



Clearblue[®]

Fertility Monitor

INSTRUCTION BOOKLET

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The **Clearblue**® Fertility Monitor must be used according to these instructions. The **Clearblue**® Fertility Monitor is an in vitro diagnostic medical device designed for home use. 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 expiration date. THERE ARE NO PRODUCTS AVAILABLE THAT CAN GUARANTEE SUCCESS IN ACHIEVING PREGNANCY. THE **Clearblue**® FERTILITY MONITOR HAS BEEN DESIGNED TO ASSIST IN CONCEPTION. THE **Clearblue**® FERTILITY MONITOR IS NOT INTENDED FOR CONTRACEPTION.



The Time in Your Life for Children

Now that you have reached the time in your life for children, the **Clearblue**[®] Fertility Monitor can help you by identifying the days you are most likely to become pregnant. When you have intercourse on these days, you have the greatest chance of conceiving your baby.

There are only a limited number of days during the menstrual cycle when sexual intercourse can lead to pregnancy. Conception is most likely to occur if you have intercourse on the day the ovaries release a new egg (ovulation), or during the days leading up to it.

Most home ovulation tests only identify the 2 Peak Fertile days during the cycle, by detecting the surge in luteinizing hormone (LH) that triggers ovulation. The **Clearblue**[®] Fertility Monitor not only shows these 2 Peak Fertility days, but also identifies additional days when you can conceive. By detecting a rise in estrogen, it can inform most women of an extra 1-5 days of High Fertility prior to their Peak Fertility. This means that you know all the days when intercourse is most likely to lead to conception, allowing you to identify those days when you are most likely to conceive your baby.

How Does the System Work



The Clearblue® Fertility Monitor

The **Clearblue®** Fertility Monitor consists of Test Sticks and a hand-held Monitor. Together these identify changes in the hormones that control your fertility. The Monitor records your personal cycle to build up a complete and accurate picture of your most fertile days.

The Information That You Need

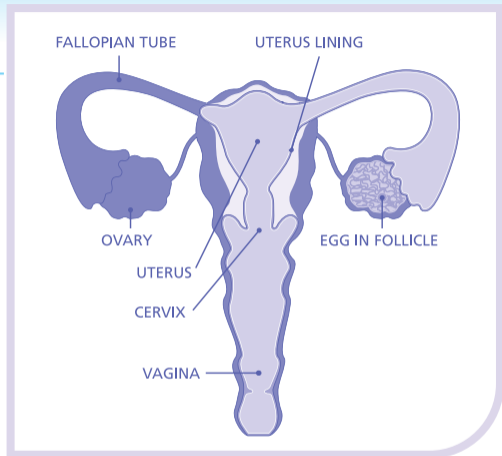
The **Clearblue®** Fertility Monitor gives you comprehensive, personal information that is unique to you. You can relax as the **Clearblue®** Fertility Monitor will count the days and tell you which days to test. It will even warn you when your period is due. This allows you to prepare for your next cycle, or, if you think your period is late, to test for pregnancy.

- All you need to do are simple urine tests each cycle when requested by the Monitor. You will always be asked to use one set of 10 Test Sticks each cycle. If your cycles are long or irregular, then the **Clearblue®** Fertility Monitor may ask you to use a second set of 10 Test Sticks to help you identify your most fertile days.
- The disposable Test Sticks collect hormones from your first urine of the day and convert them into information which can be read by the Monitor. The Monitor then reads the Test Stick, interprets your hormone changes, and tells you clearly if your fertility will be Low, High or Peak, for the next 24 hours.

Understanding Ovulation and the Menstrual Cycle

The Menstrual Cycle

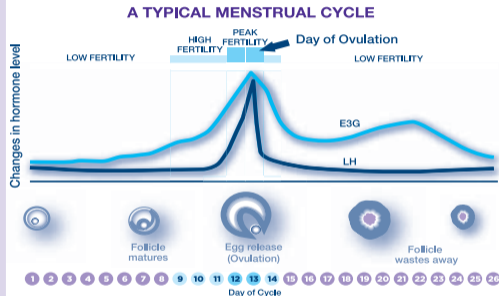
- The menstrual cycle is the process during which your body prepares for pregnancy. Hormone changes during the cycle trigger the ovaries to release an egg.
- The eggs are contained within fluid-filled cavities called follicles. Both ovaries have many follicles, each containing an egg. During the first part of the menstrual cycle, one of the follicles prepares to release an egg. This follicle produces increasing amounts of estrogen, which causes the lining of the uterus to thicken and the cervix to produce “fertile mucus.” This “fertile mucus” is important (refer to page 4). A high estrogen level triggers the surge of another hormone, luteinizing hormone (LH). Ovulation normally occurs 24 to 36 hours after the LH surge, when the follicle ruptures, releasing an egg.
- The egg can be fertilized for up to 24 hours after ovulation. If fertilization does not occur, estrogen levels will gradually fall. The lining of the womb is shed and the menstrual flow begins, marking the start of the next cycle.



How is the Clearblue® Fertility Monitor Designed to Help You Become Pregnant?

