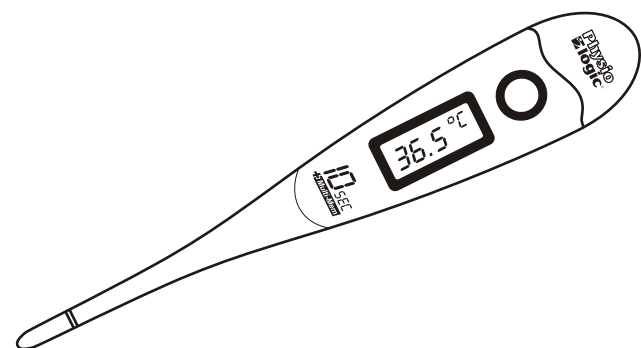




# Accuflex<sup>10</sup>

Flexible Digital Thermometer  
With multi-memory

## Instruction Manual



### Features:

- Accurate within 0.1°C / 0.2°F
- Gentle-flex tip for added comfort & safety
- Displays in either Celsius or Fahrenheit
- Multi memory recall / display of the last 5 readings
- Tone signals peak temperature
- Waterproof / washable for easy cleaning
- Auto shut-off for extended battery life
- Includes storage case

Thank you for purchasing the Physio Logic® Accuflex® 10 Thermometer. Please read the following instructions to achieve the most accurate temperatures and safe operation. With proper care and use, your thermometer will provide you with years of reliable readings.

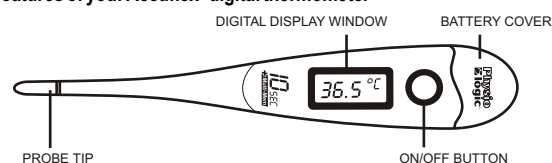
Your thermometer features a comfortable, soft flexible tip, which conforms to the mouth during temperature readings. It is enhanced with beeper and memory. The following instructions will cover your thermometer's features in further detail.

016-635

### What is a "normal" body temperature reading?

Although the generally accepted "normal" temperature is 37.0°C (98.6°F), temperatures can vary from 36.1°C (97°F) to 37.2°C (99°F) and still may be considered "normal". Variations in temperature can be attributed to activities such as exercise, smoking, eating and drinking. Even time of day may influence your temperature. For example, your temperature is lower in the morning than in the afternoon. Other variations may be due to the location of the temperature reading. While the oral temperature follows the guidelines described above, a rectal temperature is generally 0.6°C (1.0°F) higher. Conversely, an axillary (under the arm) temperature will be 0.6°C (1.0°F) lower.

### Features of your Accuflex® digital thermometer



### Cleaning instructions

Before and after each use, clean the thermometer with a soft cloth and 70% isopropyl alcohol diluted with water, or wash with COLD soapy water. An intact unit can be submersed in water or alcohol. However, do not soak in either for an extended period of time.

1. The unit must never be sterilized by boiling, gas or steam.
2. The use of any other solution or cleaning method beyond the above mentioned may result in reliability problems with the thermometer and void your warranty.

### How to switch between °C and °F

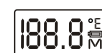
1. Press the ON/OFF button, LCD shows 188.8<sup>°C</sup> and then 1 M.
2. Afterwards LCD shows 1 M<sup>°C</sup> (or 1 M<sup>°F</sup>) when M disappears, you can change the measuring scale from °C to °F and vice versa, by pressing the button.

### How to take your temperature / How to review the memories

1. Clean and disinfect the thermometer according to the instructions provided.
2. Decide whether the measurement will be oral, rectal or underarm.

**Note:** Measurement time may vary based on the selected site.

3. Press the ON/OFF button (the unit will beep) to activate the thermometer.



This is the LCD display test, which insures all parts of the display are functioning properly.



This display is followed by the value of the last reading. Pressing the ON/OFF button at this time will allow to navigate across the last 5 readings. Hold the button pressed to review the memory number and release it to get the reading value for this memory.



This display allows to switch between °C and °F. (See "How to switch between °C and °F" section)



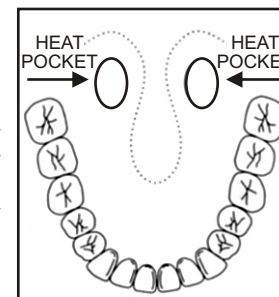
When the °C or °F start flashing, it indicates that the thermometer is ready to take a temperature reading.

### Taking an oral temperature

Approximate measurement time: 18 seconds.

