



Clearblue

Fertility Monitor

INSTRUCTION BOOKLET

Proven to INCREASE the chances of CONCEPTION by 89%*

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The Clearblue Fertility Monitor must be used according to these instructions. The Clearblue Fertility Monitor is an *in vitro* diagnostic medical device designed for home use. Not for internal use. Store in a dry place at room temperature. Keep out of the reach of children. Do not use a Test Stick if the foil wrapper containing it is damaged. Do not use a Test Stick that has passed its expiry date.

THERE ARE NO PRODUCTS AVAILABLE THAT CAN GUARANTEE SUCCESS IN ACHIEVING PREGNANCY. THE Clearblue FERTILITY MONITOR HAS BEEN DESIGNED TO ASSIST IN CONCEPTION. THE Clearblue FERTILITY MONITOR IS NOT INTENDED FOR CONTRACEPTION.

*In the first 2 cycles of use. Robinson JE., *et al.* Fertility & Sterility (2007) 87 (2): 329-334.



Clearblue Fertility Monitor Helps Maximise The Chance of Conceiving Your Baby.

The Time in Your Life for Children

Now that you have reached the time in your life for children, the Clearblue Fertility Monitor can help you by identifying the days you are most likely to become pregnant. When you have sex on these days, you have the greatest chance of conceiving your baby.

There are only a limited number of days during the menstrual cycle when having sex can lead to pregnancy. Conception is most likely to occur if you have sex on the day the ovaries release a new egg (ovulation), or during the days leading up to it.

Most home ovulation tests only identify the 2 Peak Fertility days during the cycle, by detecting the surge in Luteinising Hormone (LH) that triggers ovulation. The Clearblue Fertility Monitor not only shows these 2 Peak Fertility days, but also identifies additional days when you can conceive. By detecting a rise in estrogen, it can inform most women of an extra 1–5 days of High Fertility prior to their Peak Fertility. This means that you know all the days when having sex is most likely to lead to conception, allowing you to identify those days when you are most likely to conceive your baby.



How Does the System Work?

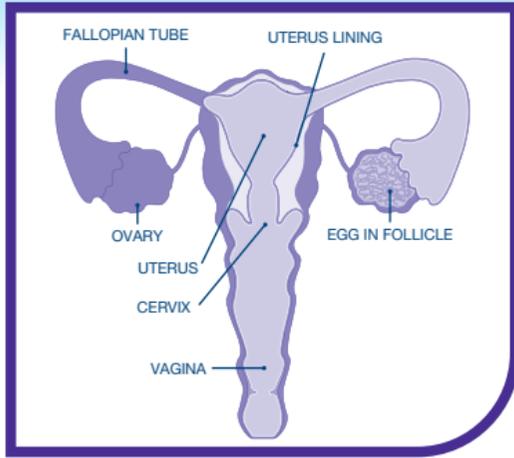
The Clearblue Fertility Monitor

The Clearblue Fertility Monitor is a hand-held Monitor which is designed to be used with Clearblue Fertility Monitor Test Sticks (sold separately). Together these identify changes in 2 key hormones that control your fertility. The Monitor records your personal cycle to build up a complete and accurate picture of your most fertile days.

The Information That You Need

The Clearblue Fertility Monitor gives you comprehensive, personal information that is unique to you. You can relax as the Clearblue Fertility Monitor will count the days and tell you when to test. It will even warn you when your period is due. This allows you to prepare for your next cycle, or, if you think your period is late, to test for pregnancy.

- All you need to do are simple urine tests each cycle when requested by the Monitor. You will always be asked to use one set of 10 Test Sticks each cycle. If your cycles are long or irregular, the Clearblue Fertility Monitor may ask you to use a second set of 10 Test Sticks to help you identify your most fertile days.
- The disposable Test Sticks collect hormones from your first urine of the day and convert them into information which can be read by the Monitor. The Monitor then reads the Test Stick, interprets your hormone changes, and tells you clearly if your Fertility will be Low, High or Peak, for the next 24 hours.



