

# Careplan<sup>®</sup> VpH Gloves (505006 & 504102)

## Frequently Asked Questions

The Careplan<sup>®</sup> VpH Glove is designed for measuring the acidity of the vaginal environment (vaginal pH).

### **Why is the measurement of vaginal pH important?**

Measuring vaginal pH provides an early indication of abnormalities in the vaginal environment. Changes in vaginal pH also serve as an early indicator of increased colonisation of the vagina by infectious bacteria that can cause premature birth, low birth weight babies and reduced fertility.

### **How soon after sexual intercourse can I perform a test?**

After sexual intercourse you should wait 12 hours before performing a test.

### **Can vaginal sprays, creams and gels affect the result of a Careplan VpH Glove?**

Yes, the use of vaginal sprays, creams and gels can affect the vaginal pH and you should not test for 12 hours after use.

### **Can vaginal douching affect the vaginal pH?**

Yes, douching will change the vaginal pH and can also negatively affect the vaginal environment.

### **After passing urine how long do I need to wait before doing a test?**

After urinating it is important to ensure no urine is left around the entrance to the vagina (wipe thoroughly, urine can affect the pH).

### **My vaginal pH is over 4.4 (normal range 4.0 - 4.4) what does this mean?**

In this case your vaginal environment is not acidic enough. You should repeat the test a few hours later or the next day. If the pH is not within the normal range upon repeat testing you should consult your doctor.

### **How should I store Careplan VpH gloves?**

Careplan VpH gloves should be stored in a dry place between 2 – 30°C and should not be frozen.

*Please see instructions for use for full information.*

*If you have any further questions please do contact us via the enquiry button on the product page.*