2300453.04 05-2019

English

Clearblue®

Fertility Monitor

Advanced

Fertility tests



These tests should only be used with a Clearblue Fertility Monitor (Clearblue Advanced Fertility Monitor or Clearblue Fertility Monitor).
You must read the instructions supplied with your monitor before using these tests.
If you are using the Clearblue Advanced Fertility Monitor, please also read this leaflet carefully before testing.

If you have lost your monitor instructions you can request a replacement by calling the Clearblue Careline, or download a copy from www.clearblue.com.

Clearblue Advanced Fertility Monitor is designed to help you get pregnant by identifying your most fertile days each cycle. You will need 10 fertility tests each cycle, but may need 20 if you have a long or irregular cycle.

Before using the Clearblue Advanced Fertility Monitor you should check that it is suitable for you. The monitor is suitable if your cycles last 21 – 42 days. If your cycles are always shorter than 23 days or always longer than 37 days it may not detect your LH surge. 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.

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.

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.

What may affect my result?

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 23 - 37 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.

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

Further information on testing

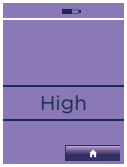
- When testing for fertility you need to make sure that you use sets of 10 tests from the same lot number. You can find the lot number (LOT), on the test's foil or on the test box (fertility tests will start with FT e.g. FT0001). After doing 10 tests, if the monitor requests a further 10 tests in the 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.

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 and displays your daily fertility status.



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.



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.

Testing errors

If an error occurs during testing the screen will display an error message.
Refer to the monitor instruction booklet for further information.

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For self-testing at home.
For *in vitro* diagnostic use only.
Not for internal use.
Do not reuse test sticks.
Keep out of reach of children.
Store at 2° – 30°C.
Bring to room temperature for 30 minutes if refrigerated.
Do not use if the foil wrapper containing the test stick is damaged. Do not use a test stick after the 'use by' date.

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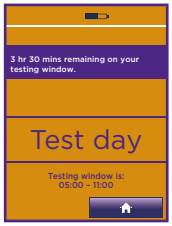
Manufacturer		Do not re-use	
LOT	Batch code	IVD	*In vitro* diagnostic medical device
	Use-by date		Temperature limit

Testing

Make sure you use the correct test. Fertility tests are in purple foil and the tests are purple and white.

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. 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.



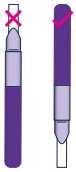
2. When you are ready to test select the correct test. Fertility tests are in purple foil.



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



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



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.**



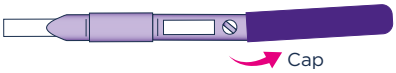
OR

Dipping

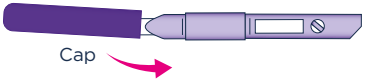
Collect a sample of your urine in a clean, dry container and put just the absorbent tip into the urine, as shown, for **15 seconds only.**



5. Take the cap off.

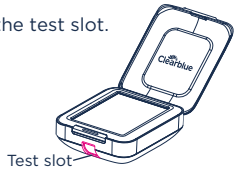


6. Place the cap over the absorbent tip. Wipe off any excess urine.



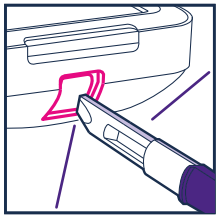
7. Insert the test into the monitor immediately. If the monitor is switched off, turn it back on and **wait for the Clearblue screen to disappear before inserting the test.**

8. Find the test slot.



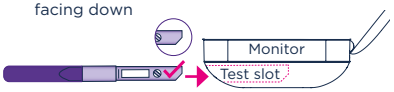
9. Hold the monitor flat, or place it on a flat surface.

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.

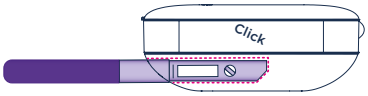


Check the coloured side of the test is on the right hand side of the test slot

Cut corner facing down



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



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.



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

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.