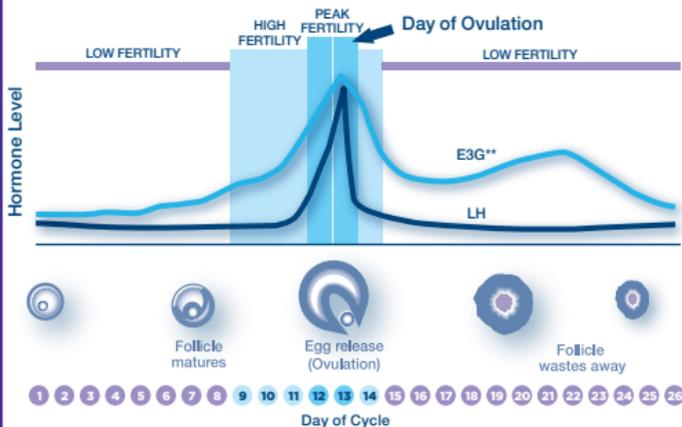
Understanding Ovulation and the Menstrual Cycle

The Menstrual Cycle

- The menstrual cycle is the process during which your body prepares for pregnancy. Hormone changes during the cycle trigger the ovaries to release an egg.
- The eggs are contained within fluid-filled cavities called follicles. Both ovaries have many follicles, each containing an egg. During the first part of the menstrual cycle, one of the follicles prepares to release an egg. This follicle produces increasing amounts of estrogen, which causes the lining of the uterus to thicken and the cervix to produce 'fertile mucus'. This 'fertile mucus' is important (refer to page 5). A high estrogen level triggers the surge of another hormone, Luteinising Hormone (LH). Ovulation normally occurs 24 to 36 hours after the LH surge, when the follicle ruptures, releasing an egg.
- The egg can be fertilised for up to 24 hours after ovulation. If fertilisation does not occur, the estrogen level will gradually fall. The lining of the womb is shed and the menstrual flow begins, marking the start of the next cycle.

How the Clearblue Fertility Monitor Helps You

A TYPICAL MENSTRUAL CYCLE



** The form of estrogen measured in urine is estrone-3-glucuronide (E3G)

How the Clearblue Fertility Monitor Helps You

How is the Clearblue Fertility Monitor Designed to Help You Become Pregnant?

- The Clearblue Fertility Monitor monitors estrogen and LH.
- High estrogen is associated with the appearance of 'fertile mucus', which is thin and slippery. Sperm can swim more easily through this mucus and can survive in it for several days. If you have sex during this time, there may still be sperm present several days later, when you release an egg. When the Clearblue Fertility Monitor detects a rise in estrogen, it displays High Fertility status.
- Detection of the LH surge indicates that you are about to release an egg, and you are at Peak Fertility.

Please Note: For the greatest chance of conception you should have sex both when your fertility is HIGH and when your fertility is PEAK.

Limitations on Use

The Clearblue Fertility Monitor is suitable for women whose natural cycle normally lasts between 21 and 42 days. The majority of women will need 10 Test Sticks in each cycle. However, women with irregular or long cycles may have to use 20 Test Sticks each cycle in order to detect their most fertile time.

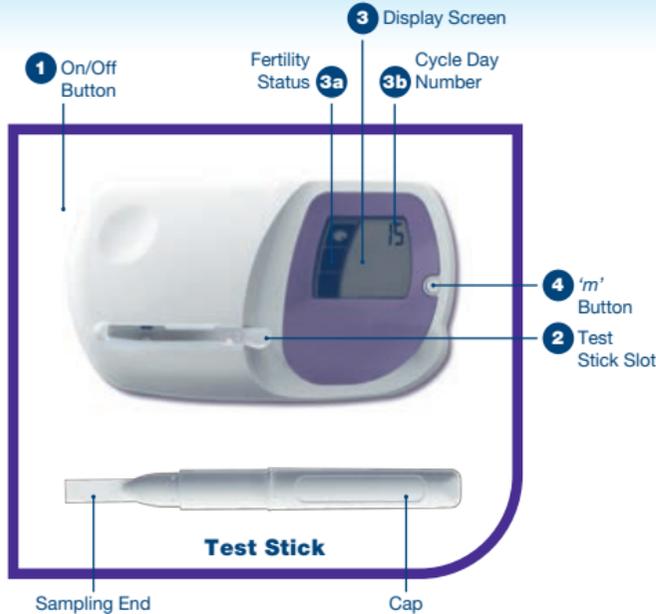
Certain medical conditions and medications can adversely affect the performance of the Clearblue Fertility Monitor. Women who have menopausal symptoms, polycystic ovarian syndrome, impaired liver or kidney function, are pregnant or have recently been pregnant (even if not carried to full term), may get misleading results. Similarly misleading results may be obtained by women using antibiotics containing tetracyclines, hormonal treatments (e.g. hormonal contraception, hormone replacement therapy), fertility treatments containing human Chorionic Gonadotrophin (hCG) or Luteinising Hormone (LH), or any treatment that might affect their cycle. Clomiphene citrate may elevate estrogen levels and this may result in High Fertility being declared early in the cycle and more High Days being displayed, and in some cases the Monitor may not show Peak Fertility even when ovulation occurs. We therefore recommend that women taking clomiphene citrate consult their doctor for advice before using the Clearblue Fertility Monitor. Always read the manufacturer's instructions for any medication that you are taking before conducting a test.

