ENGLISH

Clearblue

Ovulation Test
Advanced Digital

Peak Fertility is displayed for 48 hours

Test using first urine after longest sleep

Never hold test with tip pointing upwards

For self-testing. Read this leaflet carefully before testing

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	6	6	6	7	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20 days before you expect your next period

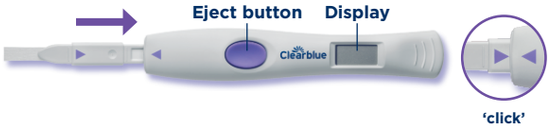
If your cycles vary, use the shortest over the last 6.
If you don't know how long your cycle is, wait one cycle and note the length of this.

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.



New cycle symbols will flash briefly the first time you use the test. See 'Other symbols' overleaf.

3 Choose your testing method

Place the absorbent tip:

in your urine stream

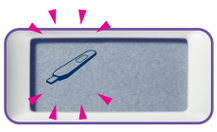


or

in a collected urine sample



4 Wait



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

Within **1 minute** the test ready symbol will flash.



After 5 minutes the display will show your result.

5 Results



Low Fertility: small chance of getting pregnant
Test again tomorrow. Low Fertility results are displayed for 8 minutes. If you miss seeing your result, eject the test stick and it will appear for another 2 minutes.



High Fertility: make love for increased chance of getting pregnant
Test again tomorrow. High Fertility is displayed for 8 minutes and will be displayed after each test until Peak Fertility. If you miss seeing your result, eject the test stick and it will appear for another 2 minutes. High Fertility smiley face **flashes** on the display.



Peak Fertility: make love for the best chance of getting pregnant
Stop testing. Peak Fertility is displayed constantly for 48 hours.
You don't need to test again during this cycle. If you try, the holder will not be able to read the test.

Your cycle and hormone pattern is unique. The number of fertile days you see and when you see them each cycle is personal to you so it's not unusual to see different results each cycle. See 'Questions & answers' overleaf.

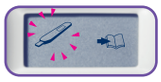
6 Eject the test stick

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.

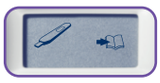
Symbols

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 got too wet.
- If your holder is no longer working you can use any unused test sticks but you will need a new holder.

Other symbols

E 

This appears when you use a test stick for the first time.
It also appears if you are testing after you have seen Peak Fertility, or if you have not done a test for 3 or more days in a row.

Tips for trying to get pregnant

It's a good idea to consider a few changes before you start trying for a baby and during pregnancy, for example it's best to avoid smoking, recreational drugs and alcohol. Start taking folic acid if you're planning to get pregnant and then continue for the first 12 weeks of your pregnancy. Stay fit and maintain a healthy weight, and don't forget to involve your partner. Becoming parents is an exciting time for you both.

For more information on Clearblue Advanced Ovulation Test and top tips on getting pregnant visit www.clearblue.com.

Questions & answers

1 How can Clearblue Advanced Ovulation Test help you get pregnant?
There are only a few days each cycle when you can get pregnant – the day of ovulation and the days leading up to it. Knowing your fertile days can help you get pregnant faster. Clearblue Advanced Ovulation Test detects your fertile days by tracking 2 key fertility hormones – estrogen and luteinising hormone (LH). When a rise in estrogen is detected you have reached High Fertility, and when a surge in LH is detected you have reached Peak Fertility. Making love on High and Peak Fertility days maximises your chances of getting pregnant. Clearblue Advanced Ovulation Test is over 99% accurate at detecting the LH surge.

2 What if you don't see High Fertility?
If you don't see any High Fertility days or you see fewer than expected, it may be that in this cycle your estrogen level is not high enough to be detected. Alternatively, it may be your hormone changes occur close together or you started testing too late. Even if you don't see High Fertility you may still see Peak Fertility.

3 What if you don't see Peak Fertility in a cycle?
If you don't see Peak Fertility, it may be that in this cycle your LH surge 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.

4 Started testing on the right day and seen 9 or more High Fertility days?
You may wish to stop testing this cycle.

Further information

Medical conditions

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

Medication

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 luteinising hormone (LH) or human Chorionic Gonadotrophin, or are taking antibiotics containing tetracyclines. Some fertility treatments, such as clomiphene citrate, may give misleading High Fertility results but Peak Fertility results should not be affected.

If you have recently stopped using hormonal contraception your cycles may be irregular so you may wish to wait until you have had 2 cycles before testing.

Checking with your doctor

As prenatal care is very important for a baby's health, we recommend that you consult your doctor before you try to conceive. Check with your doctor if you are taking any medication or have any medical condition before planning a pregnancy.

If you have a medically diagnosed fertility problem, ask your doctor if this test is suitable for you and if you do get unexpected results discuss them with your doctor.

If you are under 35 years and haven't become pregnant, we recommend you see your doctor after 12 months. If you're over 35 years see your doctor if you haven't become pregnant after 6 months, and straight away if you are over 40.

Disposing of your holder

CAUTION: contains coin batteries. Keep out of the reach of children. If swallowed or placed inside any part of the body, a lithium coin battery can cause severe or fatal injuries within 2 hours. Seek immediate medical attention.

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 scheme. Do not disassemble, recharge or dispose of batteries in fire.

Dispose of the rest of the holder according to the appropriate recycling scheme for electrical equipment. Do not dispose of electrical equipment in fire.

Please note test sticks are not available separately.

www.clearblue.com
AU 1800 12 50 21 • NZ 0800 27 67 65
Free from landlines, mobiles may be charged. All calls are recorded and may be monitored for quality purposes. Please have the product, packaging and foil pouches with you when you call.

TGA Sponsor KD&A Pty Ltd, 286 Flinders Street, Adelaide, South Australia, 5000, Australia.

The sensitivity of the LH detection in Clearblue Advanced Digital Ovulation Test is 40mIU/ml measured against the Third International Standard for urinary LH and FSH for Bioassay (71/264).

SPD Swiss Precision Diagnostics GmbH (SPD), Route de St Georges 47, 1213 Petit-Lancy, Geneva, Switzerland.

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IVD	*In vitro* diagnostic medical device	LOT	Batch code
	Manufacturer		Use-by date
		30°C 2°C	Temperature limit 2°C - 30°C

Instructions for Clearblue Advanced Digital Ovulation Test, with 'ADOT' printed on the wrapper. 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 between 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. Report any injury caused by the of this product to Clearblue. Only use test sticks for Clearblue Advanced Digital Ovulation Test with the holder. Not for contraceptive use.

Results must be read on the display and not by any lines you might see on the test stick.

This IVD digital device meets the emissions and immunity requirements of EN 61326-2-6. 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 compliant equipment.
a) 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.
b) 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.

Software Version/Build Number: 0x7E-A1-91-99

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