Remember to:

- disinfect the probe
- remove the residual urine or other dirt from the vulva
- perform measurements always at the same depth
- rotate the probe inside the vagina before pressing the button
- perform measurements on a regular basis (2–4 times per day)

Always remember about the hygiene and disinfection of the probe before and after each use.

Example of a graph

Optimal Moment for Mating

False Peak