

Vaginox® At-home Test Kit

VAGINAL pH TEST

Value your body
through knowledge.

Diagnox

ABOUT THIS TEST

Vaginox® Vaginal pH test by Diagnox measures the pH of vaginal discharge/fluid. When combined with physical symptoms like vaginal itching, inflammation, or unusual discharge (such as changes in texture, color, or odor), the vaginal pH can provide valuable insights into potential vaginal infections. This test aids in determining whether your symptoms may be attributed to an infection requiring further attention from your healthcare provider.

The vaginal pH value plays a crucial role in maintaining vaginal health. The dynamic microbial ecosystem within the vagina helps keep the pH level within the healthy range of 3.8 to 4.5. This slightly acidic environment is essential for preventing infections and inhibiting bacterial growth. Various factors, such as imbalances in the vaginal ecosystem, disruptions in hormonal balance, lifestyle choices, bacterial infections, or sexually transmitted diseases, can lead to changes in the normal vaginal pH.

Vaginal pH screening is a routine practice at OB/GYN clinics. The Vaginox™ Vaginal pH Test offers convenience to assess your vaginal health and identify signs of infections within the comfort and privacy of your home. The insights provided by this test will empower you to make informed decisions about your health.

INTENDED USE:

Vaginox® Vaginal pH test is intended to determine the pH level of vaginal discharge as an aid to check signs of vaginal infections.

TEST PRINCIPLE:

The **Vaginox**® Vaginal pH test employs a reagent pad designed to be sensitive to biofluids with pH levels ranging from 3.8 to 7.0. The test operates based on the colorimetric principle. When a sample of vaginal fluid is rubbed on the test pad, the reagent on the pad interacts with the specimen, resulting in the development of a distinct color. This color on the test pad is then compared against a provided color key, enabling the identification of the closest color match and, subsequently, the determination of the pH level.

It's important to note that this test is effective only with ionic biofluids and is not compatible with non-ionic fluids such as water.

WHEN AND WHY SHOULD I USE THIS TEST?

SPECIFIC SYMPTOMS:

If you're experiencing any of the following symptoms, the test can help provide clarity:

- ✓ Vaginal itching, burning, pain, swelling, or inflammation.
- ✓ Abnormal discharge, characterized by excessiveness, unusual color or texture, or an unpleasant odor compared to your usual discharge.
- ✓ Discomfort during urination or sexual activity.

SPECIFIC CONDITIONS:

Your healthcare provider might recommend the test in these situations:

- ✓ To identify signs of bacterial vaginosis.
- ✓ To monitor the progress of a vaginal infection and treatment plan.
- ✓ Following anti-infective treatments (such as antibiotics).
- ✓ During pregnancy.
- ✓ If you have a history of premature delivery or premature births.
- ✓ Before and after vaginal surgery.

GENERAL WELLNESS:

Beyond specific symptoms and conditions, consider these situations for testing:

- ✓ As part of preventive care to maintain pH balance.
- ✓ After engaging in sexual intercourse with a new partner.

WHEN SHOULD I AVOID USING THIS TEST?

Certain circumstances may temporarily alter vaginal pH and thereby falsify the test interpretation. Keep the following considerations in mind while measuring your pH and interpreting the results. Do not perform the test within:

- ✓ 12 hours of sexual intercourse.
- ✓ 12 hours after vaginal administration of medicinal products (pessaries, cream, gel, etc.).
- ✓ 3 to 4 days from the conclusion of your period.
- ✓ 15 minutes after urinating: traces of urine may lead to a false result.

Furthermore, refrain from using the test immediately after washing or showering the external genital areas. Make sure you are completely dry before using the test, as external moisture may affect the test result.



DIRECTIONS FOR USE

Measuring vaginal pH is easy and completely painless.

1. BEFORE PERFORMING THE TEST

Wash your hands thoroughly.

Ensure your hands are entirely dry before handling the test.

Open the box and carefully remove the pH test strip and swab from their respective pouches. Avoid touching the test area of the pH test strip or the swab tip. Also, prevent contact between the pH measuring area and other liquids. The test pad will exhibit a yellow color upon removal from the pouch, which is entirely normal and within the expected range.