- The **Clearblue®** Fertility Monitor changes in estrogen and LH.
- High estrogen is associated with the appearance of “fertile mucus,” which is thin and slippery. Sperm can swim more easily through this mucus and can survive in it for several days. If you have intercourse during this time, there may still be sperm present several days later, when you release an egg. When the **Clearblue®** Fertility Monitor detects a rise in estrogen, it displays High Fertility status.
- Detection of the LH surge indicates that you are about to release an egg, and you are at Peak Fertility.

How the Clearblue Fertility Monitor Helps You



Please Note: For the greatest chance of conception, you should have intercourse two or more times during your fertile period. This means you should have intercourse both when your fertility is HIGH and when your fertility is PEAK.

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 (more than 35 days) 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 Luteinizing 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 manufacturers 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, including emergency 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.

Limitations on Use

If you have used the monitor and still have not become pregnant, you should consult a doctor if you are under 35 years of age and you have been trying to get pregnant for over 12 months, or if you are 35 years of age or over and you have been trying to get pregnant for over 6 months.

Please Note: There are no products available that can guarantee success in achieving pregnancy. The **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 contraindicated 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.

Knowing Your Clearblue® Fertility Monitor

Before you get started, you will need your **Clearblue®** Fertility Monitor, a pack of 30 Test Sticks, and four AAA alkaline batteries. You must wait until your next period starts before using the **Clearblue®** Fertility Monitor. In the meantime you should read this instruction booklet fully and familiarize yourself with the features below.

- 1. On/Off Button:** press once to turn on and again to turn off. The Monitor will also turn off automatically after 30 seconds to conserve power, and the Display Screen will go blank. You will be unable to turn the Monitor off while it is reading a Test Stick.
- 2. Test Stick Slot:** this locates the Test Stick in the Monitor allowing it to read the test result accurately.
- 3. Display Screen:** this provides details about your:
 - 3a. Fertility Status.**
 - 3b. Cycle Day Number:** (day of your cycle)Other information will also appear on the Display Screen such as when to test.
- 4. *m* Button:** this is used to set the Monitor at the start of each cycle. Refer to pages 10 and 11 of this instruction booklet BEFORE pressing the *m* Button.
- 5. The Data Card Slot:** Clearblue offers a Databcard Reading Service. This service provides a printout of your monthly cycle information stored in your monitor. For further information, please call the Helpline or visit www.clearblue.com




Step by Step Guide to Using the Clearblue® Fertility Monitor



Inserting the Batteries

- The **Clearblue**® Fertility Monitor requires four AAA alkaline batteries to operate. For optimal Monitor performance, use four new batteries that are the same brand. Using the diagram inside the battery cover to help you, insert the batteries making sure the + signs are in the correct position. If the batteries are not inserted correctly, the Monitor will not show anything on the display when the On/Off Button is pressed.

Replacing the Batteries

- The Monitor will tell you when the batteries need to be replaced by showing the Battery symbol on the screen . You must insert new batteries within 4 weeks of this symbol first appearing.
- Towards the end of this time, if you have not inserted new batteries, the Dead Battery Symbol will appear !. This tells you that the batteries are almost dead and must be replaced immediately. You will not be able to use your Monitor while this symbol is displayed.
- If you do not replace the batteries within 4 weeks of the appearance of the Dead Battery Symbol !, or if you remove the batteries for longer than 2 hours, the internal clock may become inaccurate and the information the Monitor provides may be affected.

Step by Step Guide to Using the Clearblue® Fertility Monitor

Push and slide cover



Lift cover until it clicks and stays open



Turning the Clearblue Monitor On and Off



Push the On/Off Button

- Once you have inserted the batteries, you can turn the Monitor on and off by pressing the white On/Off Button on the top left hand corner of the Monitor. When you turn the Monitor on you will see a red light flash in the Test Stick Slot and the Display Screen will briefly show the full range of symbols. This is normal and confirms that the Monitor is working correctly. After a moment the Display Screen will clear and you will see '--' and a flashing 'm' on the Display Screen. If you see the red light flash, but nothing is on the Display Screen, check that the batteries are installed correctly. The Monitor is now ready for you to set the *m* Button on the first day of your period. Pressing the On/Off Button again will turn the Monitor off. You may turn the Monitor off at any time apart from when it is reading a Test Stick. The Monitor will turn off after 30 seconds if a Test Stick is not being read. Simply press the On/Off Button to turn your Monitor back on.

Please Note: The time you press the *m* Button is very important. You should read the instructions on pages 11 and 12 carefully BEFORE doing this.

Determine the Test Window That's Best for You


PLEASE READ POINTS 1-4 BEFORE SETTING YOUR 'm' BUTTON

PRESS *m* BUTTON

-3 HOURS +3 HOURS

TESTING WINDOW IN HOURS

TESTING WINDOW EXAMPLE



Testing Window example: It is easy to set a Testing Window that is convenient for you. For example, if you set the *m* Button at 9:00 a.m., you will be able to test anytime between 6:00 a.m. and 12:00 noon for that cycle.

