
- The test is for one-time use only, DO NOT REUSE.
- Keep out of reach of children.
- Keep out of direct sunlight.
- Do not touch or remove the measurement zone.
- Do not wash or shower the vaginal area immediately before taking the measurement.
- Use only for intended purpose, not for consumption.

CAUTION

- The test determines only the pH levels and not the presence of any infection.
- An acidic pH level is not 100% protection against infections. Contact your doctor if you notice symptoms despite a normal pH level (see **FAQ #14**).
- If the test is not used properly, this may lead to a tearing of the hymen in women who are not yet sexually active (see **FAQ #15**).

ITEMS PROVIDED

- pH test device (see the back of the box for quantity)
- User instructions
- pH colorimetric card

ITEMS NOT PROVIDED

- Timer

STORAGE

- Store the test at 39-86°F (4-30°C). DO NOT FREEZE.
- Do not open the pouch until ready for use.

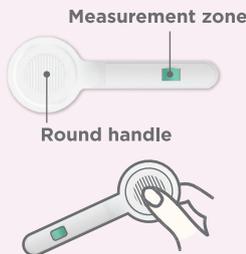
TESTING

Before you begin

- Bring the test to room temperature of 59-80°F (15-30°C) before use.
- Certain occurrences may alter the vaginal pH level temporarily and lead to false results. You should therefore take into account the following time limits before performing the test/taking a measurement:
 - Measure at least 12 hours after sexual activity.
 - Measure at least 12 hours after the use of vaginal medical products (vaginal suppositories, creams, gels, etc.).
 - Measure not earlier than 3-4 days after the end of a period if you are using the test when not pregnant.
 - Measure at least 15 minutes after urination because remaining urine can lead to false test results.

Step 1

- Wash your hands thoroughly.
- Open the foil pouch, and remove the test device. Only touch the device in the round handle area.
- Hold the device in the handle area between your thumb and index finger, as shown in the image. Keep your thumb on the side opposite the pH measurement zone.
- This test is designed exclusively for *in vitro* diagnostic use to determine vaginal pH levels by inserting the device into the vagina to absorb vaginal fluid. It is not suitable for use with specimens from other body fluids.



Step 2

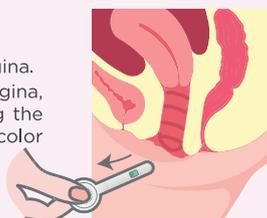
- Sit with your knees spread or with one foot on the toilet seat or other firm surface.
- Make sure the test device measurement zone faces downwards.
- Use your free hand to gently spread the vaginal opening, carefully separating the outer labia.
- Insert the device gently into the vagina, with the measurement zone facing backwards, similar to how you would use a tampon. Insert it approximately 1 inch into the vagina, but not farther than the round handle area.

NOTE: Inserting the device is completely pain-free.

- Press the inserted device side with the measurement zone gently against the back wall of the vagina for about 10 seconds, pushing towards the rectum. Ensure the measurement zone becomes well moistened by the vaginal secretions, as sufficient moisture is very important for the test.



- Carefully remove the device from the vagina.
- After removing the device from the vagina, read the result immediately by comparing the color on the measurement zone with the color scale on the pH colorimetric card.



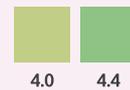
Step 3

- Take the pH colorimetric card.
- Place the test device next to the colorimetric card. Identify the color block on the card that most closely matches the color in the measurement zone of the device. The pH level corresponding to that color block is printed below it.
- After evaluation, you may dispose of the used device with the regular household waste.

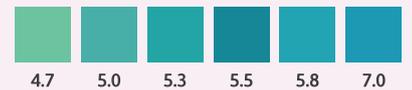
RESULTS

Read the results by visual comparison.

NORMAL



ABNORMAL



NORMAL (pH Level 4.0 - 4.4)

Vaginal pH levels in this range are within the normal range. The color of the indicator will be yellow-green (see **FAQ #6, #14**).

ABNORMAL (pH Level 4.7 - 7.0)

Vaginal pH levels over 4.7 are outside of the normal/healthy range. The color of the indicator will be a darker green-blue shade (see **FAQ #3**).

