

Clearblue®

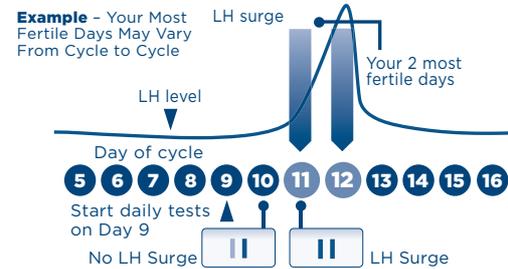
Ovulation Test EASY

PLEASE READ THIS LEAFLET CAREFULLY BEFORE TAKING YOUR TEST

When you've made up your mind that it is time to have a baby, you can use the Clearblue® Easy Ovulation Test to identify the most fertile days in your cycle. This is the time when you are most likely to become pregnant. The Clearblue® Easy Ovulation Test is quick and simple to use:

- requires only one easy step
- 99% accurate in detecting the LH surge
- gives you a clear result in just 3 minutes
- allows you to test any time of day

The test works by detecting an increase (surge) in the amount of luteinizing hormone (LH) in your urine. LH is always there in your urine, but the level increases suddenly about 24 - 36 hours before the release of an egg from your ovaries. The release of an egg is known as ovulation.



For the egg to be fertilized, sperm must be present in your body around the time you release an egg. Although this may sound easy to achieve, the egg only lives for a maximum of 24 hours after it is released, and your partner's sperm can only survive for a few days. Therefore, having sex at your most fertile time is vital if you want to become pregnant. The Clearblue® Easy Ovulation Test detects the LH surge which happens just before ovulation and is therefore able to tell you when your 2 most fertile days are. If you have sex on these days, you maximize your chances of becoming pregnant.

HOW DO I USE THE CLEARBLUE® EASY OVULATION TEST?

- 1 You are provided with 5 test sticks and therefore have 5 days to pinpoint your LH surge.
- 2 Start testing on Day 9 of your cycle. To work out when Day 9 is you should count the day your period starts as Day 1 and continue counting through to Day 9. This is the day you should start testing. You can test at any time of the day, but you should test at around the same time each day. It is important that you should not have urinated for at least 4 hours before testing, and you should avoid excessive fluid intake before testing. Many women find it easiest to test first thing in the morning.

- 3 Each test stick can only be used once. Discard with normal household waste.

When you are ready to begin testing, open the foil wrapper. Remove the test stick and take off the cap.

PERFORMING THE TEST



With the tip pointing downwards, hold the absorbent tip in your urine stream for 5 seconds only. (Alternatively you may wish to collect a sample of your urine in a clean dry container and immerse just the absorbent tip in the urine for 20 seconds).

Still keeping the tip pointing downwards, remove the absorbent tip from the urine. You may now replace the cap, while holding the test stick with the tip pointing down. (Note that replacing the cap is not necessary for the test to work correctly). Place the test stick down on a flat surface until the test is complete.

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

Discard the test after 10 minutes.

READING THE RESULTS

Look at the Result Window and compare the Surge Line to the Reference Line.

The line next to the arrow is the 'Surge Line' which indicates the level of LH in your urine. The line furthest away from the arrow is the 'Reference Line'. You should compare the 'Reference Line' with the 'Surge Line'. The 'Reference Line' also indicates that you have conducted the test correctly.

Here are examples of the results that you can expect to see.



If the Surge Line is a lighter shade than the Reference Line or there is no Surge Line present, then you have not begun your LH surge and you should continue with daily testing.



If the Surge Line is similar to, or darker than the Reference Line, then you have detected your LH surge. You should ovulate within the next 24 to 36 hours.

ONCE YOU HAVE DETECTED YOUR SURGE:

Your 2 most fertile days begin once you detect your LH surge. If you have sex at any time during the next 48 hours, you will maximize your chances of becoming pregnant. There is no need to continue testing this cycle.



QUESTIONS & ANSWERS

Can I collect a urine sample and test it later?

Yes. If your urine sample has to be stored for more than one hour, it should be kept in the refrigerator (do not freeze) and then allowed to reach room temperature again for about half an hour before doing the test.

How accurate is the Clearblue® Easy Ovulation Test?

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

Do I need to compare my daily readings?

No. Each day's reading is a straightforward 'LH Surge/No LH surge' answer.

Do I need to use all 5 tests?

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

I've done all 5 tests as instructed, but have not yet detected my surge. What should I do?

Cycle length varies from woman to woman and cycle to cycle, and it is possible that you may need more than one pack to detect your LH surge.

Data from a study conducted in the UK with 109 women showed that 47% would detect their LH surge using 5 test sticks. If you do not detect your LH surge using 5 test sticks you should continue testing with test sticks from a new pack. The same study showed that 91% of women would detect their LH surge using 10 test sticks. Some women do not ovulate each cycle. This is not unusual but we recommend you see your physician if you do not see your LH surge for 3 consecutive cycles.

I have used a Clearblue® Easy Ovulation Test 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 is important that you have not urinated for at least 4 hours before testing. Take care to follow the instructions.

Can any medication or medical condition affect the result?

- Always read the manufacturers' instructions for any medication that 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 menopause or have polycystic ovarian syndrome you may get a misleading result. This may also be true if you are taking fertility drugs containing Luteinizing Hormone or human Chorionic Gonadotrophin (such as Pregnyl® and Profasi®)* Please check with your doctor.
- Clomid*** does not affect the tests.

I've recently stopped using hormonal contraception (e.g. the pill). Will this affect the results?

No, it will not affect your results.

*Pregnyl® is a registered trademark of Organon USA, Inc.

Profasi® is a registered trademark of Ares Trading S.A.

**Clomid® is a registered trademark of Merrell Pharmaceuticals, Inc.

***99% accurate at detecting typical pregnancy hormone levels.

However, some pregnant women may not have detectable amounts of the pregnancy hormone in their urine on the first day of the missed period or may have miscalculated the first day of their period.

I've been using the Basal Body Temperature (BBT) method to find my best days to get pregnant. Can the Clearblue® Easy Ovulation Test take its place?

Yes. In fact the BBT method can only tell if you have already ovulated - and this may be too late for you to make the most of your best days to get pregnant. The Clearblue® Easy Ovulation Test can tell you 24 - 36 hours in advance of when you should ovulate.

If I think I've become pregnant, what should I do?

You can find out if you are pregnant up to 5 days sooner than your expected period using a Clearblue® pregnancy test. In laboratory testing Clearblue® pregnancy tests are more than 99% accurate*** in detecting whether or not you are pregnant when used from the day your period is due. 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.

I've used the Clearblue® Easy Ovulation Test 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 physician 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 physician after trying for 6 months, and if you are over 40 years see your physician straight away.

LIMITATIONS OF THE TEST

Certain medical conditions and medications may or may not affect the reliability of this test for predicting ovulation. These can include pregnancy, post-partum, menopausal symptoms, birth control pills, some fertility medications and polycystic ovarian syndrome (PCOS).

Women with medically diagnosed fertility problems should ask their physicians if the product is suitable for them.

Not for contraceptive use.

Clearblue® Helpline

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

Toll-free. **1-800-321-3279**

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

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

www.clearblue.com

Home ovulation test. For *in vitro* diagnostic use only. Store at 36°-86°F (2°-30°C). Do not freeze. 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 is past its expiration date. Since prenatal care is very important for a baby's health, we recommend that you consult your doctor before you conceive.

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Pat. - see www.swissprecisiondiagnostics.com/patents

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.