

This pack contains 10 Ovulation Tests packaged in purple and white foil wrappers and 1 Pregnancy Test in a blue and white foil wrapper.

These instructions are for the Clearblue® EASY Ovulation Test.

Separate instructions are provided for the Clearblue® RAPID DETECTION Pregnancy Test and these should be read prior to use.

# Clearblue®

## 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 Ovulation Tests work by detecting an increase (surge) in the hormone called luteinizing 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.

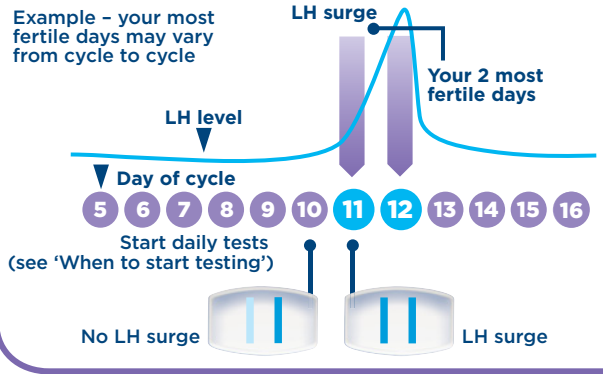
**Your 2 most fertile days begin from the time that Clearblue® EASY Ovulation Test detects your LH surge. Make love at any time in the next 48 hours to maximize your chances of becoming pregnant.**

#### 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. To work out your cycle length, count the day your period starts (first day of full menstrual flow) as Day 1, and continue counting through to the day before your next period starts. The number of days is your cycle length.

If you don't know your usual cycle length or your cycle length varies, please refer to question 1 overleaf.

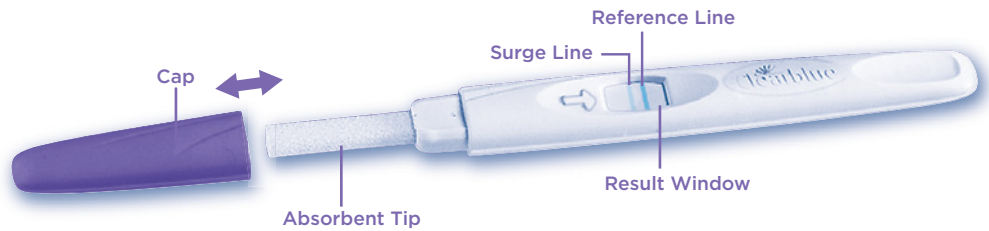
Use the table below to work out the day you should start testing. You can test at any time of the day, but it should be at the same time each day (many women find it most convenient first thing in the morning). It is important that you have not urinated for at least 4 hours before testing, and you should avoid excessive fluid intake 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 Question 2 overleaf

#### PERFORMING A 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**.

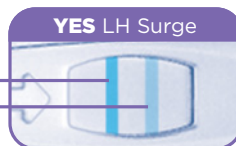


#### 4 READING YOUR RESULT

The test result is obtained by comparing the strength of color 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 **Question 7**. 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 maximize your chances of becoming pregnant**. There is no need to carry on to continue testing during this cycle.



# Questions and 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 Ovulation Tests. 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 Ovulation Tests before knowing your cycle length we recommend you start testing on Day 10. (However, without determining 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. You should not have urinated 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 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.

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

If your cycle length varies by more than 3 days, then it is possible that you may need to use additional Test Sticks to detect your LH surge. You will need to start a new pack and continue testing. Some women do not ovulate each cycle and therefore will not see an LH surge in such cycles.

## 7 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 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 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. Please check with your doctor.
- 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 Ovulation Test pack.

## 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 stabilize. You may wish to wait until you have had two natural menstrual cycles, and note the length of these cycles, before using Clearblue® EASY Ovulation Test.

## 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 Since it tells me when I am fertile, can I use Clearblue® EASY Ovulation Test as a contraceptive?

No. Clearblue® EASY Ovulation Test detects the LH surge, which occurs only 24 - 36 hours before ovulation. As sperm can survive for several days, you might still become pregnant if you made love before you detected your LH surge.

## 12 If I think I have become pregnant, what should I do?

You can find out if you are pregnant by using the Clearblue® RAPID DETECTION Pregnancy Test included in this pack. If the Clearblue® RAPID DETECTION Pregnancy Test shows a 'Pregnant' result you should see your doctor who can advise you on what steps to take next. The earlier you see your doctor, the better it is for your own health.

## 13 I've used Clearblue® EASY Ovulation Tests 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**  
**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.

Store at 36° - 86°F (2° - 30°C).

Keep out of the reach of children.

This device is for home use.

For *in vitro* diagnostic use.

Each Test Stick can only be used once.

Discard with normal household waste.

Do not use if the foil wrapper is damaged.

Do not use a test stick that has passed its expiry date.

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

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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](http://www.surgeongeneral.gov).