IMPORTANT: If the pH measurement does not display a uniform color on the measurement zone, this is a warning that the test has not been performed properly. Usually, it may be caused by the measurement zone not being sufficiently moistened with vaginal secretion. If this is the case, you can perform the measurement again with the same test device. If after this, the test still does not display a uniform color, perform a new test and please contact our customer support immediately at hello@exploroproducts.com.

Worried about your Vaginal pH test? Scan the QR code for exclusive expert guidance!



exploro.pro/vaginalpH

FREQUENTLY ASKED QUESTIONS

1. Why is it important to measure vaginal pH levels?

A healthy vaginal pH (4.0 to 4.4) is crucial for protecting against infections. An elevated pH level (above 4.4) can indicate an imbalance, increasing the risk of vaginal infections. Vaginal fluid pH is an important marker for detecting vaginitis. Normal pH levels (4.0 to 4.4) suggest the absence of vaginitis, while a pH level above 4.4 indicates the possibility of vaginitis or bacterial vaginosis (BV). In cases of *Trichomonas vaginalis* infection (see **FAQ #2**), pH levels can rise to 6.5 or higher.

2. What is *Trichomonas vaginalis* infection?

Trichomonas vaginalis infection, or trichomoniasis, is a sexually transmitted infection (STI) caused by a parasite. Symptoms include itching, burning, and unusual discharge in women, while men may have itching and irritation inside the penis. It is treatable with antibiotics, but both partners should be treated to prevent reinfection.

3. What to do, if the pH level is not in the normal range?

If the pH level is not in the normal range on one occasion, there is no need to worry. If this happens, repeat the measurement a few hours later or the next day. If the pH level is still not in the normal range at that point, you should discuss the test result with your doctor, so that the cause of the increased pH level can be clarified. Please remember that many factors can temporarily alter the vaginal pH level, without a disease being present.

If the vaginal pH level is repeatedly high, and/or the following symptoms arise, you should always consult your doctor:

- Bleeding, including spotting
- Suspected release of amniotic fluid
- Symptoms similar to menstruation
- Fever
- Burning during urination
- Itching or burning in the vagina
- Increased discharge
- Fishy, unpleasant odor

4. Who should use Exploro® Highly Sensitive Vaginal Health pH Test Device?

The Exploro® Highly Sensitive Vaginal Health pH Test Device is ideal for:

- Individuals experiencing symptoms of vaginitis. If you have an unusual odor, itching, burning, or abnormal discharge.
- Individuals experiencing symptoms of bacterial vaginosis. If you have a thin, grayish-white discharge with a fishy odor, you should use this test to detect abnormal bacterial colonization of the vagina.
- Pregnant women. To monitor vaginal health and prevent complications.
- Known tendency for premature birth. For women with a history of preterm delivery.
- Suspected dysbiosis. When there's an imbalance in the vaginal flora.
- Post-infection treatment. To check vaginal health after antibiotic treatment.
- Preventative medical check-ups. As part of routine health monitoring.
- After sexual contact with a new partner. To ensure no infections are present.
- Before and after vaginal surgery. To ensure optimal vaginal health around surgical procedures.

5. When is the best time to perform the pH test?

The test can be performed at any time of the day, however for the most accurate results, follow these guidelines:

- Avoid sexual activity. Ensure at least 12 hours have passed since your last sexual intercourse.
- Avoid using vaginal products. Wait at least 12 hours after using vaginal suppositories, creams, or gels.
- Post-menstruation. Test 3-4 days after your period ends to avoid interference from menstrual blood.
- After urination. Wait at least 15 minutes after urinating before performing the test.
- No recent douching. Do not perform the test immediately after douching.

6. How often should I perform the pH test?

The frequency of performing a vaginal pH test depends on your individual health needs and circumstances:

- Routine monitoring. If you have no symptoms and just want to ensure your vaginal health, performing the test once every six months to a year is sufficient for routine monitoring.
- History of infections. If you have a history of vaginal infections such as bacterial vaginosis (BV) or yeast infections, it is advisable to test more frequently, such as every three months, to catch any imbalances early.
- Post-infection treatment. After completing treatment for an infection, perform the test to confirm that your vaginal pH has returned to normal. Testing immediately after treatment and then again a few weeks later is recommended.
- During pregnancy. Pregnant women should perform the test more regularly, such as once a month, to monitor changes that could lead to complications like preterm birth.
- After new sexual contact. Test shortly after having sexual contact with a new partner to ensure no infections have been introduced.
- When symptoms appear. Anytime you experience symptoms such as burning, itching, unusual discharge, or a fishy odor, perform the test immediately to determine if an imbalance or infection is present.
- Before and after surgery. If you are undergoing surgical interventions on the vagina, test before and after the procedure to ensure your vaginal pH is optimal for healing and to prevent infections.