Women who have recently been breastfeeding, using hormonal treatments (e.g. hormonal contraception, fertility treatments, hormone replacement therapy), or any other treatment that might affect their cycle, may wish to wait until they have at least two natural menstrual cycles in a row (each lasting 21- 42 days), before using the Clearblue Fertility Monitor.

Women who have recently been pregnant (even if not carried to full term) may still have hCG in their bodies. HCG can adversely affect the performance of the Clearblue Fertility Monitor. Therefore they are advised to wait until they have had at least two natural menstrual cycles in a row (each lasting 21-42 days), before using the Clearblue Fertility Monitor.

Please speak to your doctor if you need further advice.

Step by Step Guide to Using the Clearblue Fertility Monitor



Knowing Your Clearblue Fertility Monitor

In your pack you will find your Clearblue Fertility Monitor. You will need to buy a pack of Clearblue Fertility Monitor Test Sticks and four new AAA alkaline batteries before you can get started.

You must wait until your next period starts before using the Clearblue Fertility Monitor. In the meantime you should read this instruction booklet fully and familiarise yourself with the features below.

- 1. On/Off Button:** press once to switch on/ off.
Unless it is reading a Test Stick, the Monitor will switch off automatically after 30 seconds to conserve power. You will be unable to switch the Monitor off while it is reading a Test Stick.
- 2. Test Stick Slot:** this locates the Test Stick in the Monitor allowing it to read the test result accurately.
- 3. Display Screen:** this provides details about your:
 - 3a. Fertility Status**
 - 3b. Cycle Day Number: (day of your cycle)**

Other information will also appear on the Display Screen, such as when to test.

- 4. 'm' Button:** this is used to set the Monitor at the start of each cycle. Refer to pages 10 and 11 of this instruction booklet BEFORE pressing the 'm' Button.

Step by Step Guide to Using the Clearblue Fertility Monitor

Inserting the Batteries

- The Clearblue Fertility Monitor requires four AAA alkaline batteries to operate. For optimal Monitor performance, use four new batteries that are the same brand. Using the diagram inside the battery cover to help you, insert the batteries making sure the + signs are in the correct position. If the batteries are not inserted correctly, the Monitor will not work.





Push the On/Off Button

Switching the Clearblue Monitor On and Off

- Once you have inserted the batteries, you can turn the Monitor on and off by pressing the white On/Off Button on the top left hand corner of the Monitor. When you turn the Monitor on you will see a red light flash in the Test Stick Slot and the Display Screen will briefly show the full range of symbols. This is normal and confirms that the Monitor is working correctly. After a moment the Display Screen will clear and you will see '--' and a flashing 'm' on the Display Screen. If you see the red light flash, but nothing is on the Display Screen, check that the batteries are installed correctly.

Please Note: Read the instructions on pages 11 and 12 carefully BEFORE pressing the 'm' button.

PLEASE READ POINTS 1-4 BEFORE SETTING YOUR 'm' BUTTON

PRESS 'm' BUTTON

-3 HOURS +3 HOURS

TESTING WINDOW IN HOURS

TESTING WINDOW EXAMPLE



Testing Window Example:
It is easy to Set a Testing Window that is convenient for you. For example, if you set the 'm' Button at 9:00a.m., you will be able to test anytime between 6:00a.m. and 12:00 noon for that cycle.

