

The logo for PERSONA features the word "PERSONA" in a dark blue, serif font. To the right of the text is a circular graphic composed of small dots in various colors (blue, purple, red, pink) arranged in a ring.

PERSONA

A dark blue semi-circle at the bottom of the page, containing the text "User Guide" in white.

User Guide

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# Welcome to PERSONA



## The Monitor



## Welcome to PERSONA

Welcome to PERSONA - a method of contraception that is unique in the way it works in harmony with your body. You MUST read this booklet to understand exactly how to use PERSONA. If you have any questions about PERSONA, please visit the PERSONA web site, [www.PERSONA.info](http://www.PERSONA.info) or call the PERSONA Line.

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

UK - 0845 608 6081\*

IE - 1890 200 458\*

INT +44 203 024 7804\*\*

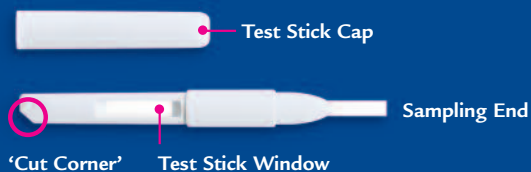
*\*Call charges vary; please check with your provider.*

*\*\*Calls charged at international rate.*

*Please be ready to quote the **LOT** number. Calls are recorded for training and quality control.*

*[www.persona.info](http://www.persona.info)*

## The Test Stick



## Your Monitor Serial Number:

(The bar code on the lid of your Monitor and in the battery compartment.)



Your PERSONA Starter Pack contains your PERSONA Monitor, 2 packs of 8 Test Sticks for your first cycle of use, 4x1.5v AAA (LR03) long life alkaline batteries and this User Guide. You will need to purchase an additional pack of 8 Test Sticks for each cycle of use.

PERSONA must be used according to these instructions. PERSONA offers no protection from sexually transmitted infections or HIV, the virus which causes AIDS. PERSONA is an *in vitro* diagnostic medical device designed for home use. Not to be taken. Not for internal use. Keep out of the reach of children.

## ① Before you start — essential information

### **Important:**

DO NOT PRESS THE 'm' BUTTON until you have read the instructions in full. If you do accidentally press the 'm' Button, you must cancel it. See page 27 on how to do this. Also, please DO NOT OPEN ANY TEST STICKS yet as you do not need them until Day 6, and they should be kept sealed in their foil wrappers until you are ready to use them.

## Is PERSONA right for you?

Before starting to use PERSONA you need to be absolutely sure that it is the right method of contraception for you.

### You must NOT use PERSONA if...

- your cycles are shorter than 23 days
- your cycles are longer than 35 days
- you have experienced menopausal symptoms
- you are breast feeding
- you are using hormonal treatments e.g.
  - hormonal contraception
  - fertility treatments
  - hormone replacement therapy
- you are using any other treatment which may affect your cycle
- you are currently taking antibiotics containing tetracyclines. If you have any doubts about whether the antibiotic you are taking contains tetracyclines, you should consult your pharmacist or doctor.
- you have impaired liver or kidney function or polycystic ovarian syndrome
- you are unable to accept the risk of pregnancy associated with the use of PERSONA.

### How reliable is PERSONA?

No method of contraception can provide 100% protection against pregnancy. Based on independent trials, PERSONA is **94% reliable** when used according to the instructions and as the only method of contraception. ***This means that if 100 women use PERSONA for one year, 6 are expected to become pregnant as a result of sex on a Green Light Day due to PERSONA incorrectly identifying their fertile days.*** The reliability of PERSONA is dependent on abstinence on all 'Red' Days. The risk of pregnancy is considerably greater if you have sex on a 'Red' Day even if you use a barrier method of contraception, e.g. a condom.

### **Is PERSONA suitable for your cycle?**

PERSONA is only suitable for you if your natural cycle lasts between 23 and 35 days. (Cycle length is calculated from the day one period starts to the day before the next period starts).

### **You cannot use PERSONA straight away if...**

- you have recently been or are currently using:
  - *hormonal contraception e.g. the pill, a hormone-releasing intrauterine contraceptive device, implants, injections, emergency contraception*
  - *treatments that affect your cycle.* Check with your doctor.

You must wait until you have stopped using the hormonal contraception or finished the course of treatment as instructed by your doctor. Then, you **MUST WAIT** until you have had at least two natural, consecutive cycles, each lasting 23-35 days, and your third period starts before using PERSONA. As hormonal contraception will affect your cycle you may have to wait several months before you know whether your natural cycles are between 23 and 35 days in length. If you do not wait, the reliability of PERSONA will be significantly reduced.

