

# Clearblue<sup>®</sup>

**Fertility Monitor**  
Advanced

**Instruction booklet**



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## Section 1

### Introduction

Clearblue Advanced Fertility Monitor is designed to help you get pregnant by identifying your most fertile days each cycle. It also allows you to test for pregnancy.

Clearblue Advanced Fertility Monitor consists of a touch screen monitor, and fertility and pregnancy tests. Two batteries are supplied with the monitor (AA alkaline (LR6) 1.5v batteries). The tests are sold separately. You will need 10 fertility tests each cycle, but may need 20 if you have a long or irregular cycle. Only Clearblue Advanced Fertility Monitor tests can be used with this monitor.

## Is Clearblue Advanced Fertility Monitor suitable for me?

The monitor is suitable for women whose cycles normally last between 21 and 42 days. To work out how long your cycle is note the day your period starts (first day of full bleeding) as Day 1. Your cycle length is the total number of days from Day 1 up to and including the day before your next period starts.

There are certain medical conditions and medications that can affect your fertility result. You may get misleading results if you:

- have experienced menopausal symptoms, e.g. night sweats , hot flushes;
- have polycystic ovarian syndrome (PCOS)
- have impaired liver or kidney function
- are pregnant, or have recently been pregnant (even if not carried to full term)
- are using hormonal treatments, e.g. hormonal contraception, fertility treatments , hormone replacement therapy
- are using any other treatments which may affect your cycle
- are taking antibiotics containing tetracyclines. Once you have finished your treatment you may start using Clearblue Advanced Fertility Monitor at the beginning of your next cycle.

If you do get unexpected results you should discuss them with your doctor.

You are advised to wait until you have had at least 2 natural menstrual cycles in a row (both lasting 21 - 42 days) if you have recently been:

- breastfeeding
- using hormonal contraception or treatments
- using any other treatment which may affect your cycle
- pregnant (even if you have not carried to full term).

Always read the manufacturer's instructions for any medication you're taking before using Clearblue Advanced Fertility Monitor.

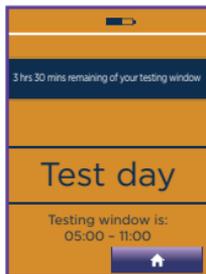
Some medications are contra-indicated in pregnancy. We recommend that you consult your doctor if you are taking any medication before you try to get pregnant. If you have medically diagnosed fertility problems you should ask your doctor if Clearblue Advanced Fertility Monitor is suitable for you.

If you use the monitor to test for pregnancy there are certain medical conditions and medications that can affect this result. See Q24.

**Clearblue Advanced Fertility Monitor must NOT be used as a method of contraception.**

## How does the monitor work?

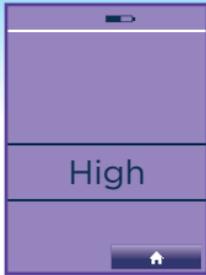
Clearblue Advanced Fertility Monitor works by detecting changes in 2 key fertility hormones in urine – luteinising hormone (LH) and estrogen. It detects these changes using simple urine tests.



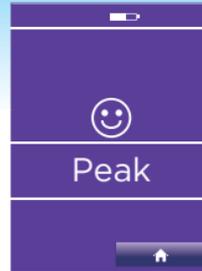
The monitor will request tests on certain days during your cycle.



Low is displayed on days when it is unlikely but not impossible that you will become pregnant.

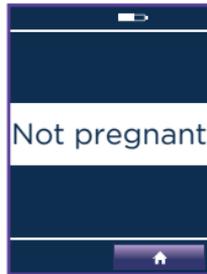


The estrogen level rises in the days before the LH surge and helps the body prepare for ovulation. Detecting your rise in estrogen indicates you are at high fertility and is displayed on the monitor as High.



An LH surge happens about 24-36 hours before an egg is released from an ovary (this is called ovulation). Detecting your LH surge indicates you are at your most fertile time and this is displayed as Peak.

