


# Clearblue

## Fertility Monitor


These Test Sticks can only be used with the Clearblue Fertility Monitor. These instructions are for quick reference only. Read the instruction booklet supplied with your Clearblue Fertility Monitor in full before using these Test Sticks.

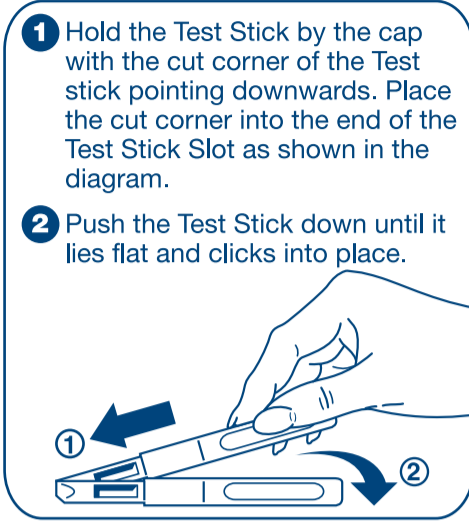
SWITCH ON YOUR Clearblue FERTILITY MONITOR EVERY MORNING within your Testing Window, and before going to the bathroom, to see which symbols are being displayed. (Refer to instruction booklet for details of the Testing Window). On mornings when the Monitor requires a test, it will show .


### DOING A TEST


ALWAYS test within your Testing Window, using the first urine of the day.

- 1 Remove the Test Stick from its protective foil wrapper and use immediately.
- 2 Hold the Sampling End of the Test Stick pointing downwards in your urine stream for 3 seconds only. This is long enough to ensure the Sampling End is sufficiently wet. Alternatively, collect a sample of your urine in a clean, dry container and hold just the Sampling End in the urine for 15 seconds.
- 3 Keeping the Test Stick pointing downwards, take the cap off the handle and place it over the 'wet' end of the Test Stick. Wipe off any excess urine from the Test Stick casing.
- 4 Insert the Test Stick into the Test Stick Slot of the Monitor.

If your Monitor is not already on, press the On/Off Button. You should only insert a Test Stick when you see the Insert Test Stick Symbol .





When you have inserted the Test Stick correctly, the display will flash the Test Stick Symbol  for five minutes while the Monitor reads and interprets the information from your Test Stick.

At the end of 5 minutes, the Monitor will ask you to remove the Test Stick , which should be thrown away.

When you have removed the Test Stick the Monitor will display your Fertility Status. If you do not remove the Test Stick within 60 seconds after the Monitor has finished reading it, the Monitor will turn itself off. Remove the Test Stick and switch the Monitor back on to see your Fertility Status.

### Important Points to Remember

- Always start your cycle with enough Test Sticks from one box **[LOT]** to do at least 10 tests.
- Only test when  is displayed.
- Always test with your first urine of the day.
- Make sure  is displayed before inserting your Test Stick.
- Always put your Test Stick into the Test Stick Slot within 15 minutes of 'wetting' it.
- Never use a Test Stick more than once.
- Don't use Test Sticks that have been left unwrapped for more than a few minutes or if the protective foil is damaged.
- Do not use a Test Stick that has passed its expiry date (see end of box).
- If your cycles are long or irregular, the Monitor may not detect Peak Fertility with 10 tests and will need more. If you have used 10 Test Sticks and have not seen your Peak Fertility, the Monitor will request an additional 10 tests.
- You may not see Peak Fertility every cycle. This can happen for several reasons (e.g. missing a test) – refer to the instruction booklet.
- If an Error Symbol appears on the display, refer to the instruction booklet.

**Please Note:** You must do all the tests requested by the Monitor. If you miss a test the Monitor will use the information it has already collected to calculate your Fertility Status. If a test is missed close to ovulation, you may miss the chance to identify your days of Peak Fertility. Following a missed test you should still perform all further tests requested by the Monitor.

### Limitations on Use

The Clearblue Fertility Monitor is suitable for women whose natural cycle normally lasts between 21 and 42 days. The majority of women will need 10 Test Sticks in each cycle. However, women with irregular or long cycles may have to use 20 Test Sticks each cycle in order to detect their most fertile time.

Certain medical conditions and medications can adversely affect the performance of the Clearblue Fertility Monitor. Women who have menopausal symptoms, polycystic ovarian syndrome, impaired liver or kidney function, are pregnant or have recently been pregnant (even if not carried to full term), may get misleading results. Similarly misleading results may be obtained by women using antibiotics containing tetracyclines, hormonal treatments (e.g. hormonal contraception, hormone replacement therapy), fertility treatments containing human Chorionic Gonadotrophin (hCG) or Luteinising Hormone (LH), or any treatment that might affect their cycle. Clomiphene citrate may elevate estrogen levels and this may result in High Fertility being declared early in the cycle and more High Days being displayed, and in some cases the Monitor may not show Peak Fertility even when ovulation occurs. We therefore recommend that women

taking clomiphene citrate consult their doctor for advice before using the Clearblue Fertility Monitor. Always read the manufacturer's instructions for any medication that you are taking before conducting a test.

Women who have recently been breastfeeding, using hormonal treatments (e.g. hormonal contraception, fertility treatments, hormone replacement therapy), or any other treatment that might affect their cycle, may wish to wait until they have at least two natural menstrual cycles in a row (each lasting 21-42 days), before using the Clearblue Fertility Monitor.

Women who have recently been pregnant (even if not carried to full term) may still have hCG in their bodies. HCG can adversely affect the performance of the Clearblue Fertility Monitor. Therefore they are advised to wait until they have had at least two natural menstrual cycles in a row (each lasting 21-42 days), before using the Clearblue Fertility Monitor.

Please speak to your doctor if you need further advice.

**Please Note: There are no products available that can guarantee success in achieving pregnancy. Clearblue Fertility Monitor has been designed to assist in conception. The Clearblue Fertility Monitor is designed to help you become pregnant and is NOT intended to be used for contraception. Some medications are contra-indicated in pregnancy and we therefore recommend that you consult your doctor if you are taking any medication before you try to conceive. Couples with medically diagnosed fertility problems should consult their doctor before using this product.**

Clearblue Fertility Monitor must be used according to these instructions.

Clearblue Fertility Monitor is an in vitro diagnostic medical device designed for home use.


Not to be taken.  
Not for internal use.  
Store in a dry place at room temperature.  
Keep out of the reach of children.  
Do not use a Test Stick if the foil wrapper containing it is damaged.  
Do not use a Test Stick that has passed its expiry date.

Health Canada advises pregnant women to abstain from alcohol consumption as this may lead to harmful effects on the baby such as Fetal Alcohol Syndrome Disorders (FASD). More information is available at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

**THE CLEARBLUE CONFIDENTIAL INFORMATION LINE**  
**1 888 698-5039**  
 Our professional staff are available to assist you Monday – Friday, 8.30 a.m. – 5:00 p.m. EST.  
 Please be ready to quote the **[LOT]** on the pack.

Or visit the Clearblue website at:  
**[www.clearblue.com](http://www.clearblue.com)**

Manufacturer: SPD Swiss Precision Diagnostics GmbH, Route de St Georges 47, 1213 Petit-Lancy, Geneva, Switzerland. Made in China.  
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<b>[LOT]</b>	Batch Code		Temperature Limitation 2°C - 30°C (36°F - 86°F)
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