- you have recently been pregnant (even if not carried to full term). You must wait before you start using PERSONA. See above.
- you have recently been breast feeding. You must completely finish breast feeding and you must then wait before you start using PERSONA. See above.

Please note that while you are waiting to use PERSONA you are at risk of becoming pregnant. Please consult your family planning clinic or your doctor for contraceptive advice.

Please call the PERSONA Line or consult your doctor or pharmacist if you need further advice.

## What is PERSONA and how does it work?

PERSONA is a unique method of contraception that identifies the days when you are free to make love without using a contraceptive and when you must abstain from sex\*.

### Natural Personal Contraception



It works by monitoring the changes in hormones (luteinising hormone and estrogen) which control your cycle and identifies the days when you are at significant risk of becoming pregnant.

Your PERSONA consists of Test Sticks and a hand-held Monitor.

- **The Test Sticks** collect hormones from your first urine of the day and process them into information that the Monitor can read.
- **The Monitor** reads, stores and uses the information from the Test Sticks to let you know whether you are at risk of becoming pregnant ('Red' Day) or free to make love without a contraceptive\* ('Green' Day).

Through its coloured Lights and Display Screen your Monitor tells you your contraceptive status.

*\*Based on independent trials, PERSONA is 94% reliable when used according to instructions and as the only method of contraception. This means that if 100 women use PERSONA for one year, 6 are expected to become pregnant as a result of sex on a 'Green' Day due to PERSONA incorrectly identifying their fertile days.*

## ② Using your PERSONA Monitor



## When will you be ready to start using PERSONA?

**You are ready to use PERSONA when:**

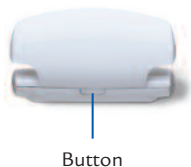
- 1. You have read the information in the section “Is PERSONA right for you?” on pages 2&3 and are satisfied that you meet the criteria for use.**
- 2. You have chosen when it’s convenient to test on both weekdays and weekends using the first urine of the day.** This is important as it will determine your ‘Testing Window’ (which is explained later on page 8).
- 3. Your next period has started.**

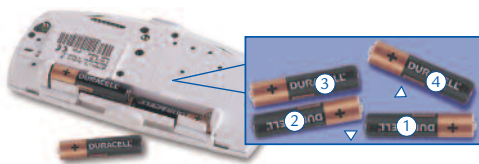
## Before you press any buttons...

...it is essential that you understand exactly how each element of your PERSONA works. On the inside front cover of this User Guide there is a labelled photograph of the Monitor and a Test Stick. Please unfold it now and familiarise yourself with the features of your PERSONA. Refer to the photograph as you read through the following sections.

### Inserting the batteries

Press the button on the back of your Monitor firmly to release the catch (the lid of the Monitor will need to be closed). Slide your finger between the cover and base to open the back of your Monitor.





Using the diagram above and the layout instructions within the battery cavity to guide you, insert the batteries making sure that the + signs are in the correct position. You must use 1.5V AAA (LR03) long life alkaline batteries. Do not use Nickel Cadmium batteries (rechargeable). Close the back of your Monitor until it clicks shut.

### Switching on your Monitor

The Opening Catch is also the 'On' Switch. This means that as soon as you open your Monitor it automatically switches on and you will briefly see all three Lights shining (Green, Red and Yellow), and a number of symbols appear on the Display Screen.



You will also see a red flash in the Test Stick Slot. This is normal.

After a moment the display clears and shows '- -' and a flashing 'm'. **Don't press the 'm' Button at this stage. (see page 8).**



After opening the lid your Monitor will stay on for only half a minute and will then shut off automatically to conserve the batteries. If you need it to stay on for longer simply press the Opening Catch/On Button again.

## The 'm' Button

Pressing the 'm' Button tells your Monitor that you have started your period and also defines the time of day that PERSONA will ask you for tests in this cycle (i.e. your Testing Window). You should press it ONCE every cycle - on the first morning after your period starts. *Please do not press the 'm' Button until you are ready to start using PERSONA.*

## What is the Testing Window?

To ensure accuracy, PERSONA needs you to do tests within a defined Testing Window. This 'window' is the 6-hour period during which you can do your tests with your first urine of the day. It is determined by the time you press the 'm' Button at the beginning of **each** cycle. It is important for you to use the first urine after sleeping as this is likely to contain the highest concentration of the hormones PERSONA monitors. If you need to go to the toilet during your sleeping time, you should use the first urine after your longest sleep for your PERSONA test.

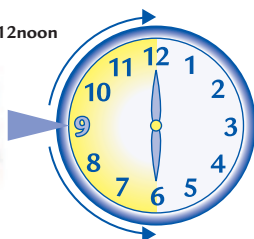
**Example A:** you press the 'm' Button at 9am, your Testing Window will be three hours either side of this time, i.e. from 6am to 12 midday (see diagram).

