

Before applying urine to the Test Stick it **MUST** be inserted into the Test Holder. Please read these instructions carefully before taking a test.

## How Clearblue® Easy Digital Ovulation Test works with you

Clearblue® Easy Digital Ovulation Test works by detecting the increase (surge) in a hormone called Luteinizing Hormone (LH) in your urine. The LH surge occurs approximately 24-36 hours prior to the release of an egg from your ovaries – a process known as ovulation. You are at your most fertile on the day your LH surge is detected, and the day after.

Your 2 most fertile days begin from the time that the Clearblue® Easy Digital Ovulation Test detects your LH surge. Have intercourse at any time in the next 48 hours to maximize your chances of becoming pregnant.

## When to start testing

If your usual cycle length is 24 days or more, start testing on Day 9 of your menstrual cycle. To work out when Day 9 is you should count the day your period starts as Day 1, and continue counting through to Day 9. This is the day you should start testing.

If your usual cycle length is less than 24 days please refer to *question 1* in Q & A.

You can test any time of the day, but it should be at about the same time each day (many women find it most convenient first thing in the morning). It is important that you have not urinated for at least 4 hours before testing, and you should avoid excessive fluid intake before testing.

### 1 When you are ready to test...

- Remove the Test Stick from the foil wrapper.
- Before applying urine to the Test Stick it **must be inserted** into the Test Holder. Follow the steps below.



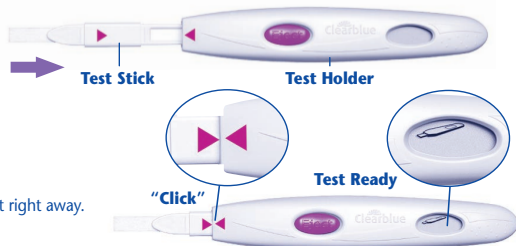
### 2 Remove the Cap

- Remove the cap and find the Pink Arrow on the Test Stick.



### 3 Assemble the Test

- Find the Pink Arrow on the Test Holder.
- Line up both Pink Arrows as indicated in the picture to the right.
- Insert the Test Stick into the Test Holder until it clicks into place and the Test Ready symbol appears.
- Do not use until the Test Ready symbol appears.
- When the Test Ready symbol appears perform the test right away.

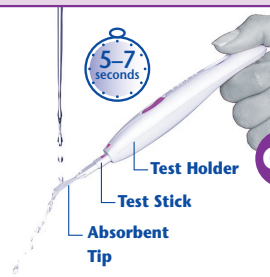


- If the Test Ready symbol does not appear OR if the symbol has disappeared eject the Test Stick and re-insert it carefully.
- If the symbol still does not appear refer to *Question 18* in Q & A.

### 4 Perform the Test

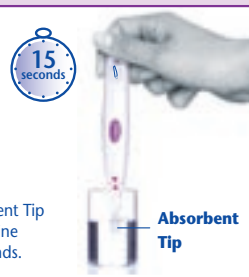
With the Test Ready symbol showing on the Display...

- Either test directly in your urine stream.
- Place just the Absorbent Tip, pointing downwards in your urine stream for 5-7 seconds.
- Take care not to get the Test Holder wet.



- OR test a sample of your urine collected in a clean, dry container.

- Dip just the Absorbent Tip in your collected urine sample for 15 seconds.



### 5 Wait

- Keep the Absorbent Tip pointing down or lie the Test flat.
- The Test Ready symbol will start flashing after 20-40 seconds to show the test is working.
- DO NOT EJECT THE TEST STICK.**



- Replace the Cap then wipe off any excess urine.
- If the Test Ready symbol does not start flashing, refer to *Question 5* in Q & A.

### 6 See your result

- Within 3 minutes the Display will show your result.



- If your result is you have not detected your LH surge. Test again tomorrow at the same time.



- If your result is you have detected your LH surge and have reached your most fertile time. Have intercourse at anytime during the next 48 hours to maximize your chances of becoming pregnant. There is no need to continue testing during this cycle.