Determine the Correct Testing Window

1. You can start using the Clearblue Fertility Monitor on the first day of your next cycle, but not before. The first thing to do is to set the 'm' Button.
2. When you press the 'm' Button you:
 - Tell your Monitor that your period has started and a new cycle has begun.
 - Establish the 6 hours each day during which you can do a test. This is called the 'Testing Window'. Clearblue Fertility Monitor should be set so that it is convenient for you to test the **first** urine of the day. This is important as this will contain the highest amount of hormones.
3. The Testing Window is set to run from 3 hours before the time you press the 'm' Button, to 3 hours after. The Clearblue Fertility Monitor will only request a test during the Testing Window, so you must check the Monitor during this time to see if you need to do a test that day. See example opposite.
4. At the start of each new cycle you will need to press the 'm' Button to establish the Testing Window for the new cycle.

Please Note: Your Testing Window must be convenient for you to test the first urine of the day (both weekdays and weekends).

Initial Display



Press 'm' Button and hold for 5 seconds until '1' appears
Display after 'm' Button is pressed



Fertility Status Bar

Setting the 'm' Button

- If your period starts in the night, or in the morning before your chosen 'm' Button setting time, press the 'm' Button that morning. If your period starts, after your chosen 'm' Button setting time, WAIT until the following morning before pressing the 'm' Button. Set this as day 1 of your cycle.
- Press the 'm' Button firmly for 5 seconds. Release it when an 'm' and the day number '1' appear on the Display Screen. Both will flash when they first appear but will stop flashing and stay on the Screen when you release the 'm' Button. DO NOT do a test yet. Only perform a test when the Monitor requests one.
- When you have set the 'm' Button correctly, a number '1' and an 'm' will appear, indicating it is the first day of your cycle. A Fertility Status bar will also appear on the screen to indicate that your fertility is presently at a Low level, which is normal at the start of a cycle.
- If you press the 'm' Button for too long, a number '2' will appear. If you have set your 'm' Button on the wrong day, you MUST cancel it. To cancel, press the 'm' Button again for 5 seconds until the 'm' Symbol disappears. The Display Screen will then return to its original state (as if you had not yet set your 'm' Button).

Please Note: The 'm' Button can be set from day 1 to day 5 of your cycle. For further information refer to question 7 on page 24.



Display indicates that the Monitor requires a Test Stick

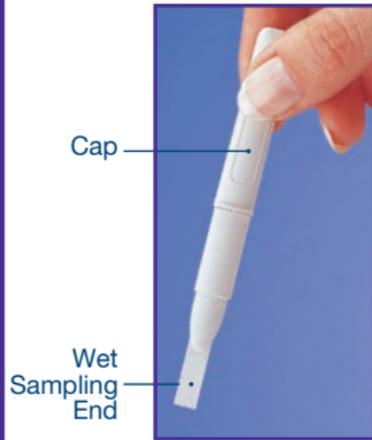
Testing

Doing Tests

You will need a box of Test Sticks before starting. Always start your cycle with enough Test Sticks from the same LOT for 10 Tests.

- Switch on your Clearblue Fertility Monitor every morning within your Testing Window and before going to the bathroom. You will notice that the 'm' symbol is displayed for the first 5 days of each cycle, and that the number on the Display Screen changes each day to tell you which day of your cycle you are on. Please note that the cycle day only advances when the Testing Window opens.
- On mornings when the Monitor requires further information about your hormone changes, a test will be requested . Tests must be performed with the first urine of the day, within the Testing Window.
- In Cycle 1, your first test will be requested on day 6. The Monitor will then request a test every day for a total of 10 or 20 days depending on your cycle length, and when it sees your Peak Fertility. In subsequent cycles the first test day will vary between cycle day 6 and 9, according to what the Clearblue Fertility Monitor has learned about your cycle, and you will still be asked for a test every day for 10 or 20 days.

Please Note: Only use Clearblue Fertility Monitor Test Sticks with the Clearblue Fertility Monitor.



Hold the Sampling End of the Test Stick pointing downwards in your urine stream for 3 seconds only

Take the cap off the handle and place over 'wet' end of the Test Stick



Test Stick when removed from foil

Test Stick ready to insert into Monitor

To Perform a Test

1. Remove the Test Stick from its protective foil wrapper and use immediately.
2. Hold the Sampling End of the Test Stick pointing downwards in your urine stream for 3 seconds only. This is long enough to ensure the Sampling End is sufficiently wet. Alternatively, collect a sample of your urine in a clean, dry container and hold just the Sampling End in the urine **for 15 seconds** (refer to question 17 page 27).
3. Keeping the Test Stick pointing downwards, take the cap off the handle and place it over the 'wet' end of the Test Stick. Wipe off any excess urine from the Test Stick casing.
4. Insert the Test Stick into the Test Stick Slot of the Monitor.