**Example B:** pressing the 'm' Button at 8am would mean a Testing Window from 5am to 11am.

**Example A**  
Testing Window 6am – 12noon



'm' BUTTON PRESSED  
AT 9am



At the start of each cycle you can select a different time if you choose, but remember that you need to test with your first urine of the day.

## Starting your first cycle with PERSONA

Your period starts when you need to use full sanitary protection. If your period starts *before* the time you



want to press the 'm' Button (see page 8 about the Testing Window), then press the 'm' Button at the time selected that same morning. If your period starts *after* the time you had chosen to press the 'm' Button then wait until the next morning, (this will be the case with each cycle). ***For example: if you want to press the 'm' Button at 9am and your period starts at 8am, press the 'm' Button at 9am that day. If your period starts after 9am then you must wait until 9am the next day to press the 'm' Button.*** In both these cases the day you press the 'm' Button is 'Day 1' of your cycle.

### Pressing the 'm' Button

Turn your PERSONA Monitor on and press the 'm' Button firmly until you see a number '1' and an 'm' Symbol on the Display Screen, which will take about five seconds. Both will flash when they first appear, but they will stop flashing and stay on screen when you release the 'm' Button. If they don't, try again. Make sure you hold the 'm' Button down for the full five seconds. Note the time that you press the 'm' Button, because the Testing Window runs from 3 hours before to 3 hours after this time (see page 8).



When you have done this correctly, the '1 m' will be displayed on the Display Screen and the Green Light will come on. The number 1 means that it's 'Day 1' of your cycle, and the Green Light means it's a 'Green' Day. Please note: If you accidentally press the 'm' Button for too long, a number '2', '3', '4' or '5' will appear on the Display Screen. You **MUST** cancel it and set it to the correct day of your cycle (see Q7&8 on page 27).

## The Lights

Each morning, before you go to the toilet, you should open your Monitor during your Testing Window. You will see one of 3 lights.

- **Green Light:** you are free to enjoy making love without using a contraceptive (see page 2).
- **Red Light:** you are at significant risk of becoming pregnant and must abstain from sex.

The reliability of PERSONA is dependent on abstinence on **all** 'Red' Days. The risk of pregnancy is considerably greater if you have sex on a 'Red' Day even if you use a barrier method of contraception, e.g. a condom. If you choose to use a barrier method of contraception on a 'Red' Day you should be particularly careful to follow the manufacturer's instructions. Reliability is subject to your chosen method.

- **Yellow Test Light:** your Monitor needs you to carry out a test with your first urine of the day, to see if you are on a 'Red' or a 'Green' Day. Please note that the Yellow Test Light will only shine during the Testing Window.

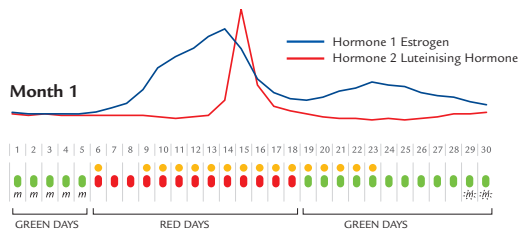
## About 'Red' Days

Your 'Red' Days should occur around the time of ovulation (when an egg is released) and take account of the lifespan of:

- the egg which usually lives for only a day and
- the sperm which can live within your body for a number of days and still fertilise an egg.

After the first few months, when PERSONA has learnt about your cycle, it will typically identify 6 to 12 'Red' Days each cycle. You will probably have 10 to 15 (but can be up to 22) 'Red' Days in the first few months as PERSONA is still learning about you.

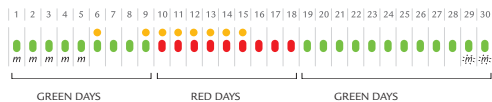
The diagrams below show an example of how the Monitor tells you about your contraceptive status.



### Months 2-3

Just 8 days of testing and typically 10-15 'Red' Days

### Month 4+



*These graphs are examples only. The changes in your hormone levels and the way your Monitor responds will be unique to you and may vary from cycle to cycle.*

All women are different - even your own cycles may vary in length from cycle to cycle. This means that the number and timing of your 'Red' Days may also vary. If you have irregular cycles, you may have more than 12 'Red' Days each month. In order to minimise your number of 'Red' Days you must ensure that you perform all tests requested by your Monitor according to the instructions (see pages 16-19).

Also, see the 'O' Symbol information on page 13.