2. SAMPLE COLLECTION

For ease of sample collection, you might find it helpful to either sit down with knees apart or stand with one foot raised on a higher surface (such as a toilet seat or stable platform). The swab is intended to collect vaginal fluid.

Hold the swab at the base with one hand. Using the other hand, gently expose the opening of the vagina by spreading the external folds of skin (labia).

Gently introduce the swab into the vagina up to about 1 to 3 cm deep. Press the swab tip gently against the back wall of the vagina (on the side of the rectum) for about 5 seconds to ensure sufficient moistening of the swab tip.

Slowly remove the swab from the vagina, taking care not to touch the tip against anything to maintain a clean sample.

3. TEST PROCEDURE

Gently wipe the swab across the test area on the pH test strip. Swab back and forth at least 5 times to fully moisten the test pad. Depending on your test results, you may or may not observe a change in color on the test area.

At the 30-second mark, compare the color on the test area to the nearest color on the provided color key. Any color changes after 2 minutes are not diagnostically meaningful.

Record your results and interpret them according to the next section.

UNDERSTANDING THE RESULTS

Balanced pH (3.8 – 4.5)

A bright yellow to orange color on the test pad indicates that the pH is within the normal range.

If you experience an abnormal white discharge resembling curdled milk or cottage cheese, or if you're dealing with symptoms like itching or burning, it's likely due to a **yeast infection**.

Abnormal pH (> 4.5)

If the test pad changes color into any shade of green, it indicates an abnormal pH.

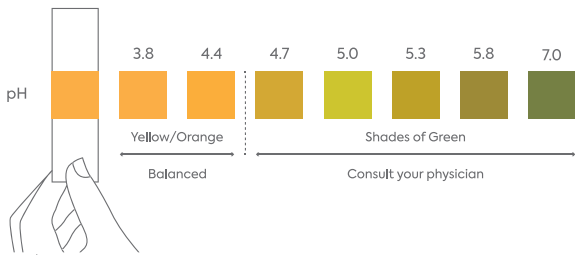
You probably have a **bacterial infection** (Bacterial Vaginosis or BV) if you are experiencing symptoms like itching and white-to-greyish discharge- with an unpleasant, fishy smell.

You probably have **trichomoniasis** (trich) if you have symptoms like pain during urination and an abnormal foamy yellow-to-greenish discharge with an unpleasant mold-like smell.

If you are pregnant, an abnormal vaginal pH might suggest a possible **amniotic fluid** leak. In such cases, it is important to consult your healthcare provider as soon as possible.

**SCIENTIFIC EVIDENCE SHOWS
THAT ABNORMAL VAGINAL PH
IS LINKED WITH VAGINAL INFECTIONS¹.**

READ RESULTS AT 30 SECONDS



The following table summarizes the test results.

	Texture	Color	Odor	Physical Symptoms	pH
Vaginal Yeast Infection (THRUSH)	Thick, white or curdy	White	Usual or no odor	Itching & burning	3.8 to 4.5
Bacterial Vaginosis (BV)	Thin, milky	White, off-white, grey	Fishy smell	May accompany itching & burning	Greater than 4.5
Trichomoniasis (TRICH)	Thin foamy, or frothy	Yellow to greenish	Foul moldy smell	Itching, soreness, pain when urinating	Greater than 4.7

← Discharge →

An acidic pH is not always enough to prevent infections. If you notice/experience anything unusual despite a normal pH value, consult your doctor.



TAKE THE QUIZ

Scan this QR code to see if your symptoms match Thrush, BV, Trich, or UTI.

CARE TO KNOW

WHAT IS VAGINITIS?

Vaginitis is a broad term that refers to inflammation or infection of the vagina, and it can also impact the external female genitals, known as the vulva. Vaginitis can lead to itching, pain, unusual discharge, and odor. The three most common types of vaginitis are 1) candida or yeast infections, 2) bacterial vaginosis, and 3) trichomoniasis.

These conditions can result from infections caused by organisms like bacteria, yeast, or viruses. Irritation from chemicals and allergens in creams, sprays, or even clothing that comes into contact with this area can also cause vaginitis. In some cases, vaginitis is triggered by organisms transmitted between sexual partners, vaginal dryness, and a lack of estrogen.

