

Ovulation Test

Read this leaflet carefully before testing

5 important points you need to read

1. Peak Fertility is displayed constantly for 48 hours after it first appears. The holder will not be able to read another test whilst this is displayed.
2. Every woman's cycles are unique and hormone patterns differ so the number of fertile days you see is personal to you. In a study of 87 women, this is what we saw:

Number of High Fertility days before Peak Fertility	% of women
0-4	66%
5-9	25%
10+	1%
No Peak Fertility after High Fertility	8%
TOTAL	100%

3. If you started testing on the right day and you see more than 9 High Fertility days you may wish to stop testing as it's unlikely that you will see Peak Fertility this cycle. See question 4.
4. Only test once a day until you see High Fertility. For reliable results you must use the urine after your longest sleep. When you see High Fertility you can test more often. Drink normally and it's important not to urinate for 4 hours before testing again.
5. If you remove the batteries from the holder you will not be able to use it again.

How to Do a Test

1 Work out when to start testing

- Use the table below to work out when to start testing.
- The day your period starts (first day of full bleeding) is Day 1 and your cycle length is the total number of days from Day 1 until your next period starts.
- If your cycle length varies use the shortest cycle over the last 6 to work out when to start testing.

How long is your cycle (days)?	21 or less	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41 or more
Start testing on the day shown under your cycle length.	5	6	6	6	7	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20 days before you expect your next period

- If you don't know how long your cycle is, wait at least one cycle and note the length of it so you know when to start testing.
- It's important to start testing on the day shown in the table, for example if your cycle lasts 27 days start testing on day 7.
- Always test using the first urine after your longest sleep.

Test Stick and Holder:



2 Insert the test stick into the holder

- a) When you are ready to test, take a test stick out of the foil and take off the cap.



- b) Put the test stick into the holder making sure the purple arrows line up as shown.



- c) The first time you use the test the new cycle symbols will flash briefly.



- d) The 'test ready' symbol will then appear. Do the test straight away. If this symbol does not appear or the screen goes blank eject the test stick and put it back into the holder.



3 Do the test

- a) **Either...**
put just the absorbent sampler pointing downwards into your urine stream for 3 seconds. Take care not to get the holder wet.



Or...

collect a sample of your urine in a clean, dry container and put just the absorbent sampler into the sample for 15 seconds.



- b) Replace the cap, wipe off any excess urine. Keep the absorbent sampler pointing down or lying flat.

4 Wait for your result

Within 1 minute the test ready symbol will flash to show the test is working.



5 Read your result

Your result	Your most fertile time	
	(flashing smiley face)	(non-flashing smiley face)
Low Fertility: small chance of getting pregnant Making love today is just for fun as it's unlikely that you will get pregnant. Test again tomorrow.	High Fertility: increased chance of getting pregnant Make love to increase your chances of getting pregnant. A rise in estrogen has been detected. High Fertility will be displayed until your LH surge is detected (Peak Fertility).	Peak Fertility: highest chance of getting pregnant Make love to maximise your chances of getting pregnant. Your LH surge has been detected - today and tomorrow are your most fertile days. Once the first day of Peak Fertility is displayed don't try to test again this cycle.
How long it will be displayed	Low and High Fertility results are displayed for 8 minutes. If you miss seeing your result, eject the test stick and it will re-appear for another 2 minutes.	Peak fertility is displayed constantly for 48 hours.

If no result is displayed see 'Other symbols and what they mean'.

6 When you've finished with the test

Eject your test stick as soon as possible after you have seen your result and throw it away in your normal household waste.

7 Doing your next test

Follow the instructions from step 2 using a new test stick.

Clearblue®

DIGITAL

with DUAL HORMONE INDICATOR

Ovulation Test

Further information

- This test works differently to other ovulation tests which detect one hormone. This test detects **2 key fertility hormones** – estrogen and luteinising hormone (LH). It's important for the test to establish 'baseline' levels of these hormones so start testing as advised and keep testing with the same holder until you see Peak Fertility.
- If there's no significant rise above the baseline level of hormones Low Fertility is displayed. You may see a number of Low Fertility days before you see High or Peak Fertility.
- Estrogen rises in the days before the LH surge and prepares your body for ovulation. When an estrogen rise is detected High Fertility is displayed each day until Peak Fertility is detected.
- High Fertility is indicated as a flashing smiley face.
- If an estrogen rise isn't detected, or the estrogen rise and LH surge are close together, you may not see High Fertility.
- An LH surge happens about 24-36 hours before an egg is released from an ovary – 'ovulation'. When your LH surge is detected Peak Fertility is displayed and is generally displayed **after** Low and High Fertility.
- Peak Fertility is displayed as a static smiley face (**it does not flash**) and stays on the display constantly for 48 hours. If your LH surge is detected on the first day of testing Peak Fertility will be displayed.
- You may not see Low, High and Peak Fertility days every cycle. This is not unusual. Refer to Questions and Answers for more information.
- **Make love on High and Peak Fertility days to maximise your chances of getting pregnant.**

Questions and Answers

1 What happens if I don't use the first urine after my longest sleep?

You may get unexpected High Fertility results. Test as soon as you can but drink normally.