### Each day with PERSONA

Check your Monitor every morning, before you go to the toilet and within your Testing Window. Your Monitor will change its lights at the start of your Testing Window. Therefore you must look at your Monitor during the Testing Window.

## The Display Screen

The Display Screen on your Monitor uses various symbols to give you additional information about your cycle and about using and looking after your Monitor:



- **‘m’ Symbol (flashing):** The ‘m’ Symbol flashes to remind you to set your ‘m’ Button **after** your next period starts (see page 8) and to indicate that your period is likely to start in the next few days.



- **‘m’ Symbol (not flashing):** The ‘m’ Symbol on your Display Screen, with a number (1-5), tells you that you have already pressed the ‘m’ Button within the last five days and that you are at the beginning of a new cycle.



- **Day Numbers:** The number shown on the Display Screen tells you what day of your cycle you are on - starting from Day 1 when you

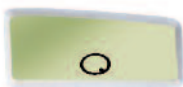
press the ‘m’ Button. The numbers change at the start of your Testing Window every day (1,2,3,4, etc.) until you press the ‘m’ Button at the start of your next cycle when it starts at Day 1 again. If the day number does not change each day as expected, please call the PERSONA Line.



- **Battery Symbol:** A Battery Symbol means that your Monitor batteries are getting low and need replacing within 4 weeks (see pages 6 & 22).



- **Brush Symbol:** The Brush Symbol means that the Test Stick Slot on your Monitor needs cleaning before your next test (see page 22).




- **The 'O' Symbol:** The 'O' Symbol tells you that you should ovulate within the next 1-2 days. It is quite normal for the 'O' Symbol NOT to appear in some cycles.

The absence of the 'O' Symbol does not mean you are infertile or that you cannot become pregnant. You must NEVER rely on the 'O' Symbol alone to determine the timing of your 'Red' Days. If you do, you could become pregnant as there are other important factors that PERSONA takes into consideration - such as the lifespan of your partner's sperm. If the 'O' Symbol is not displayed in your first or second cycle of use please call the PERSONA Line. Please note that you may reduce your chances of seeing the 'O' Symbol if you do not perform all tests requested by your Monitor according to instructions (see pages 16-22).



- **Book Symbol:** Your Monitor may occasionally display a Book Symbol together with a number. When

the Book Symbol is displayed, the Monitor will NOT be able to tell you if it is a 'Green' or a 'Red' Day. The number refers to one of the following messages:-

- 1  : **The Test Stick was removed from the Test Stick Slot too soon.** *What to do:* put the Test Stick back into the Test Stick Slot immediately. If you don't do this within 15 minutes of sampling the test you must miss reading the test. The Monitor will not show a Yellow Test Light or accept a Test Stick any more. It will usually show a Red Light next time you open it.







**2  +  : Your Monitor cannot read your Test Stick.**


*What to do if there is a Test Stick in the Test Stick Slot:* remove it and wait until your Monitor turns itself off, then press the Opening Catch. If the Yellow Test Light comes on, put your Test Stick back into the Test Stick Slot. Place it in the correct position (see pages 18 & 19).


*What to do if there is no Test Stick in the Test Stick Slot:* the Test Stick Slot may need cleaning (see page 22). Then wait until the Monitor has turned itself off, press the Opening Catch and if the Yellow Test Light comes on, put the Test Stick into the Test Stick Slot.

Please Note: If the Yellow Test Light is shining the Test Stick must be inserted into the Test Stick Slot within 15 minutes of 'wetting' it.

**3  :** This means that your Monitor was switched on with a Test Stick in the Test Stick Slot or your Monitor was not ready for a test. *What to do:* remove the Test Stick and the **3 ** Symbol will disappear. Only insert a Test Stick when the Yellow Test Light is shining.

**4  +  :** The batteries in your Monitor are almost used up and must be changed immediately. *What to do:* insert new batteries as soon as possible (see page 6).

**5  :** Call the PERSONA Line for further information as there are several reasons why you may see this symbol.

**6  :** Call the PERSONA Line for further information as there are several reasons why you may see this symbol.

## ③ Testing

## Testing

Each morning, before you go to the toilet, it is important to check your Monitor during your Testing Window. If there is a Yellow Test Light, you need to do a test. Your Monitor can only ask you to test **within your Testing Window**. Outside the Testing Window your Monitor will not display a Yellow Test Light and will not accept a Test Stick.

During your first cycle you will be asked for a test on 16 days (day 6 and days 9-23). These tests help PERSONA to develop a picture of your cycle. After your first cycle, you will only be asked for a test on 8 days in each cycle. These allow PERSONA to update its knowledge of your cycle and look for key changes in your hormones. You will always be asked for your first test of each cycle on **Day 6**. The timing of the remaining 7 tests may be different from cycle to cycle depending on the information PERSONA has collected. However they will always be requested on 7 consecutive days.