**Having intercourse on High and Peak days maximises your chance of getting pregnant.**



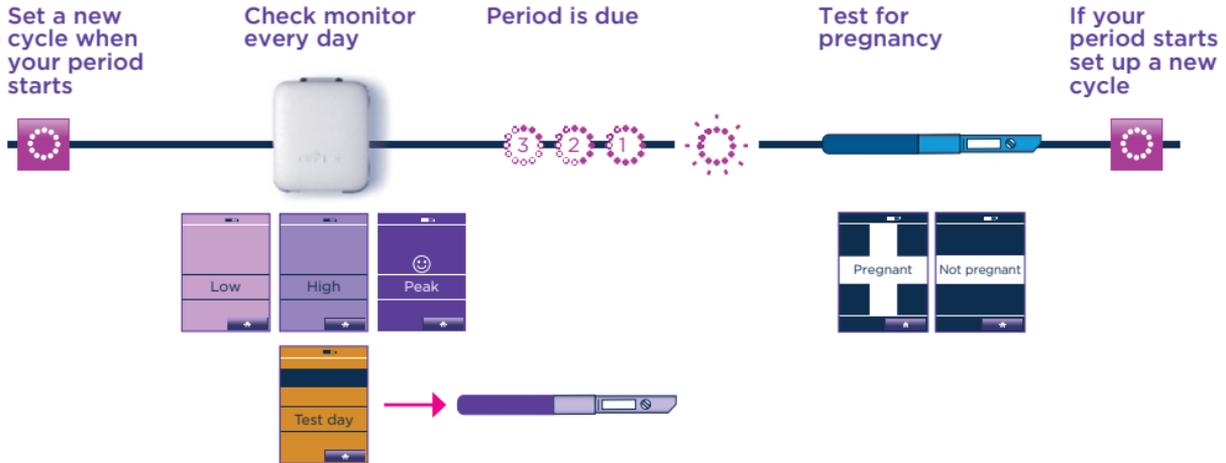
Clearblue Advanced Fertility Monitor allows you to test for pregnancy, by detecting the pregnancy hormone, hCG, in your urine.



Clearblue Advanced Fertility Monitor allows you to enter information into the calendar that you may find useful, e.g. when you had intercourse.

## Quick overview of how the monitor works

This is a simplified version of how the monitor works. Please read the full instructions before use.



## How accurate is Clearblue Advanced Fertility Monitor?

Clearblue Advanced Fertility Monitor has been shown in laboratory testing to be 99% accurate at detecting the LH surge in cycles in which an LH surge was confirmed as being present.

Clearblue Advanced Fertility Monitor has been shown in laboratory testing to be over 99% accurate in detecting pregnancy from the day the period is due.



Cover

Touch screen

The screen will automatically dim after 30 seconds and switch off after 1 minute if not used.

Use your finger on the touch screen - do not use sharp objects.

On/Off button

Test light

Test slot

Cycle day plus fertility status or test day information  
Information bar

Set a new cycle and cycle information

Calendar  
Record and review cycle information



Today's date

Battery level

Alarm

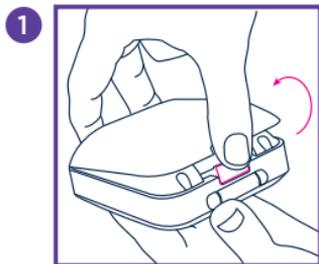
Time

Set alarm

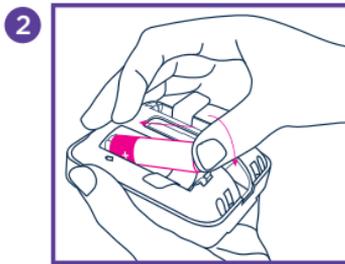
Change settings



### Insert the batteries



Remove the battery cover by pressing the battery cover release button.



**Insert the positive end of the battery first,**

**placing it on top of the battery tab.** (The tabs are provided to help when you need to remove the batteries.) Align the + printed in the battery compartment with the + on the battery. Push down the negative end, and once both batteries are inserted replace the cover.

For further battery information including replacing the batteries see page 24.

### Setting up the monitor

Switch the monitor on and follow the instructions on the screen to:

- 1 Set the language.
- 2 Calibrate the screen.
- 3 Select today's date.
- 4 Select the time format and set the time.
- 5 Set a PIN (optional). If a PIN is set you will be asked to enter it each time you switch the monitor on.

All the above may be changed through 'Settings' with the exception of the date. Once set you should not have to change this. If you do you will need to reprogram the monitor (see page 23).

**You need to set a new cycle when each period starts.** Set between day 1 and day 4 of your cycle, where day 1 is the first day of your period – the first day of blood flow – you should ignore spotting. If you do not set up a new cycle within the first 4 days of your cycle, you need to wait until your next cycle to use the monitor.

1 Press  >  > 

2 Enter the date your period started.

3 Enter the time your period started.

If you cannot remember when your period started or it started in the night enter the time you usually wake up. It is important to try and remember when your period started as the monitor will work out the first day of your cycle based on this.

4 Set the testing window.

The testing window is the 6 hours during which you can test. See page 10 for further information.

5 Press  to complete set up.

6 The monitor will display the day of your cycle and whether you are on a low, high or peak day.

## Further information on cycle set up

-  will be displayed to show that your new cycle will start at the beginning of the testing window. You may find that day 1 is not shown until the day after your period started.
- When you set up a new cycle, if your previous cycle was less than 21 or more than 42 days the monitor will display a message advising you what to do (see Q1).

## Change your cycle set up

You may only change or delete your cycle set up between day 1 and day 4.

- Press  >  >  Change

Refer to 'Set a new cycle' and follow the steps.

## Delete your cycle set up

- Press  >  >  Delete

The monitor will go back to the previous cycle setting.