VAGINAL YEAST INFECTION

Also known as thrush or candida, a yeast infection is a common condition caused by an overgrowth of the fungus candida. This often results from a shift in the delicate balance of vaginal flora due to factors such as antibiotics, immunosuppressants, hormonal changes, diabetes, or pregnancy.

Approximately 75 percent of women experience a vaginal yeast infection at some point in their lives. While women and girls of all ages can be affected, the condition is most common during the menstruating years.

Typical symptoms of vaginal thrush include a thick, white, curd-like discharge and intense vaginal itching, swelling, and soreness. Other symptoms might include pain during urination or sex.

Vaginal pH during a yeast infection typically falls within the normal range (3.8 - 4.5). Treatment usually involves antifungal medications. It's important to consult a doctor or nurse to confirm a vaginal yeast infection before starting treatment.

BACTERIAL VAGINOSIS

Often referred to as BV, bacterial vaginosis is the primary cause of vaginitis. It results from the overgrowth of pathogenic bacteria and the reduction of protective Lactobacillus (good bacteria) naturally present in the vagina. BV is not a Sexually Transmitted Disease (STD); however, it is more common in sexually active women. Factors such as new sexual partners or multiple partners, as well as douching, can disrupt the balance of beneficial and harmful bacteria in the

vagina. BV is common in pregnant women, affecting approximately 25%, and can elevate the risk of premature rupture of membranes and preterm labor.

Common symptoms of BV include vaginal irritation, burning during urination, and unusual discharge that can be white, milky, or grey, accompanied by a fish-like odor. Many women may not experience any physical symptoms.

Vaginal pH during BV typically rises above the normal range (>4.5), BV is treated with antibiotics prescribed by a doctor. Treating BV is crucial, as it can increase the risk of contracting STDs. If left untreated, BV can lead to a severe infection of the reproductive organs, known as pelvic inflammatory disease.

TRICHOMONIASIS

Trichomoniasis, or trich, is a sexually transmitted infection (STI) caused by a parasite. It ranks among the most common STIs in the United States, with a higher prevalence in women, especially those with multiple sexual partners.

Common trichomoniasis symptoms encompass irritation or itching in the genital area, discomfort during sex or urination, and foamy/frothy discharge with an unusual foul odor that may be clear, white, yellowish, or greenish. Most infected women display no symptoms.

Vaginal pH during trichomoniasis ranges upwards, typically between 5.0 and 6.0. Trichomoniasis is readily treatable with a course of antibiotics. Treating trich is essential, as it can heighten the risk of contracting other STIs, particularly HIV. Pregnant women with trichomoniasis face an elevated risk of premature birth.

WHY MONITOR VAGINAL PH?

The vagina is home to a collection of friendly microbiomes that sustain a pH range of 3.8 to 4.5. This acidic environment acts as a defense against bacterial growth and infections. When the pH becomes either excessively acidic or too alkaline, an imbalance occurs. Clinical evidence underscores that a pH imbalance is associated with a heightened risk of infections.

Medical experts recommend testing vaginal pH to assess whether vaginal symptoms may be attributed to an infection requiring medical attention. Given that home vaginal pH tests demonstrate strong alignment with a doctor's diagnosis, they offer a swift, straightforward, and convenient means to assess vaginal health and identify potential infection indicators.

¹LIN YP, ET AL., "VAGINAL PH VALUE FOR CLINICAL DIAGNOSIS AND TREATMENT OF COMMON VAGINITIS," DIAGNOSTICS, 2021, 11(11):1996.

ABOUT DIAGNOX



We believe that promoting and sharing knowledge can be a form of care. With this mission, we make it easy for people to take charge of their personal health.

Listen to your body and get to know yourself to own yourself!

Being the protagonist of your well-being is having information in the palm of your hand. With that in mind, we provide accurate results, simple-to-understand instructions, and all the support needed for you to connect the dots and be aware of your health. After all, **good decisions come from good information.**

It is knowledge from the inside out that guides us to look after ourselves and others around us, raising awareness and wellness for all.

We put you in the center so you can find your own.

Diagnox: Care to know. Know to care.

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