**Note:** Drinking hot or cold fluids, exercising, smoking or performing other activities may raise or lower your temperature. Therefore, it is important to relax for approximately 5 minutes with your mouth closed prior to taking a reading.

1. Using the diagram on the right, place the probe tip under the tongue as near as possible to the heat pocket.



**Note:** The mouth must remain closed during the measurement for the most accurate reading. Opening the mouth could result in an extended measurement time and may affect the reading.

2. The current temperature is shown and the °C or °F will continue to flash during the reading.
3. When the peak temperature has been reached, the °C or °F will stop flashing and the thermometer will sound four quick beeps.
4. To turn the unit off, press the ON/OFF button. However, the unit will automatically shut off after approximately nine minutes if it is not in use.

### Taking an axillary temperature (under the arm)

Approximate measurement time: 37 seconds.

1. Wipe the underarm with a dry towel.
2. Place the probe tip under the arm so the tip is touching the skin with the thermometer perpendicular to the body.
3. Position the arm across the chest so the probe tip is well covered by the arm. This also insures the probe is not affected by the room's air.
4. When the peak temperature has been reached, the °C or °F will stop flashing and the thermometer will sound four quick beeps.
5. To turn the unit off, press the ON/OFF button. However, the unit will automatically shut off after approximately nine minutes if it is not in use.

**Note:** Axillary temperatures are generally 0.6°C (1.0°F) lower than oral readings.

### Taking a rectal temperature

Approximate measurement time: 10 seconds.

**Note:** Rectal temperatures are an appropriate and reliable method for infants and small children. Otherwise, this method should only be used when it is impossible or impractical to take an oral or axillary temperature.

1. Apply a water-soluble lubricant to the tip.
2. Gently insert the probe to a MAXIMUM of 1.25 cm (1/2") into the rectum.
3. When the peak temperature has been reached, the °C or °F will stop flashing and the thermometer will sound four quick beeps.
4. To turn the unit off, press the ON/OFF button. However, the unit will automatically shut off after approximately nine minutes if it is not in use.

**Note:** Rectal temperatures are generally 0.6°C (1.0°F) higher than oral readings.

### General care

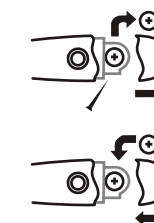
1. The thermometer should only be used under the supervision of an adult.
  2. Do not walk, run or talk during temperature taking.
  3. Clean the thermometer before and after each use.
  4. Store the unit in the protective case when not in use.
  5. Do not bite the probe.
  6. Do not store the unit where it will be exposed to direct sunlight, dust or humidity. Avoid extreme temperatures.
  7. Dropping or subjecting your thermometer to strong shocks should be avoided.
  8. Do not attempt to disassemble the unit, except to replace the battery.
  9. If ERR displays and measurement is not attainable, the unit must be replaced.
- Note:** The use of probe covers may result in 0.1 °C (0.2 °F) of variation with real temperature, and the measuring time will be longer.

### Changing the battery

The battery in your digital thermometer needs to be replaced when the " " symbol appears. Replace the battery with a 1.55V, (SR41, LR41, 392, 192 or equivalent).

### To replace the battery,

1. Slide the battery cap away from the unit.
2. Using a non-metal pointed tool, carefully remove the battery and insert the new battery with the positive (+) side facing the display side of the unit.
3. Carefully slide the battery cap back into place, making sure that the cap fits snugly to protect the battery compartment from moisture.



**Note:** Please properly dispose of the battery away from small children and heat.

### Specifications

Display:	Liquid Crystal Display
Display resolution:	4 Digits (1/10th of a degree increments)
Measurement range:	32°C to 42.9°C (90.0°F to 109.9°F)
Accuracy:	0.1°C (0.2°F)
Average measurement time:	Oral: 18 seconds, rectal: 10.2 seconds, axillary: 37 seconds
Tone:	Thermometer beeps when activated and deactivated. A series of beeps signal when peak temperature is reached
Memory:	Displays last 5 measured temperatures
Battery:	One, 1.55V, dc Alkaline Manganese battery (SR41, LR41, 392, 192 or equivalent)
Battery life:	Approximately 12,000 measurements
Automatic shut-off:	After approximately 9 minutes
Ambient operating temperature:	0°C to 50.0°C (32.0°F to 122.0°F)
Dimensions:	15.2 cm x 1.4 cm x 2.15 cm (5.98" x 0.55" x 0.84")
Weight:	16.8 grams with battery inside

Specifications are subject to change without notice.

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