

# Clearblue DIGITAL

With DUAL HORMONE INDICATOR

## Ovulation Test

Please read this leaflet carefully before doing a test.

Clearblue Digital Ovulation Test with Dual Hormone Indicator is the only Ovulation Test to typically identify YOUR 4 best days to get pregnant, 2 more than any other ovulation test.

### Working out your cycle length

Note the day your period starts (first day of full menstrual flow) as Day 1, and then count through to the day before your next period starts. The total number of days is your cycle length. If your cycle varies, see Q1.

### Work out when to start testing

Use the table below to work out which day to start testing. If you don't know your cycle length you should wait at least one menstrual cycle and note the length of it then use the table below.

Length of 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
Note the day your period starts as Day 1, 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

Always test using the **first urine** after your longest sleep.

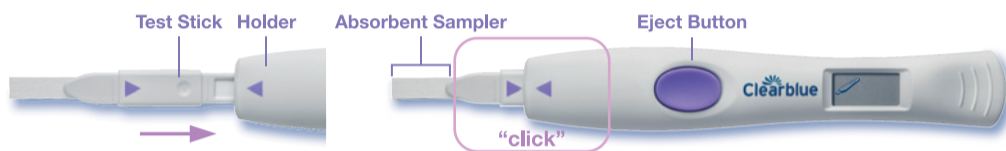
## How to do a test

### 1 When you are ready to test

- Remove a test stick from its foil wrapper.
- Remove the cap from the test stick.



### 2 Insert the test stick into the holder



- Make sure the purple arrows line up as shown.
- The test will switch on when you have correctly inserted the test stick into the holder.



#### New Cycle Indicator (Flashing)

- The first time you use the test the new cycle symbols will **flash** briefly. If these symbols are shown and it is not the first time you've used the test see Q11.



#### Test Ready

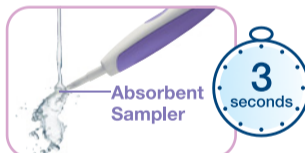
- The test ready symbol will then be shown.
- You should now do the test straight away.

- If the test ready symbol is not shown OR if the display has gone blank eject the test stick and re-insert it carefully.
- If the test ready symbol still isn't shown see Q20.

### 3 Choose which way to do your test

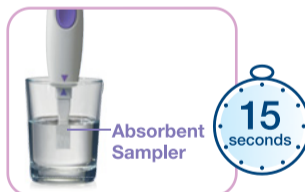
#### Either

- Put just the absorbent sampler pointing downwards into your urine stream for 3 seconds.
- Take care not to get the holder wet.



#### Or

- You can collect a sample of your urine in a clean, dry container.
- Put just the absorbent sampler into your collected urine sample for 15 seconds.



- Replace the cap. Wipe off any excess urine. Keep the absorbent sampler pointing downwards, or lay the test flat.

### 4 Wait for your result



Within 1 minute you will see that the test is working as the test ready symbol will start to **flash**.



After 5 minutes the display will show your result.

- If the test ready symbol does not start flashing, see Q4.

### 5 Reading your result



#### Low Fertility

- Making love today is just for fun as it's unlikely, but not impossible, that you will get pregnant. Test again tomorrow using the first urine after your longest sleep. Your result will be displayed for 8 minutes.
- If the display goes blank after testing and you think you have missed seeing your result, simply eject the test stick and your result will re-appear for a further 2 minutes.



#### High Fertility

- Make love today to increase your chance of getting pregnant. Remember you must still test again tomorrow using the first urine after your longest sleep. Your result will be displayed for 8 minutes.

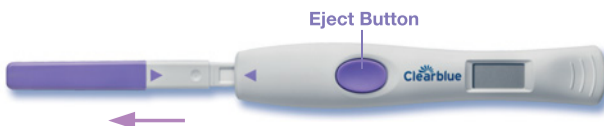


#### Peak Fertility

- This is your most fertile time and will be displayed for 2 days. Make love during these 2 days to maximise your chance of getting pregnant. You can stop testing after the first day Peak Fertility is displayed.

### 6 When you've finished testing

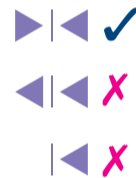
- Eject your test stick as soon as possible after you have seen your result and dispose of it in your normal household waste.



## Dos and Don'ts



You must insert the test stick into the holder **before** you do the test.



Insert test stick into holder so the purple arrows line up correctly.



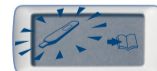
Throughout testing **never** hold the test with the absorbent sampler pointing upwards.



