

Forehead Temperature Trend Monitor

⚠ IMPORTANT: PLEASE READ INSTRUCTIONS BEFORE USE

This Forehead thermometer uses liquid crystal technology that changes colour in relation to temperature and estimates inner body temperature by measuring the temperature of the forehead. The thermometer's colour changes have an accuracy of +/-0.5°C and it is an unbreakable, easy to use, non-invasive, quick reading, safe thermometer that when used properly will accurately show trends in core body temperature

IMPORTANT ADVICE: When you first purchase this product, in order to follow the temperature trend of your patients you should take healthy readings from them all and record in the boxes below. These readings should always be kept with the thermometer. We recommend that healthy readings should be periodically recorded especially for younger users due to their body's physical changes.

Patient	Date	Temperature Reading	Comments

How to Use:

1. Ensure the forehead is clean and dry before use. Thermometer should be used indoors with room temperature between 16 to 27°C (60 to 80°F). Ideally between 18 to 22°C (64 to 72°F).
2. Before taking temperature, the patient should lie or sit for at least 5 minutes. Do not take temperature after exposure to extreme hot or cold conditions and at least 30 minutes after eating, drinking or exercise. Do not use outdoors or after sunbathing.
3. Hold the thermometer at both ends and press firmly against the centre of the forehead just above the eyebrows, making sure the whole strip is in contact with the forehead (see image).
4. Hold for at least 15 seconds or until the colours stop changing.
5. Read the thermometer while still on the forehead using a mirror if testing your own temperature.
6. With a six temperature or 12 temperature thermometer, the green illuminated box indicates temperature reading.
 If your thermometer has 6 temperatures and green does not appear, subtract 0.5°C (1°F) from the highest coloured box for the correct temperature.
 If your thermometer has 12 temperatures the highest illuminated green box indicates the correct temperature.
7. If no reading is seen, then further checks should be made at different times of the day as body temperature fluctuates.

Storage & Handling:

- After use store thermometer in the protective case and keep away from Ultraviolet/sunlight, dampness, or heat.
- After use the thermometer can be cleaned by gently wiping with a soft cloth or tissue dipped in water.
- Do not immerse thermometer in liquids
- Store thermometer at 16 to 40°C (60 to 104°F) at 15 to 95% RH.
- Optimal storage and usage between 16 to 27°C (60 to 80°F) at 40 to 60% RH.
- Shelf life 12 months from point of invoice as declared to our customers. If properly used and stored this thermometer will last for thousands of uses however it should be replaced after 1 year.

IMPORTANT NOTE: When using the thermometer to check for fever, the conditions of the last healthy record should be replicated as close as possible so that an accurate trend can be seen. If there has been an increase of more than 1°C (2°F) against healthy record it indicates a mild fever and an increase of 2 to 3°C (4 to 6°F) a high fever. In all cases it is recommended that you should double check the patient's temperature using an internal probe and notify your doctor to determine the appropriate treatment.

It is recommended that regular further checks are made as body temperature can change quickly in certain circumstances especially with children. For very young children the body's thermal regulating system may be immature, in these cases the forehead scale can be very useful to monitor temperature trends during illness episodes and not as a true indication of internal temperature.

Please note that the forehead skin temperature is lower than the core body temperature. This thermometer has been adjusted for core body temperature using a proven average offset temperature to reflect core body temperature based on the temperature of the forehead. Due to people's individual physiology the difference between forehead temperature versus core body temperature can be higher or lower meaning this thermometer may not reflect core body temperature as accurately as an Internal probe, however, studies have shown that changes in core temperature are accurately reflected on the forehead allowing this thermometer to act as an ideal trend indicator.

Given the above there may be cases where no colour change is seen on the thermometer due to the patient having a forehead temperature lower than the average person. If this is the case or you continue to feel unwell you should check your temperature using an internal probe and consult your Doctor.