## Further information about the testing window



- You **must** check your monitor each day during the testing window to see if you need to do a test.
- You can set the testing window to be any 6 hours in a 24 hour period, but it must be at a time when you can test using your first urine of the day after you wake up, as this contains the highest concentration of hormones.
- In the first cycle, the monitor will automatically set your testing window from 0500 to 1100. You can change this by using the arrows to adjust the testing window and press 'OK'.

- At the start of each subsequent cycle the monitor will set the testing window to the same time as your previous cycle.
- Press  >  to check when your testing window is set.
- You may change your testing window between day 1 and day 4. To change your testing window follow the instructions to change your cycle set up. See page 10.

## Set an alarm

You may wish to set up an alarm to remind you when to test. You can do this once you have set up a new cycle. If you delete or change your cycle during the first cycle of use, the alarm will be deleted and you will need to reset it. The alarm will only be active on test days, and can only be set during your testing window.

- 1 Press  >  > ON
- 2 Enter time and press OK

 will be displayed in the information bar to confirm an alarm is set.

## Section 5

## Fertility and pregnancy testing

Make sure you use the correct test depending on whether you are testing for fertility or pregnancy.

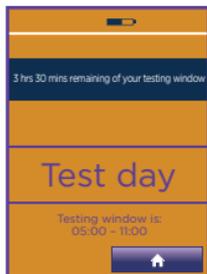
Fertility tests are in purple foil and the tests are purple and white. You must only use Clearblue Advanced Fertility Monitor Fertility or Pregnancy Tests with this monitor. Once the test is inserted the monitor will determine if it is a fertility or pregnancy test and automatically read the result.

### Fertility testing

It is important that you do all the fertility tests as requested by the monitor. If you miss a test the monitor will use the information it already has stored to work out your fertility status, and you may miss identifying your peak days. If you miss a test this will be advised in the information bar the next time you switch your monitor on. Press OK to clear this message.

Once you have set a new cycle the calendar will display the days on which you will need to test.

1



Check the monitor is requesting a test - the test light will flash and the test day screen will be displayed. You can insert a test when any screen is displayed other than 'Clearblue' or an error.



Fertility test



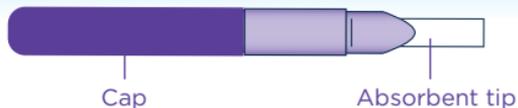
Pregnancy test

2

When you are ready to test select the correct test. Fertility tests are in purple foil.



- 3 Open the foil and take the test out and use immediately.



- 4 Choose your method of testing:

**In your urine stream**

Put just the absorbent tip pointing downwards into your urine stream for **3 seconds only**.

A hand holds the test strip vertically with the absorbent tip pointing down into a stream of blue urine. A circular timer icon shows '3 seconds'.

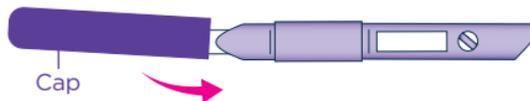
OR

**Dipping**

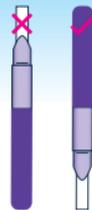
Collect a sample of your urine in a clean, dry container and put just the absorbent tip into the urine, as shown, for **15 seconds only**.

A hand dips the absorbent tip of the test strip into a small container of blue urine. A circular timer icon shows '15 seconds'.

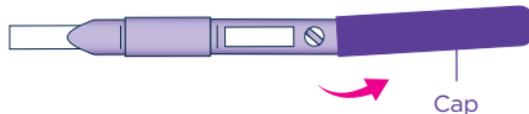
- 6 Place the cap over the absorbent tip. Wipe off any excess urine.



**Do not hold the test with the absorbent tip pointing upwards as the result may be affected.**

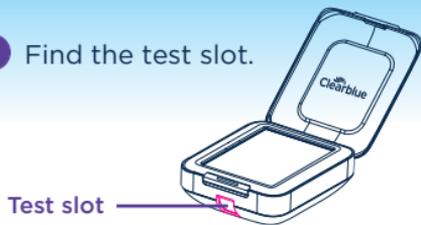


- 5 Take the cap off.

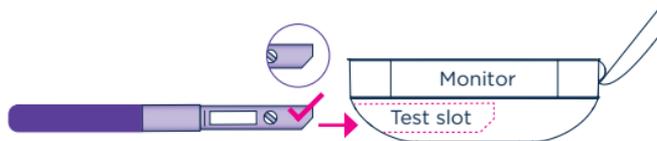


- 7 Insert the test into the monitor immediately. If the monitor is switched off, turn it back on and **wait for the Clearblue screen to disappear before inserting the test**.

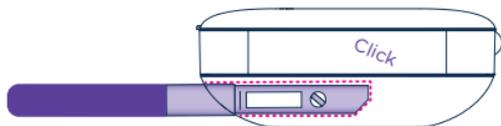
- 8 Find the test slot.



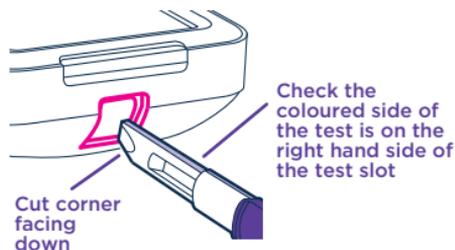
- 10 Insert the test so the cut corner is on the bottom edge of the test and the coloured side of the test is on the right hand side of the test slot.



