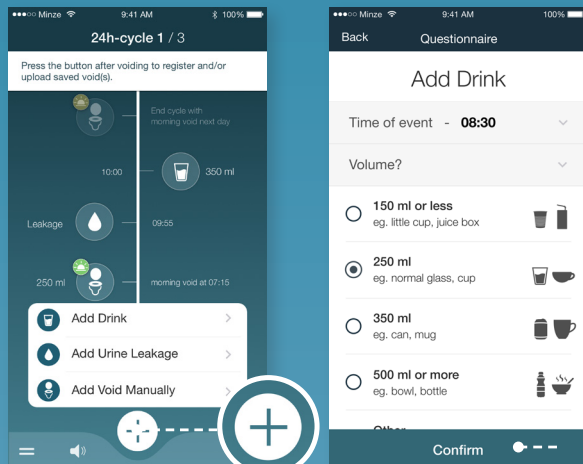


Keep your **bladder diary** in the app

5

Complete your bladder diary by adding drinks and urine leakages.



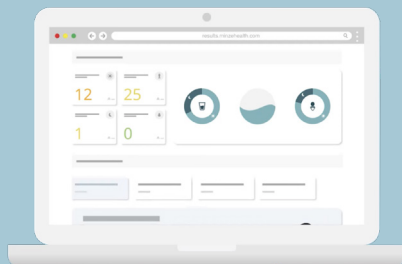
Click on the + button to add drinks and leakages (also diapers) to your timeline.

Answer all questions (scroll down to see more) and press the confirm button.

6

View your **results**

After completing your 2-day bladder diary, check your results at results.minzehealth.com using your access code and birthdate found in the app. Receive personalized suggestions on your urinary and fluid intake habits.



CAUTION



There are no generally known conditions in the home healthcare environment that can unacceptably affect the basic safety and essential performance of the device. There are only precautions to be taken to prevent damaging the device:

- To achieve an effective and safe usage, the Minze Diary needs to be used in accordance with the information provided in this manual.
- Do not drop or throw the device. Do not apply excessive force or drop items on it. This can permanently damage it.
- Never try to remove parts from the Minze Diary by pulling them, unscrewing them or using sharp tools.
- Product performance can be violated if the device: shows visible damage; fails to perform the intended use; has been subjected to prolonged storage under unfavorable conditions; has been subjected to severe stresses in transit; has been handled by unqualified personnel.
- If the device shows visible damage or changes in the performance, stop using it and contact your doctor or healthcare professional.
- The reuse of a Minze Diary device for another patient/user is not allowed to avoid the risk of cross-contamination and mixing up data.
- Keep the Minze Diary and its packaging out of reach of children and let children only use it under supervision of an adult. This is to avoid abnormal handling by children which could affect their safety and/or damage the system: e.g. to avoid the danger of suffocation (packaging) and of swallowing small parts in case of misuse (unscrewing parts, broken parts,...).
- Keep the Minze Diary out of reach of pets, pests and other animals to avoid damage to the system.
- In the very rare case of an allergic reaction during use of the Minze Diary, immediately stop using it and contact your doctor or healthcare professional.
- Do not press the receptacle excessively hard against the skin to avoid a very rare chance of injury.
- Never attempt to recharge or replace the batteries; and never attempt to repair or modify the Minze Diary on your own. This is to avoid the danger of ingestion of the battery.
- The Minze Diary is considered electronic waste (e-waste). Always recycle according to local regulations. Improper disposal of e-waste may create an environmental contamination hazard.
- The Minze Diary complies with applicable national and international standards for electromagnetic interference. As a precaution to avoid interference issues, please do not extensively use a smartphone/tablet (calling, downloading, surfing, streaming, playing games, ...) when registering a void with the Minze Diary. Although interference issues caused by external sources are not expected, please avoid excessive use of heat sources near the device.
- Only use the Minze Flow app to establish Bluetooth connection with the Minze Diary. Do not try to connect using other equipment or other mobile applications
- The smart device(s) connected to the Minze Diary must comply with the latest version of one of the following standards: the IEC 60950, EN 60950 or UL 60950.
- To prevent water damage to the system/electronics: never immerse the Minze Diary for several minutes in water or other liquids; and never use excessive amounts of water to clean the device.
- Only use enzymatic detergent to manually clean the device. Never use other chemicals or techniques to prevent damage to the system.
- Only use alcohol 70%-90% to manually disinfect the device. Never use other chemicals than alcohol or other techniques than manually disinfecting (e.g. high temperature) to prevent damage to the system.
- Store the Minze diary in a dry, dust-free and clean environment between uses.
- The Minze Diary can only be used indoor at temperatures between +5°C and +40°C (+41°F to +104°F), at a humidity between 15% and 90%, non-condensing and at an atmospheric pressure between 70 kPa and 106 kPa. In case the environmental conditions during transport or storage were outside the specified ranges of operation, **let the device adapt to operating conditions for at least 15 minutes before use.**