It is important to do ALL the tests requested to ensure that your Monitor gets all the information it needs to minimise your number of 'Red' Days.

If you miss a test, your Monitor will make a decision based on the information available. This may result in more 'Red' Days for this and subsequent cycles.

## Using the Test Sticks correctly

### **DO:**

- Store Test Sticks at room temperature.
- Keep Test Sticks wrapped and sealed in their original box, until you are ready to use one.
- Use the 16 Test Sticks provided in your Starter Pack during your first cycle.
- **THROW AWAY** unused Test Sticks when your next period starts. You should only have unused Test Sticks left over if you have missed tests.
- Use a Test Stick **ONLY ONCE**.







### **DON'T:**

- Mix Test Sticks from different batches in any one cycle as different batches will differ from each other very slightly. The batch number (LOT) can be found on the end of the Test Stick box (see above) and on each Test Stick foil wrapper.
- Use Test Sticks which are past their expiry date (see date on end of pack).
- Use a Test Stick which has been left unwrapped for more than a few minutes or if the protective foil is damaged.
- Use anything other than PERSONA Test Sticks.

## How to test

(see pictures on inside front cover)

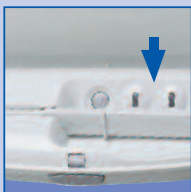
1. Take one Test Stick from its box, tear the protective foil where 'nicked', remove the Test Stick and use it immediately.
 
2. Place just the Sampling End of the Test Stick pointing downwards in the urine stream for **3 seconds**. This is long enough to ensure that the Sampling End is sufficiently wet.
 
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. Switch your Monitor on. You **must wait** for the Yellow Test Light to shine before inserting your Test Stick. You must insert your Test Stick **within 15 minutes** of 'wetting' it.
 
5. Hold the Test Stick by the cap pointing the cut corner of the Test Stick downwards (a), put it into the Test Stick Slot (b). Push the Test Stick down firmly until it lies flat (c). When you have inserted the Test Stick correctly\*, the Yellow Test Light will flash for **five minutes** while the Monitor interprets the information from your Test Stick. After this the Yellow Test Light will go out.



5a




5b



5c

6. When the Yellow Test Light has stopped flashing, remove the Test Stick and **THROW IT AWAY** (with your household refuse). Your Monitor will immediately display either a Red or Green Light. If your Monitor has turned itself off, press the Opening Catch to turn it on again.\*\*

\* If the Test Stick is not placed correctly the Yellow Test Light will not flash. Remove the Test Stick, and making sure that the Yellow Test Light is still shining, replace it in the Test Stick Slot.

\*\* If you turn the Monitor on when the Test Stick is still in the Test Stick Slot, you will see 3 . Remove the Test Stick and the Red or Green Light will be displayed.

### Collected urine

Occasionally you may need to test with collected urine, i.e. when your first urine of the day is **outside** your Testing Window. You must ensure you collect your first urine of the day.

- a. You should collect your urine in a clean, dry container and store at room temperature until you are ready to test. If you need to store your urine for more than 12 hours it is advisable to miss the test.
- b. When you are ready to test, dip just the absorbent Sampling End of a Test Stick (see diagram) into the sample for **15 seconds** (not 3 seconds).
- c. Proceed as normal. Conduct your test within your Testing Window and whilst the continuous Yellow Test Light is still shining.





# ④ Living with PERSONA






## How to look after PERSONA

Your Monitor is made of highly durable materials and will withstand everyday use. However, it does contain sophisticated technology, so take care not to drop or damage it, and always store it at room temperature, in a dry, safe place where no one can interfere with it.

It is not waterproof and, like any electrical equipment, it must not be used if it has become wet. Always remove any excess urine from the Test Stick casing so that no liquid is introduced into the Test Stick Slot.

### Cleaning your Monitor


When the Test Stick Slot needs cleaning a  Symbol, or 2  +  will be shown on the Display Screen. You should NOT attempt to clean the Test Stick Slot at other times.

To clean the Test Stick Slot take a clean cotton bud, slightly dampen it with cold water and gently clean the Test Stick Slot. (You must never use anything other than water to clean the Test Stick Slot as it may affect the reading of Test Sticks).

If the rest of your Monitor needs cleaning, you can simply wipe it carefully with a cloth, slightly dampened with water.



### Replacing the batteries

You must use long-life alkaline batteries which should last for up to one year in normal use\*, however they will not last as long if you open your PERSONA Monitor more than once or twice a day. You should check your replacement batteries are within their expiry date prior to inserting them in your Monitor.