- 11 Push the test in until you hear a click.



- 9 Hold the monitor flat, or place it on a flat surface.



### DO NOT

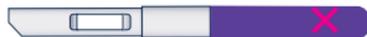
**Do not** insert the absorbent tip into the monitor.



**Do not** insert with the cut corner pointing upwards.



**Do not** insert the cap into the monitor.



- 12 The monitor will confirm the test is inserted correctly and identify whether it is a fertility or pregnancy test. Once this process is complete a countdown screen will appear.



When testing for fertility this screen will also indicate which hormone it is looking for until it has detected the LH surge.

Do not remove the test during the countdown. If you remove the test too early an error will be displayed. See page 25.

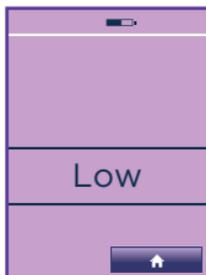
The screen will switch off after 1 minute, but the monitor will continue to analyse the test. The test light will flash.

- 13 Wait 5 minutes for your result.
- 14 If you switch the monitor back on, the screen will display how long you have to wait. The alarm will sound when testing is complete and the light will stop flashing.
- 15 If the monitor is off, switch it back on and remove the test.
- 16 Read your result. The result can only be read on the monitor and cannot be worked out by any lines you might see on the test.
- 17 Dispose of the test with your normal household waste. You must not reuse a test.

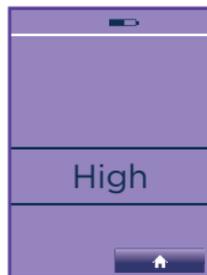
## Further information on fertility testing

- When testing for fertility you need to make sure that you use sets of 10 tests from the same lot number. You can find the lot number (LOT), on the test's foil or on the test box (fertility tests will start with FT e.g. FT0001). After doing 10 tests, if the monitor requests a further 10 tests in the same cycle, you can use a different lot number, as long as those 10 are all the same.
- Do not use tests that have expired or if the foil is damaged. You can find the expiry date on the foil and the pack.
- If you want to collect your urine to test later, for example if you need to go to the toilet before your testing window starts, use a clean, dry container and store it at room temperature until you are ready to test. Remember to test within the testing window.

## Further information on your fertility test result

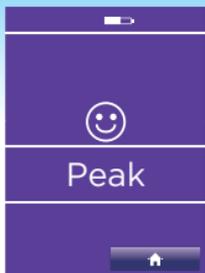


**Low** indicates that it is unlikely but not impossible that you will get pregnant if you have intercourse today.



**High** indicates you have an increased chance of getting pregnant from intercourse today. This is first displayed when the monitor detects an increase in your estrogen level. High will continue to be displayed until the monitor detects your LH surge (Peak). High is also displayed the day after your 2 Peak days.

**If you see more than 10 High days or more High days than you would expect, see Q6.**



**Peak** indicates you have reached your most fertile time, and is displayed when the monitor detects your LH surge, 24-36 hours prior to ovulation. The monitor will display Peak for 2 consecutive days.

**Have intercourse on both high and peak days to maximise your chance of getting pregnant.**

Cycles vary from woman to woman and cycle to cycle. This means that the number of high days can vary and also when they occur during the cycle. The timing of peak days can vary, but Peak is always displayed for 2 consecutive days.

## Pregnancy testing

When using the monitor for the first time you will need to set a new cycle before testing for pregnancy. You can test once during your testing window, however, if you get an error you may test again using a new test.

- 1 You must test during your testing window.

To check your testing window press  

- 2 Select the correct test. Pregnancy tests are in the white foil.



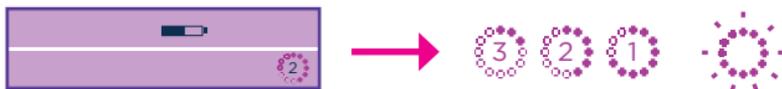
- 3 Follow the instructions in Fertility testing from step 3.

- 4 Please note the pregnancy test has a blue side and a blue cap, and your result will take 5 minutes to be displayed.

See page 18 for further information before testing for pregnancy.

## Further information on pregnancy testing

- The day your period is due is estimated by the monitor using the timing of your Peak days and previous cycle information. If the monitor does not have information to use it will estimate assuming a 28 day cycle.
- Cycles will vary, and this is for guidance only.
- The symbol indicates the number of days until the day your period is due.
- On the day your period is due the symbol will not display a number but will flash.