1. You can start using the **Clearblue**[®] Fertility Monitor on the first day of your next cycle, but not before. The first thing to do is to set the *m* Button.
2. When you press the *m* Button you:
 - Tell your Monitor that your period has started and a new cycle has begun.
 - Establish the 6 hours each day during which you can do a test. This is called the Testing Window. The **Clearblue**[®] Fertility Monitor should be set so that it is convenient for you to test the **first** urine of the day. It is important for you to use the first urine after sleeping as this will contain the highest concentration of hormones.
3. The Testing Window is set to run from 3 hours before the time you press the *m* Button, to 3 hours after. The **Clearblue**[®] Fertility Monitor will only request a test during the Testing Window, so you must check the Monitor during this time to see if you need to do a test that day. Please see example opposite.
4. At the start of each new cycle you can either press your *m* Button at the same time as you did on your previous cycle to give you the same Testing Window, or if you wish, you can change your Testing Window by setting the *m* Button at a different time.

Please Note: Once you have set your *m* button and you are past day 5, you cannot change your "Test Window" when traveling to a different time zone. If you need help determining when to test, call the Helpline.

Setting the *m* Button



Press *m* Button and hold for 5 seconds until '1' appears



Fertility Status Bar

- If your period starts in the night, or in the morning before your chosen *m* Button setting time, you can press the *m* Button when you wish that morning. If your period starts during the day, after your chosen *m* Button setting time, you should WAIT until the following morning before pressing the *m* Button. You should set this as day 1 of your cycle.
- Press the *m* Button firmly for 5 seconds. Release it when an '*m*' and the day number '1' appear on the Display Screen. Both will flash when they first appear but will stop flashing and stay on the Screen when you release the *m* Button. Please Note: DO NOT do a test yet. You only need to perform a test when the Monitor requests one.
- When you have set the *m* Button correctly, the day number '1' and an '*m*' will appear, indicating it is the first day of your cycle. A Fertility Status bar will also appear on the screen to indicate that your fertility is presently at a Low level, which is normal at the start of a cycle.
- If you press the *m* Button for too long, day number '2' will appear. Don't worry, you can cancel it. If you have set your *m* Button on the wrong day, you MUST cancel it. To cancel, press the *m* Button for 5 seconds until the '*m*' Symbol disappears. The Display Screen will then return to its original state (as if you had not yet set your *m* Button).

Please Note: The *m* Button can be set from day 1 to day 5 of your cycle. For further information refer to questions 6 and 7 on page 23.


Testing



Display indicates that the Monitor requires a Test Stick

Please Note: Only **Clearblue**[®] Fertility Monitor Test Sticks can be used with the **Clearblue**[®] Fertility Monitor. Unlike other products, they cannot be visually interpreted.

Performing Tests

- Turn on your **Clearblue**[®] Fertility Monitor every morning within your Testing Window and before going to the bathroom. You will notice that the 'm' symbol is displayed for the first 5 days of each cycle, and that the number on the Display Screen changes each day to tell you which day of your cycle you are on. Please note that the cycle day only advances when the Testing Window opens (refer to page 10).
- On mornings when the Monitor requires further information about your hormone changes, a test will be requested . Tests must be performed with the first urine of the day, within the Testing Window.
- In Cycle 1, your first test will be requested on day 6. The Monitor will then request a test every day for a total of 10 or 20 days depending on your cycle length, and when it sees your Peak Fertility. In subsequent cycles the first test day will vary between day 6 and 9, according to what the **Clearblue**[®] Fertility Monitor has learned about your cycle, and you will still be asked for a test every day for 10 or 20 days.

Please Note: You will need to buy a box of Test Sticks before starting. Always start your cycle with enough Test Sticks from the same pack for 10 tests.



Hold the Sampling End of the Test Stick pointing downwards in your urine stream for 3 seconds only

Take the cap off the handle and place over 'wet' end of the Test Stick



Test Stick when removed from foil



Test Stick ready to insert into Monitor

To Perform a Test



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** (refer to question 18 page 26).
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. You are now ready to insert the Test Stick into the Test Stick Slot of the Monitor.

Please Note: Test Sticks can NEVER be used more than once. Only **Clearblue®** Fertility Monitor Test Sticks can be used with the **Clearblue®** Fertility Monitor.


Testing



Inserting a Test Stick



- If your Monitor is not already on, press the On/Off Button, you will see a red light flash in the Test Stick Slot. This is the Monitor checking that the Slot is ready to receive a Test Stick. You should not place a Test Stick in the Test Stick Slot until the red light has gone out, and you see the Insert a Test Stick Symbol , or the Monitor will ask you to remove it.
- After performing a test, the Test Stick should be placed into the Test Stick Slot within 15 minutes of wetting it. You should only insert a Test Stick when you see the Insert Test Stick Symbol .

 1. Holding the Test Stick by the cap with the cut corner of the Test Stick pointing downwards, put it into the Test Stick Slot as shown on the diagram.
 2. Push the Test Stick down until it lies flat and clicks into place.

- When you have inserted the Test Stick correctly the Display Screen will flash the Test Stick Symbol  for 5 minutes while the Monitor reads and interprets the information from your Test Stick. Do not remove the Test Stick while it is being read. The Monitor cannot be turned off while a Test Stick is being read.

Inserting a Test Stick

Please Note: Always look at the Display Screen after you have inserted the Test Stick to check that the Test Stick is being read. A flashing Test Stick Symbol  indicates that the Test Stick is being read.