7. Can the test detect specific infections?

No, the test only measures the pH level. It does not diagnose specific infections. For a confirmed diagnosis, consult a healthcare professional.

8. Can I perform the test during menstruation?

No, you should wait 3-4 days after the end of your period before performing the test if you are not pregnant.

9. What should I do if the test does not display a uniform color?

This indicates the test was not performed properly. Ensure the measurement zone is well moistened and repeat the test with the same test device. If after this, the test still does not display a uniform color, perform a new test and please contact our customer support immediately at hello@exploroproducts.com.

10. How does an acidic pH protect against infections?

- Normal vaginal pH. The normal vaginal pH ranges from 4.0 to 4.4, which is slightly acidic. This acidity helps protect against infections by maintaining a balance of healthy bacteria.
- High vaginal pH (>4.7). A pH higher than 4.7 can indicate an imbalance, often due to bacterial vaginosis (BV) or other infections. A high pH disrupts the normal vaginal flora, making it easier for harmful bacteria to grow.
- Low vaginal pH (<4.0). While less common, a pH lower than 4.0 can also indicate an imbalance, potentially related to other health issues.

11. Can excessive intimate hygiene affect my pH level?

Yes, excessive or incorrect intimate hygiene can disturb the vaginal microflora and alter the pH level, leading to infections.

12. Why is it recommended to test regularly during pregnancy?

Regular testing can help detect bacterial vaginosis early, reducing the risk of complications such as premature birth and infections.

13. What factors can temporarily alter vaginal pH?

- Sexual activity
- Use of vaginal products
- Menstruation
- Urination

14. What should I do if I have a normal pH level but still have symptoms?

Contact your doctor, as an acidic pH level alone does not guarantee protection against infections. Other factors might be causing the symptoms.

15. Is the pH test safe for women who are not sexually active?

Yes, however improper use of the test device can potentially tear the hymen, similar to the use of tampons.

16. What do I do if the test device arrives in very cold or hot temperatures?

If the product arrives in very cold or hot temperatures, it is important to let the product adjust to room temperature before using it to ensure it functions correctly. Simply leave the product at room temperature (approximately 59-86°F (15-30°C)) for a few hours. Do not use heating devices or place it in direct sunlight to speed up the process. Once the product has acclimated to room temperature, you can proceed with its use as intended.

17. Can I use this test to test other body fluids like urine or saliva?

No, this test is specifically designed for vaginal pH testing and is not intended to be used for other body fluids.

18. Can I perform the test more than once with a single device?

Each device is designed for a single use only. For repeated testing, a new device is required.

19. What should I do if my test kit is missing components?

This is not possible due to automated production process in our facility. However, in unlikely scenarios, it could happen during the shipment or handling of your order. If this occurs and the kit is missing components, please contact our customer support immediately at hello@exploroproducts.com.

20. What is the shelf-life of the test?

The shelf-life of the test is 24 months. Each pouch has its due date printed on it; therefore, you will know exactly for how long it is usable. If you receive a package with less than 6 months of shelf-life remaining, we will replace this package free of charge. DO NOT use the test after the expiry date shown on the pouch.

21. How accurate is this test device?

The test device is designed to be accurate when used correctly. Follow the instructions carefully. For best accuracy, compare results with clinical testing if possible.

INDEX OF SYMBOLS

 Consult instructions for use	 Manufacturer	 Contains sufficient for <n> tests	 Keep away from sunlight
 For <i>in vitro</i> diagnostic use only	 Use by	 Do not reuse	
 Store between 4°C - 30°C (39-86 °F (4-30 °C))	 LOT Lot number	 Caution	

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Catalog number: VPT-1
Version: VPT-IUS-2025-1
Effective date: 01-11-2025

**24/7
Support**



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365-DAY MONEY-BACK GUARANTEE:

We are confident about our product performance, but if it has not met your expectations, we will refund you with all the related expenses (including the cost of shipping) within 365 days from your purchase.