Please Note: Test Sticks can NEVER be used more than once.



Testing

Inserting a Test Stick

- You should only insert a Test Stick when you see the Insert Test Stick Symbol  .
- Switch on your Monitor. You will see a red light flash in the Test Stick Slot. This is the Monitor checking the Slot is ready to receive a Test Stick.
- After perform **1** a test, place the Test Stick into the Test Stick Slot within 15 minutes of wetting it. Holding the Test Stick by the cap with the cut corner of the Test **2** ck pointing downwards, put it into the Test Stick Slot as shown on the diagram. Push the Test Stick down until it lies flat and clicks into place.
- When you have ~~inserted the~~ inserted the Test Stick correctly the Display Screen will flash the Test Stick Symbol  for 5 minutes while the Monitor reads and interprets the information from your Test Stick. Do not remove the Test Stick while it is being read. The Monitor cannot be turned off while a Test Stick is being read.



The Test Symbol will flash while the Monitor is reading a Test Stick



Monitor has finished reading a Test Stick

Testing

Inserting a Test Stick

- The Test Stick will not be recognised until correctly inserted. The symbol  will be displayed until the Test Stick has been properly placed and recognised.
- At the end of 5 minutes, the Monitor will ask you to remove the Test Stick,  which should be thrown away. Your Fertility Status will then be displayed.
- If you do not remove the Test Stick within 60 seconds after the Monitor has finished reading it, the Monitor will turn itself off. Remove the Test Stick and switch the Monitor back on to see your Fertility Status.

Number of Test Sticks Required

- You will be asked for a test on 10 days each cycle. If the Monitor does not detect your LH surge with 10 tests, it will request an additional 10 tests for that cycle. This may happen if your cycles are irregular or long. You should perform all of the tests requested by the Monitor.



Low Fertility:
very small chance of conception

Your Fertility Status

It is important that you do all the tests requested by the Monitor. If you miss a test, the Monitor will use the information it has already collected to calculate your Fertility Status. If a test is missed close to ovulation, you may miss the chance to identify your days of Peak Fertility. Following a missed test you should perform all further tests requested by the Monitor.

Fertility Status: What does this mean?

- The Clearblue Fertility Monitor will display your Fertility Status using three bars which correspond to three different levels of Fertility: Low, High and Peak. The Monitor will interpret your fertility based on the Test Stick reading and the information stored in its memory.

Low Fertility: What does this mean?

- Low Fertility is indicated by one bar on the Display Screen. Low Fertility is displayed at times during the cycle when your fertility hormones are low. It is unlikely, but not impossible that you will conceive from sex on a Low Fertility day.



High Fertility:
increased chance of conception



Peak Fertility:
highest chance of conception

High Fertility: What does this mean?

- High Fertility is indicated by two bars on the Display Screen. These are displayed when the Clearblue Fertility Monitor detects an increase in estrogen, which occurs as you approach your Peak Fertility.
- If you have sex on days of High Fertility you can maximise the chances of becoming pregnant.

Peak Fertility: What does this mean?

- Peak Fertility is indicated by three bars on the Display Screen and the  symbol.
- If you have sex during this Peak Fertility time, then you have the greatest chance of becoming pregnant.
- The Clearblue Fertility Monitor identifies your days of Peak Fertility by detecting the surge in LH, which triggers ovulation to occur approximately 24-36 hours later. Peak Fertility will be indicated on the day of the LH surge, as well as the following day.
- There is a chance that the egg can still be fertilised after this time, therefore you will be shown 1 day of High Fertility following your days of Peak Fertility.
- There may be a small percentage of cycles in which you do not see Peak Fertility – for more information refer to question 11 on page 25.