- The Test Stick will not be recognized until correctly inserted. The symbol  will continue to be displayed until the Test Stick has been properly placed and recognized.
- At the end of 5 minutes, the Monitor will ask you to remove the Test Stick,  which should be thrown away. Your Fertility Status will then be displayed.
- If you do not remove the Test Stick within 60 seconds after the Monitor has finished reading it, the Monitor will turn itself off. Don't worry, just remove the Test Stick and switch the Monitor back on to see your Fertility Status.

Number of Test Sticks Required

- You will be asked for a test on 10 days each cycle to build up an accurate picture of your cycle. If the Monitor does not detect your LH surge with 10 tests, it will require an additional 10 tests for that cycle. This may happen if your cycles are irregular or long. You should perform all of the tests requested by the Monitor.



The Test Stick Symbol will flash while the Monitor is reading a Test Stick



Monitor has finished reading a Test Stick

Your Fertility Status



Low Fertility:
very small chance of conception

Please Note: It is important that you do all the tests requested by the Monitor. If you occasionally miss a test, then the Monitor will use the information it has already collected to calculate your Fertility Status. If a test is missed close to ovulation, however, then you may miss the chance to identify your days of Peak Fertility. Following a missed test you should still continue all further testing as requested by the Monitor.

Fertility Status: What does this mean?

- The **Clearblue**® Fertility Monitor will display your Fertility Status using three bars which correspond to three different levels of Fertility: Low, High and Peak. The Monitor will interpret your fertility based on the Test Stick reading and the information stored in its memory.

Low Fertility: What does this mean?

- Low Fertility is indicated by one bar in the bottom left hand corner of the Display Screen. Low Fertility is displayed at times during the cycle when your fertility hormones are low. Although you may still wish to have intercourse on a Low Fertility day, it is unlikely, but not impossible that you will conceive.

High Fertility: What does this mean?

- High Fertility is indicated by two bars in the left hand side of the Display Screen. These are displayed when the Clearblue® Fertility Monitor detects an increase in estrogen, which occurs as you approach your Peak Fertility.




High Fertility:
increased chance of conception

- If you have intercourse on days of High Fertility you will increase your chances of becoming pregnant.
- In the first cycle the Monitor will need to get to know you. It is possible therefore that you may get more than 5 High Fertility days prior to Peak Fertility in this cycle. Don't worry, from cycle 2 on the Monitor will reduce this for the majority of women to between 1 and 5 High Fertility days.
- Please refer to question 12 and question 13 on page 24 for further information.

Peak Fertility: What does this mean?



Peak Fertility:
highest chance of conception

- Peak Fertility is indicated by three bars in the left hand side of the Display Screen and the  symbol. You are at Peak Fertility around ovulation, when an egg is released (refer to page 4).
- If you have intercourse during this Peak Fertility time, then you have the greatest chance of becoming pregnant.
- The **Clearblue**[®] Fertility Monitor identifies your days of Peak Fertility by detecting the surge in luteinizing hormone (LH), which triggers ovulation to occur approximately 24-36 hours later (refer to pages 3 and 4). Peak Fertility will be indicated on the day of the LH surge, as well as the following day.
- There is a chance that the egg can still be fertilized after this time, therefore you will be shown 1 day of High Fertility following your days of Peak Fertility.
- There may be a small percentage of cycles in which you do not see Peak Fertility - for more information refer to question 11 on page 24.

Approaching the End of Your Cycle



Preparing for the Next Cycle or Pregnancy Testing

- Usually, a few days before your next period is due, the 'm' Symbol will begin to flash to indicate that you are approaching the end of your cycle.
 1. If your period starts then you should set your Monitor for the next cycle. The procedure is the same as setting the *m* Button for the first time (refer to page 11). Don't worry if the 'm' Symbol is not flashing and your period starts: the *m* Button can still be set.
 2. If the 'm' Symbol flashes for several days, and you think that your period is late, then you may have conceived. You can find out if you are pregnant by using a **Clearblue**® Pregnancy Test.
- From the day your period is due **Clearblue**® Pregnancy Tests give you a clear result that is over 99% accurate.*
- You should consult your doctor if the pregnancy test result is 'Pregnant' as it is important to begin prenatal care as early as possible.

* 99% accurate at detecting typical pregnancy hormone levels.
Note that hormone levels vary.

Symbols and Errors: Practical Advice



1. ! 

Reinsert the Test Stick.

This symbol may appear if the Test Stick is removed from the Test Stick Slot and the Monitor has not finished reading it. Simply replace the Test Stick into the slot within 15 minutes of wetting it and the Monitor will read it as normal.



2. ! 

Remove Your Test Stick.

This symbol may appear if your Monitor was switched on with a Test Stick in the Slot or your Monitor was not ready for a test.



3. 

Batteries are Low.

This symbol tells you that your batteries are getting low and need to be replaced. You must do this within 4 weeks of the symbol first appearing. Refer to page 8 for instructions on how to replace.



4. ! 

Batteries are Dead.

This symbol indicates that the Monitor will no longer function unless the batteries are replaced immediately.

Symbols and Errors: Practical Advice



Your Monitor is Not Working.

These symbols will appear in the unlikely event of a Monitor failure. They tell you that a problem has been detected and your Monitor needs replacing.




The Test Stick Slot Requires Cleaning.