When the batteries in your Monitor need replacing, the  Symbol will appear on the Display Screen. When the Battery Symbol appears the batteries should be changed within 4 weeks.

It is important to put new batteries in as soon as you take the old ones out. Always replace the whole set of batteries at one time with 4 identical new batteries. You must use 1.5V AAA (LR03) long life alkaline batteries. Do not use Nickel Cadmium batteries (rechargeable).

\* We recommend that you buy Duracell AAA long-life alkaline batteries

If you do not change the batteries within 4 weeks of the Battery Symbol being displayed, your Monitor will continue to store your information but you will not be able to use it. The 4  +  will be displayed during this time.

**You must never** leave your Monitor for longer than two hours without batteries in it. If you do, this will cause the internal clock to become inaccurate. You should abstain from intercourse and call the PERSONA Line for further advice.

## How to start using PERSONA again



If you have not used PERSONA for more than 1 cycle, you will need to reprogramme your Monitor. It is important that you read the following notes first.

- Check that you are still suitable to use PERSONA (see pages 2&3).
- Reprogramming your Monitor erases all the previous information stored about your cycles.
- The procedure is not reversible - previously stored information cannot be retrieved.
- PERSONA will see you as a 'new' user and will request 16 tests in the first cycle after reprogramming. Therefore, you will need to purchase two boxes of 8 Test Sticks with the SAME BATCH (LOT) NUMBER before proceeding.
- As a 'new' user you may experience a greater number of 'Red' Days until PERSONA gains more information.
- You will need a PERSONA Test Stick to reprogramme your Monitor. The Test Stick can be previously used or unused. Therefore, you may wish to save a used Test Stick from your last cycle for when you are ready to reprogramme your Monitor. If you do not have a spare Test Stick, you can use one of the 16 tests you have purchased for your first cycle after reprogramming. As an exception, this will mean missing a test as your Monitor will ask for 16 tests (days 6, and 9-23) in the first cycle after reprogramming and you will not be able to use the Test Stick again. If your cycle length is typically 28 days or less, you should miss the test requested on day 23. If your cycle length is typically 29 days or more, you should miss the test requested on day 9.
- Ensure working batteries are in your Monitor prior to reprogramming.

### Reprogramming procedure

1. Open your Monitor and wait for it to switch off (30 seconds).
2. When your Monitor has switched off, insert a PERSONA Test Stick into the Test Stick Slot, checking the position carefully, as there will be no flashing Yellow Test Light 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 Opening Catch to turn your Monitor on.



5. A 3  symbol will be displayed\*. Continue to hold the 'm' Button and leave the Test Stick in position.
6. After approximately 15 seconds, all three lights will flash briefly and all symbols on the Display Screen will be shown. A 3  symbol will again be displayed. The 'm' Button can now be released and the Test Stick removed.
7. You should see the following symbols on your Display Screen '-- m'. Your PERSONA Monitor is now reprogrammed and ready for use.



\* If the book symbol is not displayed, the Test Stick is not inserted correctly.

### Disposing of PERSONA

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.



## ⑤ Frequently Asked Questions

This section is intended to answer those questions which are asked most frequently. You can also visit our website:  
[www.persona.info](http://www.persona.info)

## Questions on Health Issues

*Q1 I think I am approaching the menopause, can I use PERSONA?*

A You should not use PERSONA if you have experienced menopausal symptoms. The commonest symptoms of the menopause are hot flushes, night sweats and vaginal dryness. However these symptoms may be caused by certain illnesses, therefore consult your doctor.

*Q2 Are there any side-effects with PERSONA?*

A No, there are no side-effects.

*Q3 Will PERSONA protect me from sexually transmitted infections (STIs) and AIDS?*

A No. PERSONA offers no protection from sexually transmitted infections or HIV, the virus that causes AIDS.

*Q4 Can I use PERSONA if I am taking medication or suffer a medical condition?*

A Always read manufacturers' instructions for any medication you are taking before using PERSONA. Most medications (e.g. simple pain killers and cold remedies) should not affect the way PERSONA works. However, you **must not** use PERSONA whilst using hormonal treatments (e.g. the pill, fertility treatment or hormone replacement therapy). Nor if you use any other treatment which may affect your cycle or are taking antibiotics containing tetracyclines. You **must not** use PERSONA if you have impaired liver or kidney function, or polycystic ovarian syndrome. Please call the PERSONA Line for further advice or consult your doctor or pharmacist.

**Q5** *What happens if I am ill during a cycle?*

- A Common illnesses, such as colds, flu or diarrhoea, should not affect PERSONA. You should continue to use your Monitor and perform all the tests requested. Where this is not possible, your Monitor will make a decision based on the information it has stored in its memory and, as a result, you will probably have more 'Red' Days for that and subsequent cycles.