Approaching the End of Your Cycle

Preparing for the Next Cycle or Pregnancy Testing

- Usually, a few days before your next period is due, the 'm' Symbol will begin to flash to indicate that you are approaching the end of your cycle.
- 1 If your period starts then you should set your Monitor for the next cycle. The procedure is the same as setting the 'm' Button for the first time (refer to page 11). If the 'm' Symbol is not flashing and your period starts, the 'm' Button can still be set.
 - 2 If the 'm' Symbol flashes for several days, and you think that your period is late, you may have conceived. You can find out if you are pregnant by using a Clearblue Pregnancy Test.
 - Clearblue Pregnancy Tests give you a clear result that is more than 99% accurate from the day your period is due.
 - You should consult your doctor if the pregnancy test result is 'Pregnant' as it is important to begin prenatal care as early as possible.

Symbols and Errors: Practical Advice

1. ! 
Reinsert the Test Stick.
This symbol will appear if you remove the Test Stick from the Test Stick Slot before the Monitor has finished reading it. Replace the Test Stick into the slot immediately and the Monitor will read it as normal.



2. ! 
Remove Your Test Stick.
This symbol may appear if your Monitor was switched on with a Test Stick in the Slot or your Monitor was not ready for a test. If there is no Test Stick in the Slot and this error is displayed you need to clean the Black Button which is located in the Test Stick Slot. If the centre bar of the Black Button is pushed in, try releasing it by gently cleaning with a dry cotton swab. If you are still unable to release it, call the Careline.



3. 
Batteries are Low.
Your Monitor's batteries are getting low and need to be replaced. Replace the batteries within 4 weeks of this symbol first appearing. Leave the batteries in your Monitor until you are ready to replace them. If the Monitor is without batteries for more than 2 hours the internal clock may become inaccurate.



4. ! 
Batteries are Dead.
This symbol indicates that the Monitor will no longer function unless the batteries are replaced immediately. Leave the batteries in your Monitor until you are ready to replace them. If the Monitor is without batteries for more than 2 hours the internal clock may become inaccurate.





5. ! or ! 🔋

Your Monitor is Not Working.

These symbols will appear in the unlikely event of a Monitor failure. They tell you that a problem has been detected and your Monitor needs replacing.



6. 🧼

The Test Stick Slot Requires Cleaning.

This symbol indicates that the Test Stick Slot is dirty and should be gently cleaned with a slightly damp cotton swab (never use anything other than water). Never clean the Test Stick Slot if the Brush Symbol is not showing. Unnecessary cleaning may affect the Monitor's ability to read the Test Sticks.



7. ! 🧼

Test Stick Slot is Not Ready.

This symbol indicates that the Test Stick Slot is not ready. Remove the Test Stick from the Test Stick Slot and turn your Monitor off. Turn the Monitor on again and if the  symbol appears, put the Test Stick in correctly until it clicks into place. If there is no Test Stick in the Test Stick Slot you need to clean the Test Stick Slot (see cleaning instructions above).

Monitor Care and Maintenance: Your Monitor is made of highly durable materials and will withstand everyday use. If it needs cleaning, wipe it with a slightly damp cloth. Store your Monitor in a dry, safe place and take care not to drop or damage it. Your Monitor is not waterproof and like any electrical equipment it must not be used if it has got wet.

Disposing of the Fertility Monitor: Remove the batteries from the Monitor and dispose of them 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. Dispose of the Monitor according to the appropriate recycling scheme for electrical equipment. Do not dispose of electrical equipment in fire.

Your Questions Answered

- Q1** How accurate is the Clearblue Fertility Monitor?
- The Clearblue Fertility Monitor has been shown in laboratory testing to be 99% accurate in detecting the LH surge in cycles in which an LH surge had also been identified by a reference method.
-
- Q2** I've been using basal body temperature and home ovulation tests. Does the Clearblue Fertility Monitor replace these?
- The advantage of the Clearblue Fertility Monitor is that, unlike the basal body temperature method, it predicts ovulation before it happens. The basal body temperature method can only tell you after ovulation has occurred, which may be too late to take advantage of all your fertile days. Home ovulation tests detect the LH surge which precedes ovulation by 24-36 hours, thus identifying your 2 most fertile days each cycle. The Clearblue Fertility Monitor gives additional warning of ovulation by identifying days of High Fertility as well as the Peak Fertility days indicated by home ovulation tests. It also counts your days for you, tells you which days to test, interprets the tests, displays your fertility level every day and develops a personalised understanding of your cycle.
-
- Q3** How effective will the Clearblue Fertility Monitor be for me?
- If you have sex during High and Peak Fertility it can help you maximise the chances of conceiving your baby. However, there are no products available that can guarantee success in achieving pregnancy.