- The monitor is over 99% accurate in detecting pregnancy from the day the period is due.
- Clearblue recommend that you test from the day your period is due. However, the pregnancy hormone increases rapidly in early pregnancy and Clearblue Advanced Fertility Monitor can be used to test for pregnancy up to 3 days before your period is due. In clinical testing with early pregnancy samples Clearblue Advanced Fertility Monitor gave the following results:

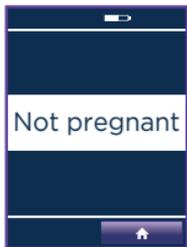
Number of days before the period is due	% of samples from pregnant women giving a 'Pregnant' result
-1	96%
-2	91%
-3	74%

- Do not use tests that have expired or if the foil is damaged. You can find the expiry date on the foil.
- If you want to collect your urine to test later, for example if you need to go to the toilet before your testing window starts, use a clean, dry container and store it at room temperature until you are ready to test. Remember to test within the testing window

### Further information on your pregnancy test result



- Your result is 'Pregnant' and you should see your doctor who will advise you on next steps.



- Your result is 'Not pregnant'. It may be that you are not pregnant, or if you have tested before your period is due it may be that the level of pregnancy hormone is not high enough to be detected by the test. Test again when your period is due.
- If you test on the day your period is due and the result is still 'Not Pregnant' you may wish to test again in 3 days time. If this test gives you a 'Not Pregnant' result and you still have not had your period, see your doctor.

## Calendar

The calendar will store information on the current and previous 6 cycles. Older cycle information will be overwritten.

1 To access information, press  > 

You may also access this from  >  >  > 

2 Use the arrows to navigate through the stored information  

## Understanding the symbols



The number shown in the corner is the date. Shown are examples of what may be displayed on the calendar.

-  1 Low fertility day in previous cycle
-  28 High fertility day in previous cycle
-  Peak fertility day in previous cycle
-  14 Low fertility day in the current cycle
-  21 High fertility day in the current cycle
-  Peak fertility day in the current cycle
-  21 A fertility test will be requested.

-  5 Black border shows today's date
-  6 Date in the future
-  Fertility test requested and completed
-  Fertility test requested but missed
-  Bleed information recorded
-  Intercourse recorded  
If bleed information is recorded the heart will be white.

-  Cycle summary
-  Start of new cycle (day 1)
-  Pregnant
-  Not pregnant

## Recording information in the calendar

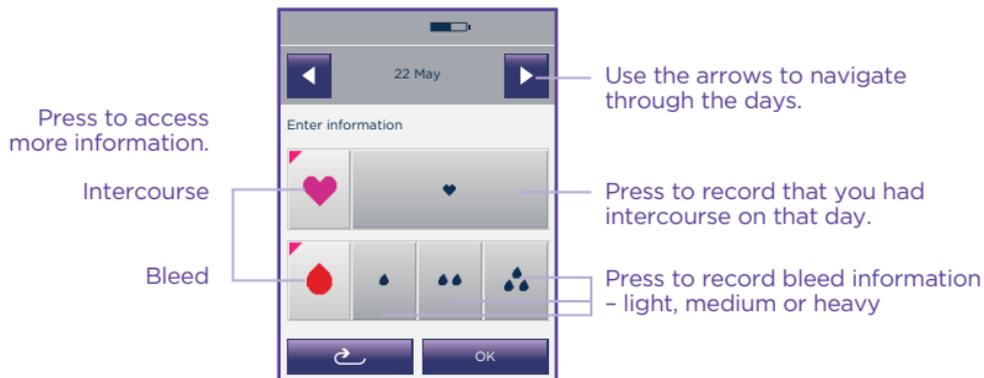
The monitor can store extra information which you can enter from the calendar screen. This is not analysed by the monitor and does not affect pregnancy or fertility test results.

1 To access information, press  > 

You may also access this from  >  >  > 

2 Press the day you wish to enter information (you cannot enter information in the future)

If you need to navigate to another month use the arrows 



3 Press OK

4 The calendar will be updated with the relevant symbol.

## Cycle summary

The cycle summary charts provide information on your previous 6 cycles (or less if you have not used the monitor for 6 cycles yet), -1 being the most recent, and -6 being the oldest. This information may be useful to you and your doctor to understand your cycle pattern. The cycle summary will be available once you have completed your first cycle.

1 Go to  >  > 

You may also access this from  >  > 

2 Understanding the cycle summary



## Settings

- 1 Press  >  to navigate to settings.

Adjust your settings



### Brightness

Reducing the brightness may preserve the battery life.



### Time

If no cycle is set up you can change the time without restriction. You may only change the time up to day 4 once a cycle is set. Between day 1 and day 4 you can only change the time by +/- 1 hour and you can only do this once during each cycle. If you change the time, your testing window will be automatically updated. See Q15.



### Language

Select language.



### Reprogram

Reprogramming deletes all stored information, including the cycle summary and calendar information, and you will be unable to get it back.

To reprogram press:  >  > 

Press YES and OK to confirm. Before you start using the monitor, check that it is suitable for you (see page 3) and then set up the monitor (see page 8).



### PIN

Set, change or switch off a PIN.



### Calibration

If you find the screen is not responding as normal, calibrate the screen again.

