



CR2032 Battery Included in unit. To replace battery, remove screws to insert battery. 1 year manufacturers warranty. Tested to comply with ROHS, FCC, CE Standards.

Bateria CR2032 incluida en unidad. Para subsituir la bateria, quite los tornillos para insertar la bateria. Otro lado para Instrucciones en espanol.

DIRECTIONS:

Remove tape from unit to activate battery.

Your Labor'Lert tm should show DATE/TIME on the screen before continuing below.

If screen reveals RECOR, press the MODE button for 3- 5 seconds and DATE/TIME screen should appear.

If a DUE DATE screen appears, press the MODE button quickly and DATE/TIME screen should appear.

Setting Date/Time:

1. Hold down "SET" button until Year blinks on screen (3-5 seconds)
2. Year should blink - to change Year press SET button
3. Press SELECT button and Month should blink – Press SET button for correct Month
4. Press SELECT button and Day should blink – Press SET button for correct day
5. Press SELECT button and Hours should blink – Press SET button to input hour AM or PM.
6. Press SELECT button and Minutes should blink – Press SET button to input minutes and press SELECT to complete setting TIME/DATE.

Setting Due Date:

1. Press MODE button quickly , "Countdown" screen will appear.
2. Press SET button for 5 seconds, year should appear blinking.
3. Press SELECT button to input correct year.
4. Press SELECT button, Month will blink, press SET button to enter current Month.
5. Press SELECT button, Day will blink, press SET button to enter day of month due, press SELECT again to complete setting your DUE DATE.
6. Once you complete entering your Due Date, the COUNTDOWN screen is the primary screen that remains visible at all times. It will show the Month, Days, and Hours left in your pregnancy. The time shows how many hours and minutes are left in the current day. (Example: see diagram above)

DIRECTIONS: CONTRACTION BUTTON STEPS – LABOR'LERT TM IS INTENDED TO BE USED ONLY AS A METHOD OF RECORDING CONTRACTIONS AND DOES NOT REPLACE CONTACTING YOUR DOCTOR IMMEDIATELY WHEN PAINS BEGIN.

1. When a contraction begins, press and release the Contraction button. RECOR will appear on your screen and timing has begun in the lower right corner.
2. Once the contraction ends, press and release the Contraction button again. The following will show on your screen automatically:

LENGT will appear on your screen showing the length of that contraction.

FREQ will appear after a few seconds to show how far apart the pains are, (this screen will show "00:00" on the first pain).

START will appear after a few seconds to show the time that the last pain started.

3. When another contraction begins, press and release the Contraction button. RECOR will appear on your screen and timing will begin immediately as before.
4. Once that contraction ends, press and release the Contraction button and the same information above, as in STEP 2, will show on your screen automatically.
5. To access **AVERAGE LENGTH, AVERAGE FREQUENCY, HOW MANY MINUTES SINCE YOUR LAST CONTRACTION, THE TOTAL NUMBER OF CONTRACTIONS YOU HAVE RECORDED, AND CURRENT TIME:**
Press **MODE BUTTON QUICKLY SEVERAL TIMES** to scroll through Labor'Lert tm recorded times while you are recording your labor pains.
START, LENGT, FREQ, AVLEN, AVFREQ, LAST, TOTAL.

DO NOT "HOLD" DOWN MODE BUTTON IN STEP 5! AFTER 5 SECONDS ALL RECORDED TIMES WILL ERASE! A QUICK PRESS AND RELEASE IS SUFFICIENT. The Labor'Lert tm will reset after 3 consecutive hours of non-use.

THE ABOVE STEPS WILL CONTINUE FOR EVERY CONTRACTION.

YOU WILL NEED TO CONTACT YOUR DOCTOR IMMEDIATELY TO LET HIM OR HER KNOW YOU ARE IN LABOR.

ADDITIONAL FEATURES:

ALARM REMINDER: If you have doctors appointments or other important places to be, just enter in the time you need to leave for that appointment and the Labor'Lert tm will set off a chime so that you will get to your appointments promptly. **Alarm will chime for 30 seconds every 1 minute until Mode and Set are pushed simultaneously to turn off.**

Press MODE and SET at the same time. Press SET button and enter in hour, Press SELECT and enter minutes, Press SELECT and your reminder appointment time is set. A bell will appear on the Countdown screen indicating your appointment time has been entered. **To remove or turn off reminder alarm press MODE and SET at the same time and the bell will disappear indicating your appointment time reminder is off.**

STOPWATCH: To access the stopwatch, press MODE and SELECT at the same time. 00:00 00 will appear. Press SET button to start the stopwatch and press SET again to stop timing. Press SELECT button to clear time. To exit stopwatch press MODE button and it will take you to the Countdown screen.

FOR MORE INFORMATION OR INSTRUCTIONS GO TO WWW.LABORLERT.COM OR CALL 1-877-300-8742.