This symbol indicates that the Test Stick Slot is dirty. The Test Stick Slot should be gently cleaned with a slightly damp cotton swab (never use anything other than water). Never attempt to clean the Test Stick Slot if the Brush Symbol is not showing. Too much cleaning may affect the Monitor's ability to read the Test Sticks.



Test Stick Slot is Not Ready.

These symbols indicate that the Test Stick Slot is not ready. Remove the Test Stick from the Test Stick Slot and turn your Monitor off. Turn the Monitor on again and if the  symbol appears, put the Test Stick in correctly until it clicks into place. If there is no Test Stick in the Test Stick Slot, you need to clean the Test Stick Slot (see 6. for cleaning instructions).

Cleaning and Storing Your Monitor




Black Button



Center Bar of the Black Button

Cleaning your Monitor

- Your Monitor is made of highly durable materials and will withstand everyday use. If it needs cleaning, you can wipe the exterior with a slightly damp cloth.
- If the “Remove Your Test Stick” error symbol appears !  and there is not a Test Stick in the Test Stick Slot, you may need to clean the Black Button. The Black Button is located in the Test Stick Slot. If the center bar of the Black Button is pushed in, try releasing it by gently cleaning with a dry cotton swab. If you are still unable to release it, call the Helpline.

Storing your Monitor

- Store your Monitor in a dry, safe place. It is not recommended to store your Monitor in the bathroom as excessive moisture can leak into the inside of the Monitor and damage it.
- Please note that your Monitor is not waterproof and like any electrical equipment it must not be used if it has been immersed in liquid.
- A large majority of Monitor failures are due to liquid inside the housing of your Monitor. These failures are not covered under your warranty.

Your Questions Answered

- Q1** How accurate is the **Clearblue**[®] Fertility Monitor?
- The **Clearblue**[®] Fertility Monitor has been shown in laboratory testing to be 99% accurate in detecting the LH surge in cycles in which an LH surge had also been identified by a reference method. Most women will have 1-5 days warning of their Peak Fertility, during which time High Fertility will be displayed.
-
- Q2** I've been using basal body temperature and home ovulation tests. Does the **Clearblue**[®] Fertility Monitor replace these?
- The advantage of the **Clearblue**[®] Fertility Monitor is that, unlike the basal body temperature method, it predicts ovulation before it happens. The basal body temperature method can only tell you after ovulation has occurred, which may be too late to take advantage of all your fertile days. Home ovulation tests detect the LH surge which precedes ovulation by 24-36 hours, thus identifying your 2 most fertile days each cycle. The **Clearblue**[®] Fertility Monitor gives additional warning of ovulation by identifying days of High Fertility as well as the Peak Fertility days indicated by home ovulation tests. It also counts your days for you, tells you which days to test, interprets the tests, displays your fertility levels every day and develops a personalized understanding of your cycle.
-
- Q3** How effective will the **Clearblue**[®] Fertility Monitor be for me?
- The **Clearblue**[®] Fertility Monitor can detect Peak Fertility in cycles of 21 to 42 days in length. If you have intercourse during High and Peak Fertility it can help you maximize your chances of conceiving your baby. It is important, however, to remember that there are no products available that can guarantee success in achieving pregnancy.
-
- Q4** Will oral contraceptives affect the result?
- After using the pill (or emergency contraception) your cycle can be irregular and may take some time to stabilize. You may wish to wait until you have had at least two natural menstrual cycles in a row each lasting 21-42 days before using the **Clearblue**[®] Fertility Monitor.

Q5 What conditions or medication could interfere with my test result?

Please Note: Some medications are contra-indicated in pregnancy. Therefore, we recommend that you consult your doctor if you are taking any medication, before you try to conceive.

Always read the manufacturers instructions for any medication you are taking before using the **Clearblue**[®] Fertility Monitor. Most medications (e.g. simple pain killers and cold remedies) should not affect the way the **Clearblue**[®] Fertility Monitor works. However, certain medical conditions and medications can adversely affect the performance of the **Clearblue**[®] Fertility Monitor. Refer to pages 5 and 6 'Limitations on Use,' for further information. If in any doubt, please speak to your doctor.

Q6 What should I do if I pressed the *m* Button by mistake?

Don't worry, you can cancel it. If you set the *m* Button on the wrong day, you must cancel it. To cancel, press the *m* Button for 5 seconds until the '*m*' Symbol disappears. When the *m* Button is released, the Display Screen will return to its original state.

Q7 What if I am unable, or forget to set the *m* Button on day 1 of my cycle?


The *m* Button setting time is important. Please refer to pages 11 and 12.

If you are on day 2, 3, 4 or before your chosen *m* Button setting time on day 5 of your cycle, simply hold the *m* Button down at your chosen *m* Button setting time, and release it when the correct day number is shown on the display. The Monitor will then work correctly. You can also do this to set a different Testing Window during days 2 to 5 of your cycle, if the Testing Window set on day 1 is inconvenient. If you are not able to set the *m* Button during the first 5 days of your cycle, you should wait until your next cycle starts to set the *m* Button.

Q8 If my period starts during the day and I have to wait until the next morning before setting the *m* Button should I set it as day 1 or day 2?

You should set it as day 1. You must always set the *m* Button the morning after your period begins. The **Clearblue**[®] Fertility Monitor understands this as day 1.