Do not eject the test stick until your result is displayed.

## Error symbols

**Error A (Flashing)** See Q17.



**Error B** See Q18.



**Error C** See Q19.



**Error D** See Q20.



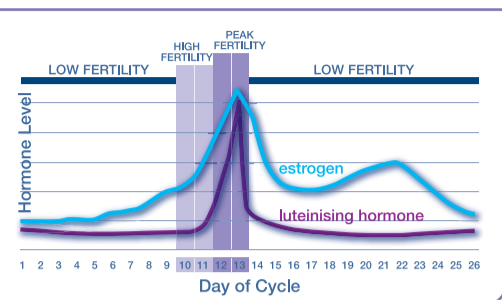
Please read the Further Information and Questions & Answers sections.

# Clearblue

## DIGITAL

With DUAL HORMONE INDICATOR

### Ovulation Test



### How the test works

The test works by monitoring changes in 2 key fertility hormones - luteinising hormone (LH) and estrogen - in urine. The LH surge happens about 24-36 hours before an egg is released from the ovaries - this is ovulation. Detecting the LH surge indicates you are at Peak Fertility. The estrogen level rises in the days before the LH surge and helps the body prepare for ovulation. Detecting the rise in estrogen indicates you are at High Fertility. Making love on High and Peak Fertility days maximises your chance of getting pregnant.

This example shows how Low, High and Peak Fertility days could appear in a cycle.

### FURTHER INFORMATION

#### Using the holder again

When you are ready to test again follow the instructions from step 1 using a new test stick. If your result is still displayed you need to wait for the display to go blank before doing another test. If this error is displayed see Q19.



#### Recycling the batteries and throwing the holder away

When you have finished using the holder, separate the upper and lower halves starting at the end nearest the display. Remove all 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.

### QUESTIONS & ANSWERS

#### 1 My cycle length varies, when should I start testing?

If your cycle length varies by more than 3 days, you should use the length of your last cycle to work out when to start testing.

#### 2 What if I missed testing with the first urine after my longest sleep?

You should test as soon as you can but avoid drinking a large amount of liquid beforehand. If you do not use the first urine after your longest sleep you may see unexpected High Fertility results so it is important that you remember to use the first urine after your longest sleep.

#### 3 Can I buy more test sticks or use the holder with test sticks from any other product?

No. Test sticks are not available separately. You can only use test sticks for the Clearblue Digital Ovulation Test with Dual Hormone Indicator with the holder.

#### 4 I have done a test, but the test ready symbol has not started flashing. What does this mean?

The test has not been done correctly. An error symbol will appear on the display within 10 minutes of testing. You should test again with a new test stick. See 'Using the holder again'.

#### 5 What if the holder gets wet?

You should wipe it dry. Some splashing is not a problem, but if it gets very wet the holder may be damaged. If this happens the display will either remain blank or an error symbol will be displayed.

#### 6 I have done a test, but no result has appeared. What does this mean?

Your result should be displayed after 5 minutes of the test ready symbol beginning to flash. If no result appears an error symbol will be displayed within 10 minutes. See 'Error messages'.

#### 7 Can I work out my result from the lines on the test stick?

No. The result can only be read on the display and cannot be worked out from any lines you might see when you eject the test stick.

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

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

#### 9 I've done all the tests as instructed, but have not seen High and/or Peak Fertility. What should I do?

There are enough test sticks in this pack for most women with regular cycles to detect their High and Peak Fertility. It is possible that if your cycle length is long or it varies, you may need to do more tests. You should use the same holder with test sticks from a new pack.

Some women do not ovulate every cycle and if this happens they will not see Peak Fertility. If you are concerned about your results please see your doctor or call the Careline.

Some women may not see High Fertility days but see Peak Fertility days only. This may be because the estrogen level is not high enough to be detected by the test, or they started testing too late. Peak Fertility results can still be relied upon and making love on these days maximises your chance of getting pregnant.

#### 10 I've done the tests as instructed and I did not see 4 fertile days, what does this mean?

In clinical testing Clearblue Digital Ovulation Test with Dual Hormone Indicator identified 4 or more fertile days (2 Peak Fertility days as well as 2 High Fertility days) in 80% of cycles. Hormone levels and cycle length vary from one woman to another and from cycle to cycle in the same woman. The number of fertile days displayed each cycle will be personal to you and some women will have fewer than 4. This doesn't mean the test isn't working. Make love on High and Peak Fertility days to maximise your chance of getting pregnant.

