

# Clearblue®

## Digital Ovulation Test

Insert test stick into holder before testing

Never hold test with tip pointing upwards

Do not use the LH surge result for contraceptive purposes

### For use with Clearblue® & Natural Cycles® Birth Control Kit.

This product consists of a reusable electronic holder and single use test sticks. It is an automated, at home, self-testing device which semi-quantitatively detects the surge in luteinizing hormone (LH) in a woman's urine to identify peak fertility (highest chance of conceiving). The LH surge precedes ovulation by 24-36 hours.

### Read these instructions carefully before testing

#### Precautions

For *in vitro* diagnostic use only. Not for internal use. Do not reuse test sticks. Keep out of the reach of children. Store between 36°F-86°F (2°-30°C). Allow to reach room temperature for 30 minutes prior to testing if stored refrigerated. Do not use if the foil wrapper containing the test stick is damaged. Do not use a test stick after its expiration date. Only use test sticks for Clearblue® Digital Ovulation Test with the holder. Results must be read on the display and not by any lines you might see on the test stick.

## 1 When to test

You need to know the length of your cycle to know which day you should start testing. Your cycle length is the total number of days from Day 1 (first day of full bleeding) up to and including the day before your next period starts.

Cycle length (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
Start testing on cycle day:	5	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	17 days before you expect your next period

If your cycles vary, use the shortest over the last 6.

If you don't know how long your cycle is, wait one cycle and note the length of this.

**i** Test at any time of the day, but at the same time each day.

## 2 Prepare the test

**a** Take test stick out of foil and **remove cap**.



**b** Insert test stick into the holder before testing. Line up arrows.



**c** Before doing the test wait for the test ready symbol to appear.



## 3 Choose your testing method

Place the absorbent tip:

in your urine stream



or

in a collected urine sample



## 4 Wait



Replace the cap and lay the test flat. Do not eject the test stick.

After **20-40 seconds** the test ready symbol will flash.



Within **3 minutes** the display will show your result.

## 5 Results

Clearblue® Digital Ovulation Test is over 99% accurate at detecting the LH surge.



### No LH surge ('Negative')

Your LH surge has not been detected. Add your result to the Natural Cycles® app. Test again tomorrow using a new test stick.



### LH surge ('Positive')

Your LH surge has been detected. Add your result to the Natural Cycles® app. You don't need to test again during this cycle.

**i** Results are displayed for 8 minutes. If you miss seeing your result, eject the test stick and it will appear for another 2 minutes.

## 6 Eject the test stick





Throw the test stick away with normal household waste. When you are ready to test again follow the instructions using the holder and a new test stick.



## Symbols

### Error symbols

If something has gone wrong during testing or with the holder a symbol will be displayed within 10 minutes.

- A**  Re-insert the test stick quickly – it was ejected too soon.
- B**  Test again with a new test stick. If you have collected urine use this once the display is blank. Otherwise test in your urine stream but drink normally and test again in 4 hours. When testing again remember the following:
  - The test stick must be inserted into the holder before you test. Check step 2.
  - Don't use too much or too little urine. Check step 3.
  - Keep the test pointing downwards or flat after sampling.
  - Don't eject the test stick too soon. Check step 4.
- C**  You cannot use this holder again.
- D** 
  - If the display remains blank when you insert the test stick try ejecting and re-inserting it.
  - If it's inserted correctly and the display is blank the holder is no longer working.
  - If the display is blank after testing the holder may have gotten too wet.
  - If your holder is no longer working you can use any unused test sticks but you will need a new holder.



## Questions & answers

### 1 Can any medication or medical conditions affect the results?

Always read the manufacturer's instructions for any medication you are taking before testing. You may get misleading results if you are taking fertility drugs containing luteinizing hormone (LH) or human Chorionic Gonadotrophin or are taking antibiotics containing tetracyclines.

You may get misleading results if you are pregnant, have recently been pregnant, have reached menopause, have impaired liver or kidney function, have polycystic ovarian syndrome (PCOS).

### 2 What if you don't see an LH surge in a cycle?

If you don't see an LH surge, it may be that in this cycle it was too low to be detected or you may have missed a test around your LH surge. It is also possible that you have not ovulated this cycle. This isn't unusual but we would recommend you see your doctor if this happens for 3 cycles in a row.

### 3 Can I buy test sticks separately?

No. Test sticks are not available separately.

### Disposing of your holder

When you have finished using the holder, separate the upper and lower halves starting at the end nearest the display. Remove the batteries from under the central metal cover and dispose of them according to the appropriate recycling protocol. 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.

Do not use the LH surge result for contraceptive purposes. The Natural Cycles<sup>®</sup> app uses temperature, period, and (optional) ovulation test data to determine your Green Day ('Not fertile') or Red Day ('Use protection').




[www.clearblue.com](http://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.

The sensitivity of the LH detection in Clearblue<sup>®</sup> Digital Ovulation Test is 25mIU/ml measured against the Third International Standard Pituitary WHO ECBS code 81/535.

 SPD Swiss Precision Diagnostics GmbH (SPD),  
Route de St Georges 47, 1213 Petit-Lancy,  
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Clearblue<sup>®</sup> is a trademark of SPD.

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Clearblue<sup>®</sup> Digital Ovulation Test complies with part 15 of the FCC 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.

The EMC countermeasures employed within the electronic instrument will provide reasonable protection against electromagnetic interference effects likely to be encountered in the home environment. Do not use this instrument in close proximity to sources of strong electromagnetic radiation (e.g. mobile phones), as these may interfere with the proper operation.

Changes or modifications not expressly approved by the manufacturer will void the authority to operate this equipment.

Natural Cycles<sup>®</sup> is a trademark of NaturalCycles Nordic AB.