## Battery information

It is very important to use 2 AA alkaline (LR6) 1.5v batteries. If you do not there is a risk the monitor will not work correctly. **Do not** use rechargeable batteries. You must replace the batteries as soon as requested to avoid losing information stored on your monitor. If the batteries become very low the monitor will switch off to save your information. You will need to replace them before continuing.

If you do not replace the batteries as indicated the monitor will not have sufficient power and it will need to be reprogrammed. Reprogramming deletes all stored information.

If left without power for too long it may reprogram automatically and when you replace the batteries you will see the screen requesting you select the language.

When you are ready to replace the batteries, **switch the monitor off**, remove the old ones using the battery tabs, **taking out the negative end first**. Do not use a sharp implement to remove the batteries.

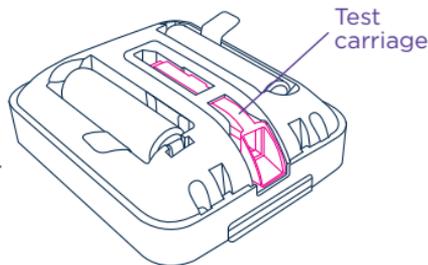
Replace using the instructions on page 8. **Switch the monitor back on** to allow it to do necessary checks.

See Q23 for advice on disposing of the batteries.



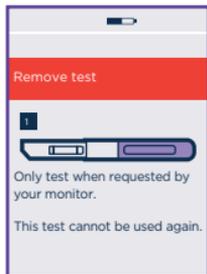
## Cleaning the test slot

- 1 Remove the battery cover.
- 2 Locate and push out the test carriage.
- 3 Slightly dampen a clean cotton bud with cold water and gently clean the test slot and test carriage.
- 4 Replace the test carriage.
- 5 Replace the battery cover.



## Fertility testing errors

If your monitor needs attention, or there is a problem, the screen will display further information.



1

The monitor has not requested a test. Remove the test from the test slot, and only test when requested.



3

The test has been removed before testing is completed.

You may test again during the testing window, but avoid drinking too much liquid and wait until you are as near to the end of the testing window as possible. Alternatively wait and test tomorrow during your testing window. Remember to wait until testing is completed before removing the test. See page 12.



2

Remove the test from the monitor.



7

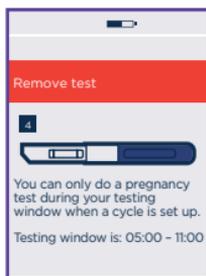
An error has occurred during testing. It may be that:

- The absorbent tip was not kept pointing downwards or the test was not laid flat after urine was applied.
- Too much or too little urine was applied.

You may test again during the testing window, but avoid drinking too much liquid and wait until you are as near to the end of the testing window as possible. Alternatively wait and test tomorrow during your testing window. See page 12.

## Pregnancy testing errors

If an error occurs during pregnancy testing one of the following screens may be displayed:



**4** You have tested outside your testing window. You cannot re-use this test. Wait until your testing window begins and test again using a new test.



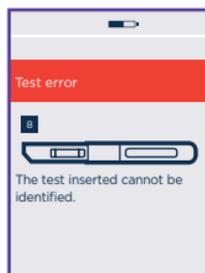
**5** The test has been removed before testing is completed. The monitor will be unable to display a result for this test. See page 17.



**6** An error has occurred during testing. It may be that:

- The absorbent tip was not kept pointing downwards or the test was not laid flat after urine was applied.
- Too much or too little urine was applied.
- You have already done a pregnancy test during this testing window.

For further information see page 17.

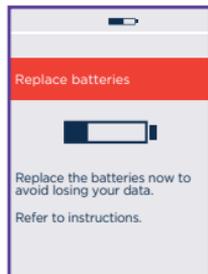


**8** You have used a test that cannot be identified by the monitor. Test again making sure you use a Clearblue Advanced Fertility Monitor Fertility or Pregnancy Test.

## Other messages/errors

The message bar is highlighted in red.

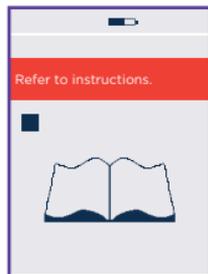
If you enter incorrect information, or you do not enter any information but press OK, the information bar will be highlighted in red to indicate this error. Enter the correct information.



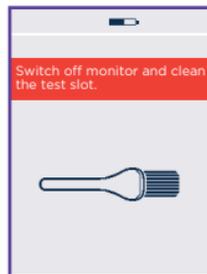
The batteries are low and should be replaced. If you delay you may find you have insufficient battery life and you could lose your information. Switch the monitor off and only remove the batteries when you are ready to replace them. Once you have inserted new batteries you must switch on your monitor to allow it to do necessary checks.



You will need to replace the batteries before you can test. The monitor will switch itself off to protect stored information. Do not remove the batteries until you are ready to replace them. Once you have inserted new batteries you must switch on your monitor to allow it to do necessary checks.