#### 11 I have put in a new test stick and these symbols have flashed on the display. What does it mean?

This means that the holder is ready to use for the first time. It will also be displayed if you are retesting after you have seen Peak Fertility or if you have not done a test for 3 or more days in a row. If you have missed 3 or more tests and not seen Peak Fertility the holder will think you are testing for the first time. If you carry on testing it might not detect High or Peak Fertility. It is better to wait for your next cycle to start testing again.



#### 12 Can any medication or medical conditions affect the result?

Always read the manufacturer's instructions for any medication that you are taking before doing a test.

Certain medical conditions and medications can give misleading results, for example:

- you are pregnant.
- you have recently been pregnant.
- you have reached the menopause.
- you have impaired liver or kidney function.
- you have polycystic ovarian syndrome.
- if you are taking fertility drugs containing luteinising hormone or human Chorionic Gonadotrophin.
- you are taking antibiotics containing tetracyclines.
- some fertility treatments such as domiphen citrate may give misleading High Fertility results. Peak Fertility results should be unaffected.

If you have recently been pregnant you should wait until you have had 2 natural menstrual cycles and note how long these are before using Clearblue Digital Ovulation Test with Dual Hormone Indicator.

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

#### 13 I've recently stopped using hormonal contraception (e.g. the contraceptive pill). Will this affect the results?

No. However your cycles may take some time to become regular so you may wish to wait until you have had 2 natural menstrual cycles and note how long these are before using Clearblue Digital Ovulation Test with Dual Hormone Indicator.

#### 14 Since it tells me when I am fertile can I use Clearblue Digital Ovulation Test with Dual Hormone Indicator as a contraceptive?

No. Clearblue Digital Ovulation Test with Dual Hormone Indicator is not for contraceptive use.

#### 15 I think I'm pregnant, what should I do?

You can find out if you are pregnant up to 4 days before your period is due using a Clearblue Digital Pregnancy Test with Conception Indicator. If your result is 'Pregnant' the test will also indicate how many weeks ago you conceived. If you are pregnant you should see your doctor who can advise what steps to take next.

#### 16 I've used Clearblue Digital Ovulation Test with Dual Hormone Indicator for several months and I'm not pregnant yet, is there something wrong?

It can take many months to get pregnant. There are many reasons why you may not get pregnant even if you've been able to make love at your most fertile time. If after several months you've had no success, or have not seen Peak Fertility, you should consult your doctor.

### Error Messages

#### 17 What does this flashing symbol mean?

The test stick has been ejected too soon. If it is not re-inserted quickly enough a further error symbol will appear on the display.



#### 18 What does this symbol mean?

An error has occurred during testing. It may be that:

- You have done the test before inserting the test stick into the holder.
- The absorbent sampler was not kept pointing downwards, or the test was not laid flat after testing.
- You put too much or too little urine on the test.
- The test stick was ejected too soon. This symbol will be displayed for 8 minutes. You should test again using a new test stick taking care to follow the instructions. If you have collected urine, use this sample to test again as soon as the display is blank. Otherwise you should test as soon as you can but avoid drinking too much.



#### 19 What does this symbol mean?

The test has not worked as expected. This may be because the instructions were not followed carefully. If you have unused test sticks in the pack, **do not** use them with this holder. You will need to use another holder from a new pack. Please follow the instructions for use carefully.



#### 20 The display has remained blank. What does this mean?

The test has not worked as expected. This may be because the instructions for use were not followed carefully. If you have not applied urine to the test stick eject it and start again. If the holder remains blank it is no longer working and you will need to buy a new pack for any further testing.



\*Clearblue Digital Pregnancy Test with Conception Indicator can be used to test up to 4 days before your expected period. In clinical testing with early pregnancy samples Clearblue Digital Pregnancy Test with Conception Indicator gave the following results: 55% of women received a 'Pregnant' result 4 days early, 86% of women 3 days early, 97% of women 2 days early and 98% of women 1 day early.

## www.clearblue.com

Advisors available 07:00 – 15:00hrs Mon-Fri, excluding bank holidays.

**UK - 0800 917 2710 • IE - 1800 812 607**

Calls are free and recorded for training and quality control. 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.

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.

<b>IVD</b>	In vitro diagnostic medical device	<b>LOT</b>	Batch Code		Manufacturer
	Temperature Limitation 2°C – 30°C		Use-by date		

Home ovulation test.

For *in vitro* diagnostic use only. **IVD**

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 expiry date.

Do not re-use the test sticks.

Not for contraceptive use.

These instructions are for model number 735025/B.

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