- Once you have read your result, you **MUST** press the Eject Button and remove the Test Stick.
- The result of your Test can only be read on the Test Holder Display.
- You cannot determine your result from any lines that you see on the Test Stick.
- Your result will remain on the Display for 8 minutes.
- If your Test Stick is still inserted and the Display is now blank, eject the Test Stick and the result will appear for 2 minutes.
- Do not re-insert a used Test Stick.

## Error symbols

Error A

- You have ejected the Test Stick too soon. Re-insert the Test Stick into the Test Holder immediately. Refer to *Question 15* in Q & A.
- Error symbols will display for approximately 8 minutes. Do not re-test until the error symbols have cleared.



An Error Has Occurred

Error B



- Refer to *Question 16* in Q & A.

An Error Has Occurred

Error C



- Refer to *Question 17* in Q & A.

## FURTHER INFORMATION

### Disposing of your Digital Test

- Once your result has been displayed, dispose of the Test Stick with your normal household waste. To do this, press the Eject Button on the Test Holder. The Test Stick will automatically be released. When you eject the Test Stick you may notice one or two blue lines on the Test Stick. These should be ignored; only refer to the Display on the Test Holder to determine your results. The Test Stick is not reusable.
- Once you have used all the Test Sticks in the pack, remove the batteries from the Test Holder by separating the upper and lower halves starting at the end nearest the Display. Remove the two round silver batteries from under the central metal cover, using a pen. Dispose of the batteries according to the appropriate recycling scheme. **Caution:** Do not disassemble, 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.

### Using the Test Holder Again

- While performing a test the Test Holder may have been splashed with some urine. Ensure that you wipe it clean. A further test is not possible while your result or any error symbols are on the Display. These will be displayed for 8 minutes (or 2 minutes if your display was blank and you have just ejected the Test Stick). It is important that you have not urinated for at least 4 hours before doing a test. If you have collected your urine you can use the Test Holder again as soon as the Display is blank. When you are ready to use the Test Holder again, repeat the instructions from step 1.

## QUESTIONS & ANSWERS (Q & A)

### 1. My cycle length is usually less than 24 days. Can I use this Test?

You can use this Test, but you should start testing on Day 5 of your cycle. To work out when Day 5 is you should count the day your period starts as Day 1, and continue counting through to Day 5. This is the day you should start testing.

If your cycle length varies, but has been less than 24 days in the last 3 cycles you should start testing on Day 5.

### 2. What time of day should I use the Test?

You may test any time of day, but you should test at approximately the same time each day. You should not have urinated for at least 4 hours before testing.

### 3. Do I need to use all the tests?

No. You can stop testing when you detect your LH surge.

### 4. Can I use the Test Holder with any other Test Sticks?

You can only use the 20 Clearblue® Easy Digital Ovulation Test Sticks supplied with this Test Holder.

### 5. 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 re-test with a new Test Stick. For information on re-testing please refer to Q16 and 'Using the Test Holder again'.

### 6. What if the Test Holder gets wet?

If the Test Holder gets wet you should wipe it clean. Some splashing will not damage the Test

Holder, but if it becomes very wet it may be damaged. If so, the Display will either remain blank or an error symbol will be displayed.

### 7. I have done a test, but no result has appeared on the Display. What does this mean?

Your result should appear on the Display within 3 minutes of doing a test. If no result appears an error symbol will appear on the Display within 10 minutes. Please refer to *Question 16*.

### 8. How accurate is the Clearblue® Easy Digital Ovulation Test?

The Clearblue® Easy Digital Ovulation Test has been shown in extensive laboratory trials to be over 99% accurate in detecting the LH surge prior to ovulation.

### 9. I've done all the tests as instructed, but I've not yet detected my surge. What should I do?

The number of Test Sticks in a Clearblue® Easy Digital Ovulation Test pack is sufficient for most women with regular cycles to detect their LH surge. Some women do not ovulate each cycle and therefore will not see an LH surge in such cycles.