Your Questions Answered

- Q9** Can I use more Test Sticks if I want to? No, tests can only be performed when requested by the Monitor.
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- Q10** How do I know if I've inserted the test correctly? If you have inserted a Test Stick correctly a flashing Test Stick Symbol  will indicate that the Test Stick is being read. Do not remove the Test Stick until requested to do so.
-
- Q11** My Monitor did not display a Peak Fertility Symbol this cycle. What does this mean? There may be a small percentage of cycles in which you do not see Peak Fertility Status. There are a number of possible reasons for this, for example, a test may have been missed or performed incorrectly or you may not have ovulated this cycle. An unusually short or long cycle may result in Peak Fertility not being detected. If Peak Fertility is not detected, the Monitor may show High Fertility for an extended period of time. This may be as long as 19 days. If this occurs, it is unlikely that you will be fertile during this entire time. If you do not see Peak Fertility over a number of cycles, speak to your doctor.
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- Q12** My Monitor displayed Low Fertility during all of my last cycle. What does this mean? This cycle the Monitor did not detect a change in the hormones that control your fertility. You may not have ovulated during this cycle or it may be due to a missed test, or a test being performed incorrectly. If your fertility status stays Low over a number of cycles consult your doctor.
-
- Q13** My Monitor changed straight from Low to Peak Fertility this cycle. What does this mean? This may happen occasionally, for example when a rise in estrogen is detected on the same day as your LH surge or if the Monitor does not detect a change in your estrogen before your LH surge. This can happen if you miss a test, or perform a test incorrectly, or if you have a very short cycle following longer cycles. You should still have intercourse during this Peak Fertility time.

Q14 Can I use Test Sticks from different packs?

It is important that you always use your Test Sticks in sets of 10 from the same pack. The **Clearblue®** Fertility Monitor works by comparing the current day's test reading with those of previous days. As there are slight sensitivity differences between batches of Test Sticks, optimal performance is achieved when the Test Sticks are used in sets of 10 from the same pack. After carrying out your first 10 tests, the Monitor may request a further 10 tests in the same cycle. If you do not have any more Test Sticks from the same pack, then you may use 10 Test Sticks from a different pack to complete your testing. You should perform all of the tests requested by the Monitor.

Q15 If I lose or ruin a Test Stick can I start a new pack?

You should normally only use a second set of 10 Test Sticks if the Monitor has requested more than 10 tests in that cycle. However, if you have damaged a Test Stick and have not yet seen your Peak Fertility on that cycle, you can start a second set of 10 Test Sticks from a new pack.

Q16 How should I dispose of used Test Sticks?

Used Test Sticks should be thrown away with your household waste. Do NOT flush them down the toilet.

Q17 How do I test if I work night shifts or travel between time zones?

Please Note: The *m* Button setting time is important. Please refer to pages 11 and 12.

When you press the *m* Button on day 1, this determines the Testing Window for that cycle. If you consistently work night shifts, you should set your *m* Button so that your Testing Window permits you to test using your first urine after waking, which, in this instance, may be in the afternoon. If your sleeping pattern changes temporarily during your testing period, for example if you travel to a different time zone and awaken before or after your normal Testing Window, you should collect a sample of your first urine upon waking. You should store the collected urine and check your Monitor during your next possible Testing Window and, if you need to do a test, use the collected urine. (Refer to question 18 on testing with collected urine). You will need to follow this procedure for all your tests in the new time zone. You may test as you normally do if you awaken during your normal Testing Window.

Your Questions Answered

- Q18 How do I test with collected urine?



Occasionally, you may wish to test with collected urine (for example, if you need to go to the bathroom before the start of the Testing Window). You should collect your urine in a clean, dry container and keep it at room temperature. When you are ready to test, immerse just the Sampling End of a Test Stick completely into the urine for 15 seconds. Then proceed as normal. You should test within the Testing Window (refer to page 12).

- Q19 Can the information in the Monitor's memory be lost?

The Monitor can retain data from your last six cycles. This data is constantly overwritten as you continue to use the Monitor to ensure it has the most up to date information available. When you stop using the Clearblue® Fertility Monitor it will retain the last set of information indefinitely.

- Q20 How will I know if the Monitor is not working properly?

When the batteries are inserted correctly and the Monitor has power, it will warn you if there is a problem by displaying the error symbol: **!** This symbol will be accompanied by another, explaining the problem. For a definition of these symbols, refer to the symbols section on pages 19 & 20.

- Q21 Since it tells me when I'm fertile, can I use the Clearblue® Fertility Monitor as a contraceptive?

No. The **Clearblue®** Fertility Monitor is designed to tell you when you are most likely to conceive. As sperm can survive for several days, you may still have a chance of becoming pregnant if you have intercourse before you detect your High or Peak Fertility.

- Q22 Can I be sure of getting pregnant if I am using the Clearblue® Fertility Monitor?

There are no products available that can guarantee success in achieving pregnancy. However, the **Clearblue®** Fertility Monitor allows couples to make the best use of their natural fertility by timing intercourse around ovulation. The majority of conceptions occur in a 6 day window around ovulation. The **Clearblue** Fertility Monitor is a simple, effective way of identifying your most fertile days, helping you maximize your chances of conceiving your baby.