## Questions on 'm' Button Issues

**Q6** *I forgot to press the 'm' Button on Day 1. What do I do?*

- A If you forgot to press the 'm' Button on Day 1 of your cycle, don't worry you can still set your Monitor on Days 2,3,4 or 5. Simply hold the 'm' Button down at your chosen 'm' pressing time (see pages 8 & 9), and release it when the correct day number is shown on the display. If you are not able to set the 'm' Button during the first 5 days of your cycle, your Monitor will not have enough information to advise you on your contraceptive status. You should wait until your next period starts before setting the 'm' Button. For the remainder of that cycle you should abstain from intercourse. If you choose to use a barrier contraceptive, e.g. a condom, reliability will be subject to your chosen method.

**Q7** *I've pressed the 'm' Button by mistake, what do I do?*

- A If you have pressed the 'm' Button by mistake you must cancel it. Simply press the 'm' Button for five seconds until the 'm' Symbol disappears. The Display Screen will then return to the correct day of your cycle.

**Q8** *What if I pressed for too long and the '2' appeared?*

- A If this happens you MUST cancel it (see Q7) and then start again, pressing the 'm' Button as normal.

**Q9** *What if my period is early or late?*

- A Don't worry if your cycle varies in length by a few days from one month to the next, as long as it is still within the 23-35 days range. If your period is early you can still press the 'm' Button even if the 'm' Symbol is not flashing on the Display Screen. If your period is late the 'm' Symbol will continue to flash until you set the 'm' Button at the start of your next cycle. If in doubt, ring the PERSONA Line.

**Q10** *If my period starts after the time I had planned to press the 'm' Button and I have to wait until the next morning before pressing it, should I set it as Day 1 or Day 2?*

- A You should set it as Day 1, as PERSONA understands this as Day 1 (see pages 8-9).

**Q11** *If I have a cycle shorter than 23 days or longer than 35 days, what should I do?*

- A PERSONA is designed to accommodate normal variations in cycle length as long as your cycles fall within the range of 23-35 days. If you have a cycle shorter than 23 days or longer than 35 days, the reliability of PERSONA could be reduced, see pages 2 & 3. Please call the PERSONA Line for further advice.

**Q12** *What do I do if I thought my period had started but it was only spotting?*

- A Don't worry. Just cancel the 'm' Button setting (see Q7).

## Questions on Testing

**Q13** *What happens when the clocks change?*

- A Your PERSONA Monitor is not able to take account of the clocks changing twice a year, so the Testing Window will remain as you set it before the clocks changed until you press your 'm' Button again at the beginning of your next cycle.

*Q14 If I need to get up or go to the toilet very early in the morning what should I do?*

- A If you need to go to the toilet before your Testing Window begins, you should use the first urine after your longest sleep for your PERSONA test. This may mean that you need to collect a sample of your urine (see page 19) then check your Monitor during the Testing Window. If the Yellow Test Light is shining, test the urine you collected earlier.

*Q15 Can I have sex during my Testing Window before checking the Monitor?*

- A The contraceptive advice PERSONA gives each day, (a Green or Red Light), is valid until the end of your Testing Window the next day. However you will probably want to check your Monitor before you have sex, and follow the new advice.

*Q16 How do I know if I've inserted the Test Stick correctly? Do I ever need to try again?*

- A When the Test Stick is inserted correctly the Yellow Test Light flashes for 5 minutes. See pages 18-19 for full details.

*Q17 What happens if I get up late?*

- A If you get up after the end of your Testing Window, your Monitor will show a Green or Red Light. The Yellow Test Light only shines within the Testing Window, so you may have missed a test (see page 16).

*Q18 What happens if I forget to look at my Monitor before going to the toilet, then when I do look, the Yellow Test Light is shining?*

- A If you miss doing a test with your first urine of the day, you should not attempt to do a test. You will probably see more Red Lights during that and subsequent cycles.



**Q19** *What happens if I do shift work?*

- A When you press the 'm' Button on Day 1, this determines the Testing Window for that cycle. If you are on night shift you should press the 'm' Button so that you can do tests using your first urine after sleeping. If, however, your shift changes during a cycle, you should collect a sample of your first urine of the day and check your Monitor within the established Testing Window. If you need to do a test, use the collected urine (see page 19).

**Q20** *What should I do if I'm travelling?*

- A As PERSONA should be used and stored at room temperature we recommend that the Monitor is carried in your hand baggage when flying. The Monitor is not affected by x-ray equipment.