### 10. Can any medication or medical conditions affect the result?

- Always read the manufacturers' instructions for any medication that you are taking before conducting a test.
- Certain medical conditions and medications can adversely affect the performance of the Test: for example if you are actually pregnant, have recently been pregnant, have reached the menopause or have polycystic ovarian syndrome you may get a misleading result. This may also be true if you are taking fertility drugs containing Luteinizing Hormone or human Chorionic Gonadotrophin (such as Pregnyl® and Profasi®)\* Please check with your doctor.

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

No, it will not affect your results. However your natural hormone pattern is disrupted by hormonal contraception and if you have recently stopped using it your cycles can be irregular and may take some time to stabilize. You may wish to wait until you have had two natural menstrual cycles, and note the length of these cycles, before using the Clearblue® Easy Digital Ovulation Test.

### 12. Since it tells me when I am fertile, can I use Clearblue® Easy Digital Ovulation Test as a contraceptive?

No. Clearblue® Easy Digital Ovulation Test detects the LH surge, which occurs only 24-36 hours before ovulation. As sperm can survive for several days, you might still become pregnant if you had intercourse before you detected your LH surge.

### 13. I think I have become pregnant, what should I do?

You can find out if you are pregnant up to 4 days before your expected period using a Clearblue® Easy Digital Pregnancy Test. A Clearblue® Easy Digital Pregnancy Test is over 99% accurate\*\*\*, easy to use and gives an unmistakably clear result in words. If your Clearblue® Easy Digital Pregnancy Test shows you a 'Pregnant' result you should see your doctor who can advise you on what steps you should take next. The earlier you see your doctor, the better it is for your own health.

### 14. I've used Clearblue® Easy Digital Ovulation Test for several months and haven't become pregnant. Can I be sure of getting pregnant?

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

## Error Messages

### 15. A flashing (Error A) symbol has appeared on the Display. What does this mean?



The Test Stick has been ejected too soon. If it is not re-inserted quickly enough then a further error symbol will appear on the Display. (see *Question 16*)

### 16. This symbol (Error B) has appeared on the Display. What does it mean?



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

- Urine has been applied to the Absorbent Tip before the Test Stick was inserted into the Test Holder.
- The Absorbent Tip was not kept pointing downwards, or the Test was not laid flat, after urine was applied.
- Too much or too little urine was applied.
- 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. Refer to 'Using the Test Holder again'.

### 17. This symbol (Error C) has appeared on the Display. What does it mean?



Please contact the Clearblue® Easy Helpline for further information. If you have unused Test Sticks do not use them with this Test Holder.

### 18. The display has remained blank. What does it mean?



If you have not applied urine to the Test Stick eject it and start again from step 3. Otherwise, please contact the Clearblue® Easy Helpline.

## LIMITS OF THE TEST

Certain medical conditions and medications may or may not affect the reliability of this test for predicting ovulation. These can include pregnancy, post-partum, menopause symptoms, breast feeding, birth control pills, some fertility medications and polycystic ovarian syndrome (PCOS). Women with medically diagnosed fertility problems should ask their physicians if the product is suitable for them.

\*Pregnyl® is a registered trademark of Organon USA, Inc. Profasi® is a registered trademark of Ares Trading S.A.

\*\*Clomid® is a registered trademark of Merrell Pharmaceuticals, Inc.

\*\*\*99% accurate at detecting typical pregnancy hormone levels. However, some pregnant women may not have detectable amounts of the pregnancy hormone in their urine on the first day of the missed period or may have miscalculated the first day of their period.

For further information about Clearblue® Easy, please call the Clearblue® Easy Helpline. A 24 hour, 7 days a week recorded information service is available for your use. In addition, the Clearblue Easy team is available to answer your questions between 8:30 a.m. – 5:00 p.m. Eastern Time Monday-Friday.

**THE HELPLINE PHONE NUMBER IS 1-800-321-EASY(3279)**

Please be ready to quote the lot number (Lot NO.) on the pack. Calls may be recorded or monitored for quality control.

For next steps, information and general advice relating to issues of pregnancy, visit our website at:

**www.clearblueeasy.com**

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

## This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Contact the dealer or an experienced radio/TV technician for help.

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