- Q23** Can I stop using the **Clearblue**[®] Fertility Monitor and start again in the future?
- Yes. Remove the batteries. Store the Monitor in a dry place. For instructions on resuming use of your Monitor refer to page 28.
-
- Q24** I have been using **Clearblue**[®] Fertility Monitor for several cycles and have still not become pregnant. Why not?
- Conception is a complex biological process and there are many influencing factors. It is important to remember that generally it can take many months to become pregnant. If conception has not been achieved after 6 consecutive cycles or you have other concerns, you should consult your doctor.
-
- Q25** Can I share my Monitor with a friend or relative when I am done using it?
- The monitor has been designed to be used. Once it has been used, it stores your personal data and modifies the testing schedule based on the data. If you transfer the monitor to another person, it may take several months for the monitor to adjust to the new person's data. This could result in a delay for the new user to see Peak Fertility. Additionally, once your monitor has been used, it is contaminated with your urine, which may contain an infectious disease. There are no reliable methods for you to clean or remove infectious diseases from the monitor. It is for these reasons that we do not recommend that anyone use your monitor but you.
-
- Q26** What do the blue lines mean on the test stick and can I tell when I'm ovulating by looking at the color or intensity of the lines?
- Unlike other home ovulation test sticks that can be read visually by comparing the color intensity of a test line and a reference line, the **Clearblue**[®] Fertility Monitor Test Sticks are designed to be read by the monitor only. It is strongly recommended that you do not attempt to read the sticks visually as it can result in missing your peak fertility and delay your opportunity to become pregnant.

How to Start Using Your Monitor Again

It is important that you read the following notes first.

- Check that you are still suitable to use the **Clearblue**® Fertility Monitor (refer to pages 5 and 6).
- Reprogramming your Monitor erases all the previous information stored about your cycles.
- The procedure is not reversible – previously stored information cannot be retrieved.
- You will need a Test Stick to reprogram your Monitor. The Test Stick can be previously used or unused. Therefore, you may wish to save a used Test Stick from your last cycle for when you are ready to reprogram your Monitor.
- Ensure working batteries are in your Monitor prior to reprogramming (refer to page 8).

Reprogramming Procedure

1. Ensure your Monitor is switched off.
 2. Insert a Test Stick into the Test Stick Slot, checking the position carefully, as there will be no symbol to tell you that the Test Stick is correctly inserted.
 3. Press and hold the *m* Button while you complete steps 4, 5 & 6 below.
 4. Press the On/Off Button to turn your Monitor on.
 5.  will be displayed.* Continue to hold the *m* Button and leave the Test Stick in position.
 6. After approximately 15 seconds, all symbols on the Display Screen will be shown.  will again be displayed. The *m* Button can now be released and the Test Stick removed.
 7. You should see the following symbols on your Display Screen ‘-- *m*.’ Your Monitor is now reprogrammed and ready for use.
- *If  is not displayed, the Test Stick is not inserted correctly.

HELP IS AT HAND

The **Clearblue**® Fertility Monitor is designed to help you maximize your chances of conceiving a baby.

We understand that you may need advice or reassurance during use, from someone who is familiar with the Monitor and how it is designed.

The **Clearblue**® Fertility Monitor Helpline has been set up to fulfill this need and offers free support for all **Clearblue**® Fertility Monitor users. Our highly trained staff will be pleased to help you and to answer any questions you may have about using the Monitor.

TOLL-FREE HELPLINE 1-800-321-3279
Monday - Friday 8:30 a.m. - 5:00 p.m. ET

From time to time we monitor calls to the **Clearblue**® Fertility Monitor Helpline for training purposes.

You may also find the answers to your questions on our website www.clearblue.com.

PLEASE NOTE: THERE ARE NO PRODUCTS AVAILABLE THAT CAN GUARANTEE SUCCESS IN ACHIEVING PREGNANCY. THE **Clearblue**® FERTILITY MONITOR HAS BEEN DESIGNED TO ASSIST IN CONCEPTION AND IS NOT INTENDED TO BE USED FOR CONTRACEPTION.

Certain personal circumstances, medical conditions and medications can adversely affect the performance of the **Clearblue**® Fertility Monitor. These include menopausal symptoms, breast feeding, impaired liver or kidney function, polycystic ovarian syndrome, antibiotics containing tetracyclines and treatments that might affect your cycle e.g. hormonal contraception, certain fertility treatments and hormone replacement therapy. Couples with medically diagnosed fertility problems should consult their physician before using this product. The **Clearblue**® Fertility Monitor is most suitable for women whose natural monthly cycle normally lasts between 21 and 42 days. Women who have recently been pregnant, stopped breast feeding or stopped using hormonal contraception (e.g. the pill), 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 to 42 days) before using the **Clearblue**® Fertility Monitor. See pages 5 and 6 for further information.

The Clearblue® Fertility Monitor At a Glance Guide

This summary is for quick reference only. Please ensure that you read the instruction booklet in full before starting to use the **Clearblue®** Fertility Monitor.

1. Set the *m* Button (by pressing it for 5 seconds) when a new monthly cycle has begun.
2. If your period starts during the night, you should press the *m* Button the following morning.
3. If your period starts during the day, after your chosen *m* Button setting time, you must WAIT until the next morning before pressing the *m* Button.