2 How accurate is Clearblue Digital Ovulation Test with Dual Hormone Indicator?

A laboratory study has shown the test to be over 99% accurate in detecting the LH surge (Peak Fertility).*

3 I've not seen any High Fertility days. Why is this?

It may be that the estrogen level is not high enough to be detected, or your hormone changes occur close together, or you started testing too late. You may still see Peak Fertility and you can rely on these results.

4 I've not seen any Peak Fertility days. Why is this?

Your LH surge may be too low to be detected, or you may not have ovulated this cycle. This is not unusual but we recommend you see your doctor if you do not see Peak Fertility for 3 consecutive cycles.

If you miss a test around your LH surge you may not see Peak Fertility so remember to test as advised, and use the same holder throughout your cycle.

5 Can any medication or medical conditions affect the result?

Always read the manufacturer's instructions for any medication that you are taking before testing. Certain medical conditions and medications can give misleading results, for example if you are pregnant, or have recently been pregnant, have reached the menopause, have impaired liver or kidney function, have polycystic ovarian syndrome, are taking fertility drugs containing luteinising hormone or human Chorionic Gonadotrophin, or are taking antibiotics containing tetracyclines.

Some fertility treatments such as clomiphene citrate may give misleading High Fertility results. Peak Fertility results should be unaffected.

Other symbols and what they mean

A symbol will be displayed within 10 minutes if an error has occurred.

 A	The test stick has been ejected too soon. Re-insert it quickly.
 B	An error has occurred during testing. Test again using a new test stick. If you have collected urine, use this to test again as soon as the display is blank. Otherwise test as soon as you can but drink normally and don't urinate for 4 hours before testing again.
 C	You cannot use this holder again, but you can use any unused test sticks. Test again using another holder from a new pack, following the instructions carefully.
 D	When you insert a test stick if the display remains blank you may not have inserted it correctly. Eject the test stick and start again from step 2. If the test stick is inserted correctly and the display is still blank the holder is no longer working and you will need to buy a new pack. If the display is blank after testing it may be that the holder has got very wet and it is no longer working.
 E	This appears when you insert a test stick for first time. It will also appear if you are testing after you have seen Peak Fertility, or if you have not done a test for 3 or more days in a row. If you miss 3 or more tests and have not seen Peak Fertility it's better to wait for your next cycle before testing again.

If you have recently been pregnant you should wait until you have had 2 cycles before testing.

If you have recently stopped using hormonal contraception your cycles may be irregular so you may wish to wait until you have had 2 cycles before testing.

Please check with your doctor if you are taking any medication or have any medical condition before planning a pregnancy.

6 How do I recycle the batteries and dispose of the holder?

If you remove the batteries from the holder you will not be able to use it again.

When you have finished using the holder, separate the upper and lower halves starting at the end nearest the display. Remove the batteries from under the central metal cover, and dispose of them according to the appropriate recycling scheme. **Caution:** Do not take apart, recharge, or dispose of the batteries in fire. Do not swallow. Keep away from children. Dispose of the rest of the holder according to the appropriate recycling scheme for electrical equipment. Do not dispose of electrical equipment in fire.

7 Are test sticks available separately?

No. If you have used all the test sticks in the pack you will need to buy a new pack containing a holder and test sticks. Use the same holder throughout your cycle with new test sticks.

If you have any test sticks left at the end of testing, you can use these and the Holder for your next cycle if needed.

8 I've used Clearblue Digital Ovulation Test for several months and haven't become pregnant. Why is this?

It can take normal healthy couples many months to achieve a pregnancy. We recommend you see your doctor if you are under 35 years and haven't become pregnant after trying for 12 months. If you are over 35 years you should see your physician after trying for 6 months, and if you are over 40 years see your doctor straight away.

Home ovulation test. Only use test sticks for Clearblue Digital Ovulation Test with Dual Hormone Indicator with the holder. For *in vitro* diagnostic use only. Store at room temperature. Keep out of the reach of children. Do not use if the foil wrapper containing the test stick is damaged. Do not use a test stick that has passed its use by date. Do not re-use the test sticks. Not for contraceptive use. These instructions are for model number 735025/D. Results must be read on the display and not by any lines you might see on the test stick.

This test meets the electromagnetic emissions requirements of EN61326. Its electromagnetic emission is therefore low. Interference from other electrically driven equipment is not expected. This test should not be used in close proximity to sources of strong electromagnetic radiation, e.g. mobile phones, as these may prevent the test from working correctly. To avoid electrostatic discharge, do not use the test in a very dry environment, especially one in which synthetic materials are present.



www.clearblue.com

Advisors available 07:00 – 15:00hrs Mon-Fri, excluding Bank Holidays.

UK 0800 917 2710 • IE 1800 812 607

Free from landlines, mobiles may be charged. All calls are recorded and may be monitored for quality purposes. Please be ready to quote the [LOT] number.

As prenatal care is very important for a baby's health, we recommend that you consult your doctor before you try to conceive.

*The sensitivity of the LH detection in Clearblue Digital Ovulation Test with Dual Hormone Indicator is 40mIU/ml measured against the Third International Standard for urinary LH and FSH for Bioassay (71/264).

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 IVD	<i>In vitro</i> diagnostic medical device	 LOT	Batch code
 Manufacturer		 Use by date	
		 Temperature limit 2°C - 30°C (36°F - 86°F)	