

Clearblue Advanced Digital Ovulation Test is the only Ovulation Test to typically identify **YOUR 4 best days to get pregnant, 2 more than other ovulation tests.**

How the test works

The test works by monitoring changes in 2 key fertility hormones - luteinizing 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. Having intercourse on High and Peak Fertility days maximizes your chance of getting pregnant. This example shows how Low, High and Peak Fertility days could appear in a cycle.

Determine your cycle length

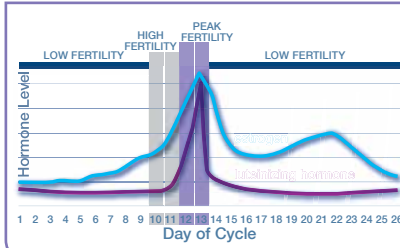
Note the day your period starts (first day of full menstrual flow) as day 1, and then count through to the day before your next period starts. The total number of days is your cycle length. If your cycle varies, see Q1.

Determine when to start testing

Use the table below to determine which day to start testing. If you don't know your cycle length you should wait at least one menstrual cycle, note the length of it and 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 take 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 take the test right 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 take your test

Either

- Place just the absorbent tip pointing downwards in 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.
- Dip just the absorbent tip in your collected urine sample for 15 seconds.



- Replace the cap. Wipe off any excess urine. Keep the absorbent tip 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



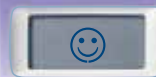
Low Fertility

- Having intercourse today is just for fun as it's unlikely, but not impossible, that you will become 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

- Have intercourse today to increase your chance of becoming 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. Have intercourse during these 2 days to maximize your chance of becoming 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 take the test.



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



Throughout testing **never** hold the test with the absorbent tip 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.

ADDITIONAL 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 taking another test. If this error is displayed see Q19.



Recycling the batteries and throwing the holder away

Remove all batteries from the test holder by separating the upper and lower halves starting at the end nearest the display. Remove all batteries from under the central metal cover. Dispose of the batteries 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 determine 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 excess fluid intake before testing. 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 Advanced Digital Ovulation Test with the holder.

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

The test has not been taken 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 taken a test, but no result has appeared. What does this mean?

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

7 Can I determine my result from the lines on the test stick?

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

8 How accurate is Clearblue Advanced Digital Ovulation Test?

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 Advanced Digital Ovulation Test is 40mIU/ml measured against the Third International Standard for urinary LH and FSH for Bioassay (71/264).

9 I've taken 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 who use cycles to detect their High and Peak Fertility. It is possible that, if your cycle length varies by more than 3 days, you may need to take 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 health care professional or call the Clearblue Helpline.

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 having intercourse on these days maximizes your chance of getting pregnant.

10 I've taken the tests as instructed and I did not see 4 fertile days. What does this mean?

In clinical testing Clearblue Advanced Digital Ovulation Test 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. Have intercourse on High and Peak Fertility days to maximize 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 testing after you have seen Peak Fertility or if you have not taken 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 manufacturers' 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 are breast feeding
- you have reached menopause.
- you have impaired liver or kidney function.
- you have polycystic ovarian syndrome.
- you are taking fertility drugs containing luteinizing hormone or human Chorionic Gonadotrophin.
- you are taking antibiotics containing tetracyclines.
- Some fertility treatments such as clomiphene 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 Advanced Digital Ovulation Test. Please check with your health care professional 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 pill) or breastfeeding. 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 Advanced Digital Ovulation Test.

14 Since it tells me when I am fertile can I use Clearblue Advanced Digital Ovulation Test as a contraceptive?

No. Clearblue Advanced Digital Ovulation Test 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 Advanced Digital Ovulation Test 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 have intercourse at your most fertile time. If after several months you've had no success, or have not seen Peak Fertility, you should consult your health care professional.

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 taken the test before inserting the test stick into the holder.
- The absorbent tip 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 excess fluid intake in the meantime.



19 What does this symbol mean?

Please contact the Clearblue Helpline. If you have unused test sticks do not use them with this holder.



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

If you have not applied urine to the test stick eject it and start again from step 1. Otherwise, please contact the Clearblue Helpline.



LIMITS OF THE TEST

Certain medical conditions may or may not affect the reliability of this test in 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 health care professional if the product is suitable for them. *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.

For further information about Clearblue, please call the Clearblue Helpline. Monday-Friday 8:30 a.m. - 5:00 p.m. EST.

1-888-698-5039

Please have the lot numbers [Lot] from both the outer and inner packaging. Calls are recorded for training and quality control.

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

www.clearblue.com

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

This Class B apparatus complies with Canadian ICES-003.

Manufacturer: SPD Swiss Precision Diagnostics GmbH, Route de St Georges 47, 1213 Petit-Lancy, Geneva, Switzerland. Clearblue is a trade mark. Made in PRC

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Home ovulation test.

For *in vitro* diagnostic use.

Store at 2°-30°C (36° - 86°F).

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 expiration date.

These instructions are for SPD model number 735025/B

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