

Ovulation Test

Easy

- Tells you the best 2 days to conceive your baby
Please read this leaflet carefully before carrying out the test.

How Clearblue Easy Ovulation Tests work with you

Clearblue Easy work by detecting an increase (surge) in the hormone called luteinising 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.

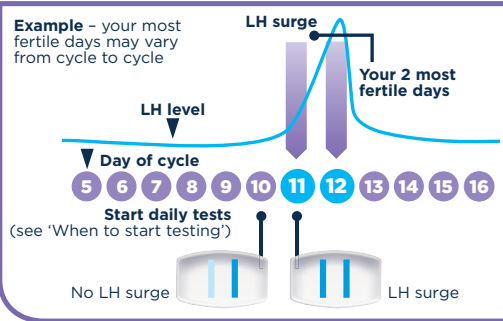
Your 2 most fertile days begin from the time that Clearblue Easy detects your LH surge. Make love at any time in the next 48 hours to maximise your chances of becoming pregnant.

When to start testing

The day that the LH surge occurs varies from woman to woman and from one cycle to another. To have the best chance of detecting your LH surge with the number of test sticks provided in one pack, you need to know your usual cycle length. The day your period starts (first day of full bleeding) is Day 1. Your cycle length is the total number of days from Day 1 up to and including the day before your next period starts.

If you don't know your usual cycle length or your cycle length varies, please refer to Q1 overleaf.

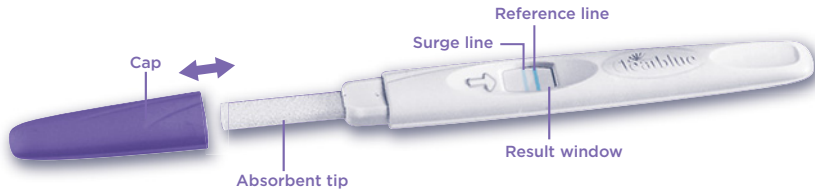
Use the table below to work out the day you should start testing. You can test at any time of the day, but it should be at the same time each day (many women find it most convenient first thing in the morning). It's important to drink normally and not to urinate for 4 hours before testing.



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
Count the first day of your period as Day 1, start testing on the day shown under your cycle length.	5	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	See Q2 overleaf

Do the test

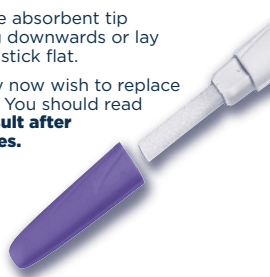
- When you are ready to test, open the foil wrapper by tearing along the slit.
• Remove the test stick and take off the cap. Use the test stick straight away.



- Hold the absorbent tip pointing downwards in your urine stream for **5 seconds only**.
• Alternatively, collect a sample of your urine in a clean, dry container and hold just the absorbent tip in the urine for **20 seconds only**.



- Keep the absorbent tip pointing downwards or lay the test stick flat.
• You may now wish to replace the cap. You should read your **result after 3 minutes**.

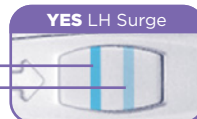


4 Read your result

The test result is obtained by comparing the strength of colour of the surge line with the reference line. The surge line is the line nearest to the arrow. The reference line indicates that you have performed the test correctly. Read your result within 10 minutes of doing a test. Disregard any changes after this time. If there is no reference line, see Q7. Please read the section overleaf, which answers the most frequently asked questions.



If there is no surge line, or it is paler than the reference line, **you have not detected your LH surge**. Test again tomorrow at the same time.



If the surge line is similar to, or darker than, the reference line **you have detected your LH surge** and have reached your most fertile time. **Make love at any time during the next 48 hours to maximise your chances of becoming pregnant.**

There is no need to carry on testing during this cycle.

Questions & Answers

1 I do not know my usual cycle length or my cycle length varies. How do I know when to start testing?

If you don't know your usual cycle length you are advised to wait for one menstrual cycle, and note the length of this cycle, before using Clearblue Easy. Once you have determined your cycle length you can use the instructions overleaf to work out when to start testing. If your cycle length varies by more than 3 days then choose the shortest cycle you have had over the last 6 months to work out when to start testing. It is possible you may need to use additional test sticks to detect your LH surge. You will need to start a new pack to continue testing. If you wish to start using Clearblue Easy before knowing your cycle length we recommend you start testing on Day 10. (However, without working out your cycle length, it is possible that you might miss your surge because you have started testing too late or you may need to use additional test sticks to detect your LH surge.)

2 My cycle length is outside of the range shown in the table. How will I know when to start testing?

If your cycle is 21 days or less, start testing on Day 5. If your cycle is longer than 40 days, start testing 17 days before you expect your next period.

3 What time of day should I carry out the test?

You may test at any time of day, but you should test at approximately the same time each day. It's important not to urinate for at least 4 hours before testing.

4 Do I need to use all the tests?

No. You can stop testing when you detect your LH surge, and save the remaining tests to use next cycle, if necessary.

5 How accurate is Clearblue Easy ?

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

6 I've not detected my LH Surge. 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 physician if you do not detect your LH surge for 3 consecutive cycles. If you miss a test you may not see your LH surge so remember to test as advised.

7 I have used a Clearblue Easy but no reference line has appeared. What should I do?

This may be because too much or too little urine has been used, or the absorbent tip was not kept pointing downwards or the test stick was not laid flat after urine was applied. You should test again, using a new test. You may wish to collect a sample of your urine. It's important not to urinate for at least 4 hours before testing. Take care to follow the instructions overleaf.

8 Can any medication or medical conditions affect the result?

- Always read the manufacturers' instructions for any medication 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 luteinising hormone or human Chorionic Gonadotrophin. Please check with your doctor.
- If you have a medically diagnosed fertility problem you should ask your doctor if Clearblue Easy is suitable for you.
- Clomiphene citrate does not affect the test but may affect the length of your cycle and, therefore, when you should be testing. You may need to use part, or all, of a second Clearblue Easy pack.
- If you do get unexpected results you should discuss them with your doctor.

9 I've recently stopped using hormonal contraception (e.g. the 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 stabilise. You may wish to wait until you have had two natural menstrual cycles, and note the length of these cycles, before using Clearblue Easy .

10 How long will my results last?

The result can be read at any time between 3 and 10 minutes after performing the test.

11 If I think I have become pregnant, what should I do?

Try using our range of Clearblue Pregnancy Tests, which are over 99% accurate at detecting pregnancy from the day of the expected period. If you are pregnant you should see your doctor who can advise what steps to take next. The earlier you see your doctor, the better it is for your own health.

12 I've used Clearblue Easy for several months and haven't become pregnant, can I be sure of getting pregnant?

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 doctor after trying for 6 months, and if you are over 40 years see your doctor straight away.

www.clearblue.com

Monday-Friday 8:30 a.m. - 5:00 p.m. EST.

1-888-698-5039

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

Manufacturer: SPD Swiss Precision Diagnostics GmbH (SPD),
Route de St Georges 47, 1213 Petit-Lancy, Geneva, Switzerland.

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

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.

For self-testing at home.

For *in vitro* diagnostic use.

Not for internal use. Do not reuse.

Keep out of reach of children.

Store between 2° - 30°C.

Bring to room temperature for 30 minutes if refrigerated.

Do not use if the foil wrapper is damaged.

Do not use after the 'use by' date.

Dispose with normal household waste.

Not for contraceptive use.