

Helps you understand your menopause journey.¹ You **MUST** download the free app before testing. Includes 5 FSH test sticks designed to be used with the app to give an indication of your menopause stage. If you do not use the app you will get FSH results only. Read the instructions carefully before testing.

Scan QR code to download **FREE** app before testing



Don't drink lots of liquid before testing



Always keep tip pointing downwards



Read FSH result within 8 minutes

1 Before testing



- Scan the QR code, or go to meno.clearblue.com/app to get the free app.
- Create an account and enter the activation code below to unlock your test schedule:



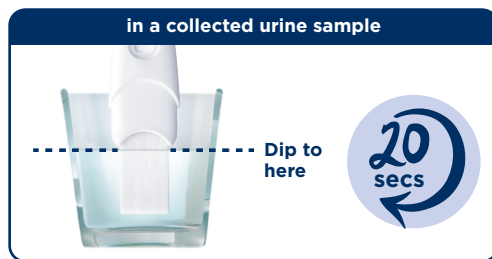
- On the days the app tells you, simply take a test and enter your result.
- After taking just 5 tests (testing every other day) you will find out your likely menopause stage.
- See the app for more information on how and when to test.

2 Take the test

Remove the wrapper, take off the cap, and use immediately. Place just the tip either:



or



Replace the cap and lay the test stick on a flat surface.

3 Wait



Red lines will start to develop. If not, see 'Test errors'.

Wait 5 FULL MINUTES before reading your result.

Note: the app includes an optional timer which can count down until your result is ready to read.

4 Results

Positive (see Q2)



2 lines is a positive result, no matter how faint or dark the lines are.

Remember to input your result into the app right away.

If you don't see a red line in the control window your test has not worked, see 'Test errors'.

IMPORTANT! Read your result within **8 minutes** of testing. Disregard any changes after this time.

Negative (see Q3)



? Questions and answers

1 How does Clearblue® Menopause Stage Indicator work?

The FSH test sticks detect the hormone FSH (follicle stimulating hormone) in urine. A regularly raised level of FSH can be an indication you are approaching or in menopause, when combined with other factors. Input your 5 FSH results into the app on each test day, to get an indication of your menopause stage: pre-, early peri-, late peri- or postmenopause.

2 The result of my test is Positive. What does this mean?

Your FSH level today is at least 25mIU/ml. Don't forget to input your positive result into the app.

3 The result of my test is Negative. What does this mean?

Your FSH level today is lower than 25mIU/ml. Don't forget to input your negative result into the app.

4 When can I test?

You need to take 5 FSH tests, one every other day. You should always test with your first urine of the day. If testing during your period, you should avoid testing on days when you are bleeding heavily. The app will tell you when to test.

5 Why do I need to use an app?

The app combines FSH test results with other factors including cycle history and age to indicate your likely menopause stage.¹ If you only use the FSH tests you will not get a menopause stage result.

6 Can I input all my results into the app at once?

No. The app works in real time so you need to record your result on the same day you take the test.

7 Can any medication or medical conditions affect the result?

Always read the manufacturers' instructions for any medication you are taking before testing.

This product is not suitable if you are pregnant, breastfeeding, are taking hormonal birth control, hormone replacement therapy, medications affecting FSH, have PCOS, or after surgical procedures which affect your cycle.

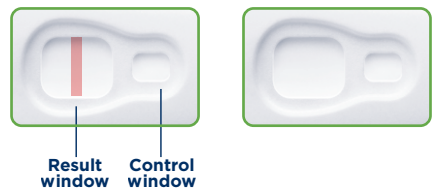
The test should NOT be affected by common painkillers, alcohol or antibiotics. If you get unexpected results you should discuss them with your doctor.

¹A confirmed menopause stage diagnosis can only be made by a physician after all clinical and laboratory findings have been evaluated.

! Test errors

No red line appears in the control window within 8 minutes of testing.

The test has not worked, possibly because too much or too little urine was used. Don't worry, you can record the error in the app and simply test again on your next test day, making sure you carefully follow the instructions. Don't try to test again on the same day as you cannot record the result.



www.clearblue.com

Clearblue® Helpline

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

Toll-free. 1-800-321-3279

Please have the product and packaging, including any foil pouches, with you when you call. Calls are recorded for training and quality control.

Home FSH test. Use once. For *in vitro* diagnostic use only. Not for internal use. Not for contraceptive use.

Keep out of the reach of children.

Store at 36°F - 86°F (2°C - 30°C).

Allow to reach room temperature for 30 minutes prior to testing if stored refrigerated.

Do not use if the foil wrapper is damaged.

Do not use the test stick after expiration date.

Discard with normal household waste.

Do not disassemble device. Contains small parts. Do not eat any component of this device. If accidentally swallowed, seek medical attention.

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