

How to use Clearblue Advanced Digital Ovulation Test

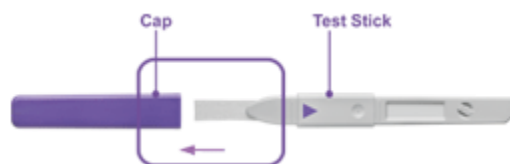
- **1. Before testing**

- Please always read the instructions on pack and in the leaflet carefully before use.
- Always test using the first urine of the day.
- You need to know your usual cycle length before you start to ensure you test at the right time to find your high and peak fertile days.
- To work out your cycle length, count the day period starts (first day of full menstrual flow) as Day 1, and continue counting through to the day BEFORE your next period starts – the number of days is your cycle length.
- Once you know your cycle length, use the table below to find out when to start testing:

Your cycle length in 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 the day next to your cycle length	5	6	6	6	7	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20 days before your next period

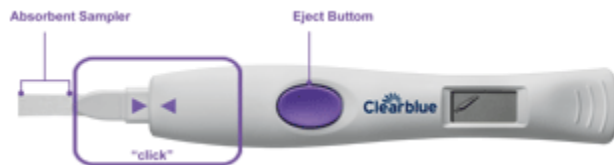
- **2. Get ready to test**

- Remove a test stick from its foil wrapper.
- Remove the cap from the test stick.



- Align the purple arrow on the ovulation test stick with the arrow on the test holder.
- Insert the test stick until it clicks into place.

- The ovulation test will switch on after you have inserted the test stick correctly.



- If it's the first time you have used the test holder, the 'new cycle' symbols will flash briefly.



- Wait for the 'test ready' symbol to appear and test immediately.

- **3. Take the test**

- Place the Absorbent Tip pointing downwards in your urine stream for 3 seconds.
- Or collect a sample of your urine in a clean, dry container. Dip the Absorbent Tip in the urine for 15 seconds.
- The 'test ready' symbol will start flashing after a minute to show the test is working.



- **4. Wait for 5 minutes**



- Within 1 minute you will see that the test is working as the test ready symbol will start to flash.

- Keep the tip pointing downwards or lay the ovulation test stick flat. Throughout testing never hold the test with the absorbent tip pointing upwards.

- Your result will appear on the display after 5 minutes.

- **5. Read your results**



Low Fertility

Low Fertility – A clear circle

- A clear circle indicates low fertility. Having intercourse today is just for fun as it is unlikely, but not impossible, that you will become pregnant. Your result will be displayed for 8 minutes.

- Do not test again today. Test again tomorrow using the first urine after your longest sleep.

- Note: The test is looking for the rise in estrogen that will indicate you have reached High Fertility, for your High Fertility results to be reliable it's important to test only once a day.



High Fertility

High Fertility - A flashing smiley face

- When the test first detects a rise in your level of estrogen it will display High Fertility (a flashing smiley face). Your result will be displayed for 8 minutes.

- In the following days the test will continue to display High Fertility while it looks for your LH surge. Continue to test daily to find your LH surge.

- After your first day of High Fertility is displayed you can test more than once a day if you would like to but avoid excess fluid intake before testing.

If you see more than 9 High Fertility days, see FAQs 2 and 4



Peak Fertility

Peak Fertility - A static smiley face is constantly displayed for 48 hours after it first appears

You cannot do another test while Peak Fertility is shown, as the Holder will not be able to read it.

- **6. After the test**

- Eject your ovulation test stick right away and dispose of it in your normal household waste.