Your Questions Answered

- Q4** Will hormonal contraceptives affect the result?
- After using hormonal contraceptives your cycle may be irregular and take some time to stabilise. You may wish to wait until you have had at least two natural menstrual cycles in a row each lasting 21- 42 days before using the Clearblue Fertility Monitor.
-
- Q5** What conditions or medication could interfere with my test result?
- Please Note:** Some medications are contra-indicated in pregnancy. Therefore, we recommend that you consult your doctor if you are taking any medication, before you try to conceive.
- Always read the manufacturers' instructions for any medication you are taking before using the Clearblue Fertility Monitor. Most medications should not affect the way the Clearblue Fertility Monitor works. However, certain medical conditions and medications can adversely affect the performance of the Clearblue Fertility Monitor. Refer to 'Limitation on Use', for further information. If in any doubt, please speak to your doctor.
-
- Q6** What should I do if I pressed the 'm' Button by mistake?
- If you set the 'm' Button on the wrong day, you must cancel it. To cancel, press the 'm' Button for 5 seconds until the 'm' Symbol disappears. When the 'm' Button is released, the Display Screen will return to its original state.

- Q7 What if I am unable, or forget to set the 'm' Button on day 1 of my cycle? If you are on day 2, 3, 4 or before your chosen 'm' Button setting time on day 5 of your cycle, simply hold the 'm' Button down at your chosen 'm' Button setting time, and release it when the correct day number is shown on the display. The Monitor will then work correctly. You can also do this to set a different Testing Window during days 2 to 5 of your cycle, if the Testing Window set on day 1 is inconvenient. If you are not able to set the 'm' Button during the first 5 days of your cycle, you should wait until your next cycle starts to set the 'm' Button.
-
- Q8 If my period starts during the day and I have to wait until the next morning before setting the 'm' Button should I set it as day 1 or day 2? You should set it as day 1.
-
- Q9 Can I use more Test Sticks if I want to? No. Tests can only be performed when requested by the Monitor.
-
- Q10 How do I know if I've inserted the test correctly? If you have inserted the Test Stick correctly a flashing Test Stick Symbol  will indicate that the Test Stick is being read. Do not remove the Test Stick until requested to do so.

Your Questions Answered

- Q11** My Monitor did not display a Peak Fertility Symbol this cycle. What does this mean?
- There may be a small percentage of cycles in which you do not see Peak Fertility status. Possible reasons for this are, for example, a test may have been missed or performed incorrectly or you may not have ovulated this cycle. An unusually short or long cycle may result in Peak Fertility not being detected. If Peak Fertility is not detected, the Monitor may show High Fertility for an extended period of time (up to 19 days). If this occurs, it is unlikely that you will be fertile during this entire time. If after completing 3 cycles you have not seen Peak Fertility we would recommend that you speak to your doctor.
-
- Q12** My Monitor displayed Low Fertility during all of my last cycle. What does this mean?
- The Monitor did not detect the necessary change in the hormones that control your fertility. You may not have ovulated during this cycle or it may be due to a missed test, or a test being performed incorrectly. If after completing 3 cycles your Fertility status is only ever Low, you should speak to your doctor.
-
- Q13** My Monitor changed straight from Low to Peak Fertility this cycle. What does this mean?
- This may happen for example when a rise in estrogen is detected on the same day as your LH surge or if the Monitor does not detect a change in your estrogen before your LH surge. This can happen if you miss a test, or perform a test incorrectly, or if you have a very short cycle following longer cycles.

- Q14 Can I use Test Sticks from different packs? No. Always use Test Sticks in sets of 10 from the same pack (LOT). The Clearblue Fertility Monitor works by comparing the current day's test reading with those of previous days. As there are slight sensitivity differences between Test Stick LOTs, optimal performance is achieved when the Test Sticks are used in sets of 10 from the same LOT. After carrying out your first 10 tests, the Monitor may request a further 10 tests in the same cycle. If you do not have any more Test Sticks from the same LOT, then you may use 10 Test Sticks from a different LOT to complete your testing.
-
- Q15 How should I dispose of used Test Sticks? Dispose of used Test Sticks with your household waste. Do NOT flush them down the toilet.