Need support, found a bug, suggest an improvement or report an issue with the product? Visit the Minze Help Center or contact Minze Health or a representative for assistance. You can find the latest details on www.minzehealth.com (support page).



eIFU
indicator

For the complete
instructions for use go to:
e-ifu.minzehealth.com



EN

Minze Diary Pod Short instructions for use

v5 EN / May 2026 - Standard



Minze N.V.
Lange Gasthuisstraat 29, bus 15
2000 Antwerpen. Belgium



Before use, download the **Minze Flow app** and register the **Diary Pod**

Download the **Minze Flow app** on the Apple App Store or Google Play Store. Follow the steps in the app to get started.



DOWNLOAD FROM
APPLE APP STORE



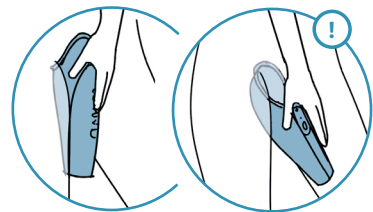
DOWNLOAD FROM
GOOGLE PLAY STORE

Register a pee with the **Minze Diary Pod**

1 Urinate in the Diary Pod

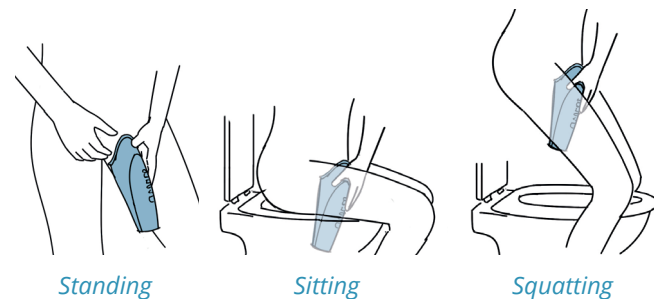
First, find a position and orientation of the Diary Pod that feels most natural and comfortable.

For women it is advised to position it closely against the body, so all urine properly runs in.



If your urine stream is strongly angled to the back (e.g. women with prolapse), you can try to orient the receptacle in the opposite direction.

Next, choose a comfortable peeing posture: standing, sitting, squatting,...

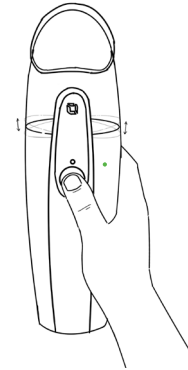


! The Diary Pod can register up to 500ml and contain up to 600ml.

2 Press the button after peeing

Press the button shortly once and check the LED feedback:

- On - Active
- Blinking - Registering
- 2s Steady - Processing
- -2x Double blink - successfully registered and saved or sent

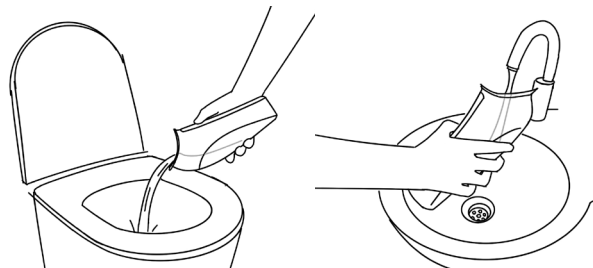


Open the app to see if the pee arrived on your timeline. Make sure your phone's bluetooth is on!

It is not necessary to open the app before or during peeing. Pees are saved on the device until a connection with the app is established.

3 Empty the Diary Pod

Empty, clean and rinse it afterwards.



! The Diary Pod can register up to 1000 pees before it runs out of battery.

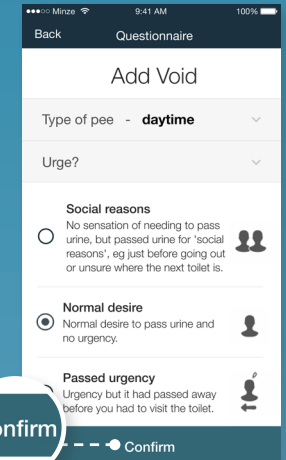
Keep your **bladder diary** in the app

4

Answer the questionnaire in the app after peeing.



Click on the yellow icon in your timeline to open the questionnaire about your pee.



Answer all questions (scroll down to see more) and press the confirm button at the bottom.

Keep a bladder diary during 2 cycles. A bladder diary cycle starts with the **first pee after waking up (morning void day 1)** and ends with the **first pee after waking up the next day (morning void day 2)**.