This means there is a problem with your monitor. A number will also appear on the screen. Please phone our Careline. Tell them there is a problem with your monitor and which number is on the screen.



You need to clean the test slot before inserting a test. See page 24. It is possible that this may also be shown if the test is inserted incorrectly. See page 13.

## Questions and answers: Using your monitor and fertility testing/results

### 1 What if my cycle length varies from one month to the next?

If the length of your cycle is still between 21 and 42 days it does not matter if it varies from one cycle to the next.

If your cycle length falls outside this range you may not detect your fertile days.

### 2 I forgot to set up a new cycle the day my period started. What should I do?

You must set up a new cycle between day 1 and day 4 of each cycle.

To set up a new cycle, press  >  >  See page 9 for how to set up a new cycle.

If you have not set up your new cycle by day 4, you should wait until your next period starts and set up a new cycle then.

### 3 I thought my period had started and have set up a new cycle but it was only spotting. What should I do?

Press  >  >  on the menu, and follow the instructions to delete your cycle. You can only delete your cycle between day 1 and day 4 of your cycle. When your period starts, set up a new cycle.

### 4 What if I need to delete my cycle after day 4?

You cannot delete a cycle after day 4. Continue to test as requested by the monitor although for this cycle it may not detect your fertile days. You should set up a new cycle when your next period starts. See page 7.

### **5 What do I do if I need to go to the toilet before my testing window starts?**

You should always test using the urine passed after your longest sleep. This may mean you need to collect a sample of urine to test later. See page 13.

### **6 My monitor has displayed more than 10 High days / more High days than I expected. Why is this?**

When the monitor has detected a rise in your level of estrogen it will display High. On subsequent days the monitor looks for your LH surge. It will continue to display High until your LH surge is detected and Peak is displayed.

If the LH surge is not detected and Peak is not displayed you may see more High days than expected. This can be as many as 19 days. If this happens it is unlikely that you are fertile for the whole of this time.

It is important to continue to test as requested by the monitor.

### **7 My monitor didn't display Peak this cycle. Why is this?**

If you do not see Peak, there are a number of possible reasons e.g. your LH surge may have been too low for the monitor to detect it, a test may have been missed or not done correctly or you may not have ovulated this cycle. An unusually short or long cycle may also mean that you do not see Peak.

It is important to test when the monitor asks you to. However, if you do not see Peak for 3 consecutive cycles you should see your doctor.

### **8 My monitor displayed Low for all the cycle. Why is this?**

The monitor did not detect changes in estrogen or LH during this cycle. There are a number of possible reasons, e.g. a test may have been missed or not done correctly, or you may not have ovulated this cycle. It may also be that you did not set a new cycle. Remember that you need to set a new cycle each time your period starts so the monitor knows a new cycle has started.

If you only see Low for 3 cycles you should see your doctor.

**9 My monitor went straight from Low to Peak? Why is this?**

This might happen occasionally, e.g. if the rise in estrogen is not detected before the LH surge (Peak), if you miss a test, do one or more incorrectly, or if you have a short cycle following a long cycle.

**10 I've forgotten my PIN. What should I do?**

You have 2 attempts to enter the correct PIN. If you enter your PIN incorrectly 2 times, the monitor will lock itself and switch itself off. To unlock the monitor, switch it back on and when it asks you to, enter the PIN '0000'. You will then need to change the PIN by following the instructions on the screen.

**11 What happens if I get up late, or forget to test during the testing window?**

If you do not test during the testing window the monitor will show you have missed a test. It will calculate your fertility status based on the information it has stored about you. However, if you miss a test close to ovulation you may miss the chance to identify Peak so it is important to remember to test when the monitor asks you to.

**12 Is my monitor waterproof?**

The monitor is not waterproof and you should try to make sure it does not get wet. Always remove excess urine from the test before putting it into the test slot.

**13 Can I lose the information stored in my monitor?**

The monitor depends on a constant supply of battery power. It is very important that you replace the batteries when the monitor asks you to.

If the batteries are about to run out, the monitor will switch itself off to try to protect your information. However, if the batteries are not replaced straight away and it is left without power an error will occur and your information will be lost. You will be unable to use your monitor until you replace the batteries and reprogram it.

#### 14 What type of batteries should I use?

It is very important to use AA alkaline (LR6) 1.5v batteries. If you do not there is a risk the information stored on your monitor will be lost. **Do not** use rechargeable batteries.

#### 15 What should I do if I am travelling and the time zone changes?

When you travel, you should carry your monitor in your hand luggage. The monitor is not affected by X-ray equipment.

It is advisable to only change the time on your monitor for daylight saving time. See page 23. If you are travelling between time zones that are less than 6 hours apart you can still test if your testing window is set so that you can use the first urine after your longest sleep in your new time zone. You may wish to set an alarm to remind you when the testing window starts, but remember that the time on the monitor will be set to your home time zone.

