



Here are some of the most frequent questions people ask about the Lady-Comp.

What is Lady-Comp exactly?

Lady-Comp is an electronic cycle computer designed to fulfill the needs of women who wish to use knowledge and awareness of their menstrual cycle as an aide to assist or avoid pregnancy.

This is 21st Century Natural Family Planning using thousand year old methodology.

Using a combination of temperature readings and cycle data, Lady-Comp goes well beyond the traditional "rhythm method" in order to achieve a level of accuracy which exceeds that of the hormonal pill.

Daily temperature readings of the Basal Body Temperature (BBT) coupled with menstruation data recorded by the user allow Lady-Comp to build up a clear picture of the users menstrual cycle. It is able to predict ovulation many days before hand and not just when ovulation takes place as is the case with other contraceptive systems.

Who developed Lady-Comp?

Lady-Comp was developed by Valley Electronics using a team of Gynaecologists, software specialists, electronic experts and designers. Experience with the device in practical use and its proven live success have also made a considerable contribution. The project was supported by the Innovation Fund of the Berlin Senate and the Federal Ministry for Research and Technology in Germany. The electronic brain, containing knowledge about fertility, is manufactured by leading suppliers in Germany where the device is also assembled. (See also "**About Us**" on the main tab headings)

How long has Lady-Comp been on the market?

Lady-Comp has been available for purchase for over 25 years, which makes it one of the most dependable and trusted contraceptive monitors on the market.

So how does a computer stop me from getting pregnant?

Good question! Lady-Comp doesn't affect your fertility like hormonal contraceptives and it doesn't act as a barrier to stop sperm like a condom. The fact is unprotected intercourse only carries the risk of pregnancy for about 6 days a month, Lady-Comp lets you know when those days are, it gives you a red light, but it can't stop you getting pregnant during those days. You can use a barrier contraceptive or abstain. However, after a few cycles Lady-Comp gives most women 20-22 'green light days' so you can enjoy contraception free love making without the risk of pregnancy. The chart under Medical Basis shows the relationship of egg development, hormone levels, Basal Body Temperature (BBT) and red light days with Lady-Comp.

By understanding your cycle and knowing when there is a risk of pregnancy you have complete control over your contraception - your contraception doesn't control you.



Why aren't Lady-Comp and other fertility devices recommended more by doctors?

The issue with the doctors is an interesting one. For a country with a social and a health bill to pay related to every unwanted pregnancy, the cheapest way to reduce the number of unwanted pregnancies across the nation is the pill. When you look at observation based contraception such as Lady-Comp the failures come about through user discipline (or lack there-of). On an individual basis I'm sure your partner is able to take a temperature every day she wakes up and respect the 'red light days' but it's not too hard to imagine more reckless users forgetting to check if it's a 'red day' or not and since they wouldn't be habitually using other methods of contraception (which is the goal with these methods) the scope for user related failure would increase.

On the other hand if all you had to remember to do was take a pill most mornings, the user related failure rate would be lower.

So when numbers are crunched, the cost to the countries social and health bill of the pill, the reduced social cost of unwanted pregnancies and so on, the figures balance with the pill.

That's not to say that all doctors don't understand or promote Fertility Awareness methods. Their basic medical training confirms this to them. It's just how pro-actively they do this.

How can I use the Fertility Awareness Method (FAM) in order to aide in conception?

The length of the monthly cycle varies upon each woman individually. In order to recognize your personal cycle, fertility monitors measure your Basal Body Temperature (BBT) each morning. A subtle change in your BBT signifies ovulation. By charting the length of your cycle and the day of ovulation, fertility monitors, such as Lady-Comp are able to create a pattern that displays when you're likely to become fertile in the coming months.

Essentially, fertility awareness comes down to using your own knowledge about your body in order to make fertility-based decisions. In order to get pregnant, you will have to differentiate between your fertile and non-fertile days and then have intercourse on your most fertile days.

Using fertility awareness is a great way to because it doesn't involve any hormones or pose any health risks to you or your unborn baby.