Remember: the TIME when you set the *m* Button determines the TESTING WINDOW for the rest of that cycle, during which you must do all the tests required. Make sure your Testing Window is convenient for testing your first urine of the day on weekdays and on weekends.

See pages 11 & 12 for full instructions on how to set the *m* Button.

4. Turn on your Monitor each morning within your Testing Window, and before going to the bathroom, to see if you need to do a test. The Monitor will ask for a test by showing the Insert Test Stick Symbol. Your Fertility Status will be shown after you remove the Test Stick.
5. Your Fertility Status:
Peak: Ovulation is about to occur - your chances of becoming pregnant are at their Peak.
High: You are near ovulation - the chances of becoming pregnant are High.
Low: Your chances of becoming pregnant are Low.
6. Performing a Test: ALWAYS test within your Testing Window, using the first urine of the day.
 - Take one Test Stick out of its protective foil.
 - Hold the Test Stick pointing downwards in your urine stream for 3 seconds only.

- Still keeping the Test Stick pointing downwards, take the cap off the handle and place it over the Sampling End of the Test Stick.
- Make sure that the Monitor is ON and the Insert Test Stick Symbol is displayed before you insert your Test Stick.
- Holding the Test Stick with the cut corner pointing downwards, put it into the Test Stick Slot as shown on page 14. When the Test Stick is correctly inserted, the Test Stick Symbol will flash for five minutes while the Monitor is reading it.
- When the Remove Test Stick Symbol is displayed, remove the Test Stick and throw it away.
- When you have removed the Test Stick, the Monitor will display your Fertility Status. If the Monitor has turned itself off, remove the Test Stick, then press the On/Off button to turn it on again. It will then display your Fertility Status.

Remember:

- Always START your cycle with enough Test Sticks from the same box to do at least 10 tests.
 - ONLY test when the Insert Test Stick Symbol is displayed.
 - MAKE SURE that the Insert Test Stick Symbol is displayed before inserting your Test Stick.
 - Always put your Test Stick into the Test Stick Slot within 15 minutes of 'wetting' it.
 - RESET the *m* Button the morning after your next period starts.
 - To prevent permanent damage to your monitor, keep it dry and avoid dropping or damaging it.
7. If you require further guidance please call the **Clearblue®** Toll Free Helpline at 1-800-321-3279.

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F.C.C. Statement

This device complies with part 15 of the F.C.C. 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 F.C.C. 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.

LIMITED WARRANTY AND LIMITATION OF LIABILITY LIMITED WARRANTY

SPD Swiss Precision Diagnostics GmbH, doing business as Clearblue, warrants to the Original Retail Purchaser ("Purchaser") that each product sold at retail shall be free from any defects in material or workmanship for a period of one (1) year from the date of purchase. During the limited warranty period, Clearblue will, at its sole election, either repair or replace any Fertility Monitor that in the sole judgment of Clearblue is shown to be defective in material or workmanship through no fault of the Purchaser and that has not been subjected to improper usage, cleaning, handling or storage. In order to claim the benefit of this limited warranty, the Purchaser must notify Clearblue by calling the Clearblue Helpline within thirty (30) days after such defect is discovered and following all instructions given by the Clearblue Helpline, which may include returning the defective Fertility Monitor. This limited warranty extends only to Purchaser of a new Fertility Monitor and not to any subsequent acquirer. This warranty does not cover damage due to customer training or education, acts of God, accident, misuse, abuse, negligence, or modification of or to any part of the product. This warranty does not cover damage due to improper maintenance or operation of the product, or attempted repair by anyone other than a facility authorized by Clearblue to service the product.

LIMITATIONS OF REMEDY

THE LIABILITY OF CLEARBLUE UNDER THIS LIMITED WARRANTY SHALL BE LIMITED TO REPAIR OR REPLACEMENT AT CLEARBLUE'S OPTION AS SET OUT IN ITS LIMITED WARRANTY. IF IN THE SOLE JUDGMENT OF CLEARBLUE REPAIR OR REPLACEMENT OF THE PRODUCT IS NOT PRACTICABLE, THEN CLEARBLUE MAY REFUND THE RETAIL PURCHASE PRICE, BUT IN ANY EVENT, CLEARBLUE'S LIABILITY SHALL NOT EXCEED THE RETAIL PURCHASE PRICE OF THE PRODUCT WHICH IS CLAIMED TO BE DEFECTIVE. CLEARBLUE EXPRESSLY EXCLUDES ALL LIABILITY FOR CONSEQUENTIAL AND INCIDENTAL DAMAGES, INCLUDING LOST PROFIT ARISING FROM THE DESIGN, SALE OR USE OF ITS PRODUCTS, EVEN IF CLEARBLUE HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES IN ADVANCE.

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Clearblue® Helpline

Toll-free Monday - Friday 8:30 a.m. - 5:00 p.m. Eastern Time

1-800-321-3279

Our professional staff is available to assist you.

www.clearblue.com

The US Surgeon General 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.surgeongeneral.gov

Store in a dry place below 86°F (30°C). Do not freeze.
For in vitro diagnostic use only. Not for internal use.

P/N: 800834-14 9/10

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