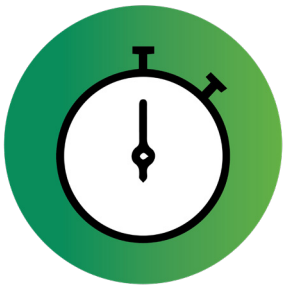
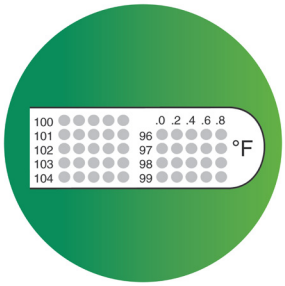
DIRECTIONS FOR RECTAL USE

Open the package and remove one thermometer and sheath from the the box.

Insert thermometer into sheath and then lubricate berfore inserting into the rectum until the dot matrix and numbers are completely covered.



Wait 3 minutes before withdrawing the thermometer and sheath from the rectum (discard the sheath immediately).



The last blue dot on the matrix indicates the correct temperature.

The temperature will permanently lock in with Tempa•DOT® Plus thermometers. Once you have read and recorded the temperature, discard the thermometer.