How does Lady-Comp account for varying days of ovulation?

Lady-Comp assumes a certain fertility window based on prior data and allows for shifts in dates, the same way any gynecologist would. The actual calculation to do this comes from a complex algorithm which crunches hundreds of thousands of recorded cycles to create different models. That window is sufficient enough to handle all conceivable patterns from the tens of thousands of users that submitted their data to create the algorithm and program the device.



Using Your New Lady-Comp

You might have a lot of questions when your Lady-Comp first arrives in the mail. To help you get started, we've listed some of the most common questions asked by customers. Remember to read the manual thoroughly before beginning to use Lady-Comp.

Q: Ok, I've just received my Lady-Comp, where do I start?

A: Follow these simple instructions after unpacking your Lady-Comp:

- 1: Charge it up for 24 hours as per page 41 of the instructions. Like most electrical products with a rechargeable battery, a small amount of power is in the battery for testing and quality control purposes at the point of manufacture but a charge of 24 hours is needed.
- 2: Set the time and date as per the instructions.
- 3: Set the alarm time and activate it as per the instructions.
- 4: Calculate and enter prior month's menstruation dates as per the instructions. As Lady-Comp learns about your cycle, it will begin to give more and more "green lights". Adding historic data speeds up this process.
- 5: Enter BMI as per the instructions.

Q: The battery on my new Lady-Comp is slightly charged. Should I still charge it for the full 24 hours?

A: All new devices with chargeable batteries, such as mobile phones, come with a small charge on the battery in order to carry out quality control tests. This amount is negligible. You should still charge the device for 24 hours to ensure best performance.

Q: How do I enter my BMI data?

A: To enter your BMI data, follow these instructions:

1. Press and hold the plus (+) and minus (-) buttons simultaneously for 5 seconds, until the Lady-Comp interface displays the date of birth field.
2. Press and hold the round button for 5 seconds until the field blinks. Adjust the data up or down by pressing the plus (+) or minus (-) buttons. Confirm data by pressing the round button for 5 seconds.
3. Press the round button once quickly and you will see the height field displayed in centimeters.
4. To set height data, press and hold the round button for 5 seconds until the field blinks. Adjust data up or down by pressing the plus (+) or minus (-) buttons. Confirm by pressing the round button for 5 seconds.
5. Press the round button again quickly to advance to the weight field. Weight is displayed in kilograms.



- 6: To enter weight data press and hold the round button for 5 seconds until it blinks. Adjust weight up or down using the plus (+) or minus (-) buttons until the correct number is displayed. Confirm by pressing the round button for 5 seconds.
- 7: Press the round button once quickly and you will see the BMI displayed.

(NOTE: You can change the BMI at anytime by following this process)

Q: The instruction manual says I should enter in historical data, but I don't have any recorded. Can I start to use Lady-Comp without any data?

A: Yes you can. Adding historical cycle data allows Lady-Comp to learn the rhythm of your cycle quicker. Without that data, Lady-Comp will have to monitor at least one complete cycle of your menstruation before it can calculate the length of your cycle. The more data Lady-Comp has (either historical or as you move forwards) impacts how many green or red days it displays. Having historical data simply results in more green days being identified quicker.

Q: I added my previous month's menstruation data. As instructed, I only added the first day of menstruation however, when I look back, I see 3 days recorded. Why is this?

A: When you enter the first day of menstruation, the computer knows there are at least 2 more days of menstruation so it automatically fills in that data for you.

Q: I've entered in one month's worth of historical and now I'm unable to go further back. Can I only input 1 month's data at a time?

A: You can enter in a year's worth of historical data into Lady-Comp. You just need to enter the oldest data first and move forwards through each cycle. Do a factory reset to remove that date then begin again with the oldest date. Remember, you only need to enter the first day of each menstruation.

Q: I've been using my Lady-Comp for several days now and still can't seem to enter in my previous months' menstruation data as instructed. How can I do this?

A: You cannot add historical data once you begin using Lady-Comp. Historical data MUST be entered before you start using your Lady-Comp.