Your Questions Answered

Q16 How do I test if I work night shifts or travel between time zones?

Ideally you should set your 'm' Button so that your Testing Window permits you to test using your first urine after waking, which may be in the afternoon.

If your sleeping pattern changes temporarily during your testing period, you should collect a sample of your first urine upon waking. You should store the collected urine and check your Monitor during your next Testing Window and, if you need to do a test, use the collected urine. (Refer to question 17 on testing with collected urine.)

Q17 How do I test with collected urine?



Occasionally, you may wish to test with collected urine (for example, if you need to go to the bathroom before the start of the Testing Window). Collect your urine in a clean, dry container and keep it at room temperature. When you are ready to test, immerse just the Sampling End of a Test Stick into the urine for 15 seconds. Then proceed as normal.

Q18 Can the information in the Monitor's memory be lost?

The Monitor retains data from your last six cycles. This data is constantly overwritten as you continue to use the Monitor to ensure it has the most up to date information available.

- Q19** How will I know if the Monitor is working properly?
When the batteries are inserted correctly and the Monitor has power, it will warn you if there is a problem by displaying the error symbol: **!** This symbol will be accompanied by another, explaining the problem. For a definition of these symbols, refer to the symbols section.
-
- Q20** Since it tells me when I'm fertile, can I use the Clearblue Fertility Monitor as a contraceptive?
No. The Clearblue Fertility Monitor is designed to tell you when you are most likely to conceive. As sperm can survive for several days, you may still have a chance of becoming pregnant if you have sex before you detect your High or Peak Fertility.
-
- Q21** Can I be sure of getting pregnant if I am using the Clearblue Fertility Monitor?
There are no products available that can guarantee success in achieving pregnancy. However, the Clearblue Fertility Monitor allows couples to make the best use of their natural fertility by timing sex around ovulation. The majority of conceptions occur from sex in a 6 day window (the day of ovulation and the days leading up to it). The Clearblue Fertility Monitor is a simple, effective way of identifying your most fertile days, helping you maximise the chances of conceiving your baby.
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- Q22** Can I stop using the Clearblue Fertility Monitor and start again in the future?
Yes. Remove the batteries. Store the Monitor in a dry place. For instructions on resuming use of your Monitor refer to page 30.
-
- Q23** I have been using Clearblue Fertility Monitor for several cycles and have still not become pregnant. Why not?
Conception is a complex biological process and there are many influencing factors. It can take many months to become pregnant. If you have not conceived after 6 consecutive cycles or you have other concerns, you should consult your doctor.

How to Start Using Your Monitor Again

Read the following notes first.

- Check that you are still suitable to use the Clearblue Fertility Monitor.
- Reprogramming your Monitor erases all the previous information stored about your cycles and is not reversible.
- You will need a Test Stick to reprogramme your Monitor. The Test Stick can be previously used or unused. Therefore, you may wish to save a Test Stick for this purpose.
- Ensure working batteries are in your Monitor prior to reprogramming.

Reprogramming Procedure

1. Ensure your Monitor is switched off.
2. Insert a Test Stick into the Test Stick Slot, checking the position carefully, as there will be no symbol to tell you that the Test Stick is correctly inserted.
3. Press and hold the 'm' Button while you complete steps 4, 5 & 6 below.
4. Press the On/Off Button to turn your Monitor on.
5. !  will be displayed*. Continue to hold the 'm' Button and leave the Test Stick in position.
6. After approximately 15 seconds, all symbols on the Display Screen will be shown. !  will again be displayed. Release the 'm' Button and remove the Test Stick.
7. You should see the following symbols on your Display Screen '-- m'. Your Monitor is now reprogrammed and ready for use.
**If !  is not displayed, the Test Stick is not inserted correctly.*

Please read instructions before use. This device is for home use. Keep out of the reach of children. Store at room temperature.



www.clearblue.com
Clearblue Careline

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

UK - 0845 6076596 IE - 1890 882 885

Call charges vary; please check with your provider.

Please be ready to quote the **LOT** number.

Calls are recorded for training and quality control.

	Manufacturer		Temperature Limitation 2°C - 30°C
LOT	Batch Code	IVD	<i>In vitro diagnostic medical device</i>

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

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