If travelling between time zones that are more than 6 hours apart, you can set the testing window according to your home country time (the monitor time) or your destination time. This may mean collecting your first urine of the day and testing later when the Testing Window starts. Alternatively you can miss tests during the cycle you are travelling. See Q11.

#### 16 What happens if I do shift work?

When you set up a new cycle, set the testing window so that you can test using your first urine of the day after you wake up. If you are working night shifts, this may be during the afternoon. If your shift changes during your cycle, you can only test during the testing window, but you should still use the first urine after your longest sleep. This may mean collecting the urine in a container and testing it later on within your testing window.

**17 If my monitor stops working, what should I do?**

Please phone our Careline.

**18 The touch screen does not appear to be working. The buttons are not responding. What should I do?**

You may need to re-calibrate the screen which checks the positioning of the buttons when you touch them. Press  from settings and follow the instructions on the screen.

**19 Can I stop using my Clearblue Advanced Fertility Monitor and start again in the future?**

You can stop using your monitor for one cycle by setting up your new cycle as normal, but then ignoring any tests your monitor asks for during that cycle.

If you want to stop using your monitor for more than one cycle, remove the batteries and store the monitor and batteries in a dry place. When you want to start using the monitor again you will need to set up your monitor again and set a new cycle when your next period starts. Removing the batteries will mean the monitor will reprogram so all your stored information will have been deleted.

**20 Can I be sure of getting pregnant if I am using Clearblue Advanced Fertility Monitor?**

There are no products available that can guarantee success in achieving pregnancy. Clearblue Advanced Fertility Monitor typically identifies the 6 most fertile days - the days leading up to and including ovulation. Having intercourse on these days (High and Peak) maximises the chance of getting pregnant.

**21 I've been using Clearblue Advanced Fertility Monitor Test for several months but am not pregnant. Is there something wrong?**

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.

## 22 Can I let anyone else use my monitor?

No. The monitor adapts and stores information in relation to your cycle and should not be used by anyone else. Also, for hygiene reasons, you should not share your monitor.

## 23 How do I dispose of the monitor and batteries?

If you wish to dispose of your monitor permanently you should do so according to the appropriate recycling scheme for electrical equipment. Do not dispose of electrical equipment in fire.

You should dispose of the batteries according to the appropriate recycling scheme. Caution: do not disassemble, recharge or dispose of the batteries in fire. Do not swallow. Keep away from children.

## Questions and Answers: Pregnancy testing/results

### 24 Can any medication or medical conditions affect my pregnancy test result?

- Always read the manufacturers' instructions for any medication you are taking before conducting the test.
- Fertility drugs containing hCG can give misleading results (these fertility drugs are usually given by injection, and testing too soon after administration may give a false 'Pregnant' result).
- Other fertility therapies, painkillers and hormonal contraceptives (e.g. contraceptive pills) should not affect the result.
- If you have recently stopped taking hormonal contraception or are using fertility therapies your periods may be irregular, leading you to test too soon.

- If you have recently been pregnant (even if not carried to full term) you may get a false 'Pregnant' result.
- Ectopic pregnancy, ovarian cysts, menopause and some very rare medical conditions can give misleading results.
- If you have a 'Pregnant' result it is possible that you later find that you are not pregnant due to natural loss of the pregnancy which can occur in the early stages.

If you do get unexpected results you should discuss them with your doctor.

This information is relevant only to the pregnancy test results. See page 3 to check what medication or medical conditions affect the fertility test results.

**25 The monitor is indicating my period is due, but I know my cycle isn't 28 days.  
Can I rely on this information?**

The monitor provides an estimation of when your period is due using information it has available, e.g. when your Peak days were or previous cycle information. If this information is not available it works it out based on a 28 day cycle. This is estimation only. If you know your cycle is not normally 28 days you can test for pregnancy when you think your period is due.

If you test when your period is due and get a 'Not Pregnant' result, test again in 3 days. If this is still 'Not Pregnant' and your period has not started you should consult your doctor.

## Storing your monitor and tests

Store your monitor in a dry place, between 10 and 40°C.

Store your tests in a dry place, between 2 and 30°C.



**www.clearblue.com**

Advisors available 07:00 – 15:00hrs Mon-Fri, excluding Bank Holidays.

**UK 0800 917 2710 • IE 1800 812 607**

Free from landlines, mobiles may be charged. All calls are recorded and may be monitored for quality purposes. Please be ready to quote the LOT number.



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For self-testing at home. For *in vitro* diagnostic use only.

Not for internal use. Keep out of reach of children. Monitor contains magnets.

<b>IVD</b>	<i>In vitro</i> diagnostic medical device	<b>LOT</b>	Batch code		Manufacturer
	Temperature limit		Use-by date		

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This IVD digital device meets the emissions and immunity requirements of EN 61326-2-6:2006. The EMC countermeasures employed within the electronic instrument will provide reasonable protection against electromagnetic interference effects likely to be encountered in the home environment. The following preventive warnings apply to EN 61326-2-6:2006 compliant equipment.

- Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause damaging static discharges that may cause erroneous results.
- 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