There is actually more value in having several months of historical cycle data than just a few days of temperature data. Therefore we recommend that you 'factory reset' your Lady-Comp, enter the historical cycle data then begin taking daily readings again.



Q: I've just received my Lady-Comp and when I press the big round button, I see a temperature for today's date. When I press the minus button, it seems to take me back through previous days' readings of temperatures which are not mine. Could I have accidentally received a second-hand device?

A: Part of the extensive quality control and testing process of the device at our labs involves recording and using sample data for testing purposes. This information stays on the device but disappears as soon as you take the first real temperature reading or when you program your own historical cycle data.

Q: I've been trying to input my old cycle data into my new Lady-Comp and I think I may have made a few mistakes. Can I delete all of the data in one step?

A: The device can be reset to its default settings (a factory reset) which will resolve your problem. This can be done while in the self-test mode. To enter self-test mode, press the plus (+) button 3 times consecutively while on the time display screen. While the display lights are flashing (in self-test mode) press all 3 buttons together. This action was programmed to be difficult in order to avoid accidentally erasing stored data.

Q: How can I tell if Lady-Comp is working correctly?

A: Lady-Comp can be tested in the following ways: From the time display, you can press the plus (+) button 3 times consecutively to put the unit into test mode. Test mode will illuminate all of the unit's lights. This confirms that all of the display lights are working. At the end of the test cycle, the thermometer icon will remain illuminated. Afterwards, press the big round button and take a test temperature. This will confirm that the thermometer is working. When you first receive your Lady-Comp, you should charge it for 24 hours. When it is charging, "Lo" will appear on the display. This will confirm that the charger is working.

Q: I'm currently using a coil. Should I do anything before starting with Lady-Comp?

A: As with any contraceptive monitor, you can begin using Lady-Comp if you have a copper coil (IUD), it is highly recommended to remove the coil first. If you have a hormonal coil, you must remove it before using Lady-Comp. Afterwards you can begin your daily temperature readings.

Q: Do I need to continue taking the pill when I first start using Lady-Comp?

A: No, absolutely not. When you take the pill, you do not experience a normal cycle because it is "turned off" by the medication. The bleeding that occurs every 28 days while taking the pill is caused by the withdrawal of the synthetic hormones of the medication. This seven-day interval was introduced for psychological reasons in order to create the impression that you are having a normal cycle. The bleeding caused by the withdrawal of the medication is in no way related to



normal menstruation. Because you do not ovulate when you take the pill, you do not experience any fluctuations in body temperature, which is essential in order to monitor fertility naturally.

If you continue to take the pill, Lady-Comp will not be able to take readings of the natural temperature fluctuations of your cycle. It is therefore superfluous for you to continue to take the pill when you begin using Lady-Comp. When first put into use, Lady-Comp like all contraceptive monitors uses data history which has been programmed into the device to make reliable forecasts. The pre-programmed data is applicable for all men and women, therefore its capable of working with every user. This data history becomes increasingly individualized with each use, which makes it possible to narrow down the fertile days from one cycle to another with more accuracy.

The "infertile" result displayed is however just as reliable on the first day of use as it is after two to three months. The difference is that at the beginning it appears less frequently.

Q: I missed entering M at the start of my menstruation, and forgot to enter it for more than 3 days. Now the Ladycomp thinks I am pregnant and is flashing all the lights and I can't enter the M data?

You can reset the device to the factory settings if you wish to, but it is not necessary as the computer will re-set the cycle data after the third day of next menstruation. Red-yellow-green light flashing means that temperature is similar to a pregnancy. The device waits for menstruation input.

New Mothers

Women who want to start using Lady-Comp after giving birth should delete their old data and reset their device (see Start-Up Tips section for resetting directions).

You can begin using Lady-Comp immediately after child birth to begin recording data although an increased number of "red light days" or orange light "learning days" may be observed until your body stabilizes. Until one complete cycle has passed, we advise the use of a barrier method of contraception or abstinence.