If travelling between time zones that are less than 6 hours apart, you can set the 6 hour Testing Window to cover your waking-up times for both zones. You may find it helpful to keep a watch set in the time zone that your 'm' Button was pressed to remind you when the Testing Window opens and closes.

If you are travelling between time zones that are more than 6 hours apart, you can set the 6 hour Testing Window to your waking-up time in either your home country or your travel destination (whichever is latest in the day). This could mean collecting your first urine sample of the day whilst at home or abroad for part of your cycle and testing later in the day when the Testing Window opens. Alternatively, you can discontinue use of PERSONA temporarily (see Q28).

*Q21 What if my Testing Window is not convenient?*

A If you have pressed your 'm' Button and your Testing Window is at an inconvenient time, you can change it as long as you are on day 1,2,3 or 4 of your cycle. You first need to cancel what you have done (see Q7). Then select a new time to press the 'm' Button to give a more convenient Testing Window (see page 8). Then at this time the next morning (which must be on day 2,3,4, or 5 of your cycle), simply hold the 'm' Button down, and release it when the correct day number is shown on the display.

*Q22 What if I forget to test?*

A If you forget to test when asked, your Monitor will show a Red or Green Light at the end of your normal Testing Window (see page 8). It will usually show a Red Light and you may have more 'Red' Days than usual during that and subsequent cycles. For this reason it is important to do ALL tests that your Monitor asks you to do. You must use your first urine of the day. If you miss a test and have an extra Test Stick left over at the end of your cycle, you must throw it away because all Test Sticks used in any cycle must come from the same lot number.

## Questions about 'Red' Days

*Q23 I am having lots of 'Red' Days. Is this normal?*

A For full details please see pages 10-11.

*Q24 Do I really have to abstain from sex on all 'Red' Days?*

A The reliability of PERSONA is dependent on abstinence on **all** 'Red' Days. If you do choose to have sex on a 'Red' Day, even if you do use an alternative method of contraception, the risk of pregnancy is considerably greater than if you abstain from sex.

## Questions about your Monitor

*Q25 What happens if the batteries run low or go flat?*

A Your Monitor will tell you when they need replacing by showing the appropriate symbol (see pages 12-14).

*Q26 What should I do if my Monitor fails to work?*

A If you have any problems with your Monitor, please phone the PERSONA Line.

*Q27 Can I lend my Monitor to a friend?*

A NO. The Monitor can only make sense of one person's cycle at a time. Since everyone's cycle is different, and your Monitor has learnt about YOU, it cannot be used by anyone else unless the information stored within the Monitor is erased (see pages 23-24). However, as your Monitor has had used Test Sticks inserted into it, it is not recommended that it is passed on to another person for reasons of hygiene.

*Q28 What happens if I want to stop using PERSONA?*

A If you would like to stop using PERSONA for a particular cycle, you can choose to miss all the tests for that cycle. You may experience a higher number of 'Red' Days when you resume use of PERSONA. Press the 'm' Button at the start of the cycle you want to stop using PERSONA, to inform your Monitor of your cycle length and ignore any tests requested by your Monitor in that cycle. Although PERSONA will continue to display Green and Red Lights based on previous information in your Monitor, you should not rely on PERSONA as your method of contraception during this cycle because you have not updated your Monitor with your current information. Press the 'm' Button again at the start of your next cycle to resume use and then continue as normal. If you wish to

## FREQUENTLY ASKED QUESTIONS

discontinue using PERSONA for longer than one cycle, and later wish to start again, you will need to reprogramme your Monitor, see pages 23-24. Remove the batteries and store your Monitor and the batteries in a dry, safe place until you are ready to use it again. You may want to save an unused Test Stick from your current stock to use when reprogramming.

### *Q29 Can the information in the Monitor's memory be lost?*

**A** The PERSONA Monitor retains several months of your most recent cycle data. However, the Monitor depends on a constant supply of battery power to keep the internal clock accurate. (See pages 22-23).

If you think you may be pregnant or are concerned about pregnancy, please seek medical advice as soon as possible. The Family Planning Association and the Royal College of General Practitioners recommend that you should consult a doctor or nurse regarding emergency contraception within 72 hours of intercourse - ideally within 24 hours for best effect. If you wish to use PERSONA again, please ensure that you read the information in the section "Is PERSONA right for you?" on pages 2&3 and are satisfied that you meet the criteria for use. Please also note that if you use any form of emergency contraception, you will not be able to use PERSONA until you have had at least two natural consecutive cycles, each lasting 23-35 days, and your third period starts. While you are waiting to use PERSONA you are at risk of becoming pregnant. Please consult your family planning clinic or your doctor for contraceptive advice. If you are going to use PERSONA again you will need to reprogramme your PERSONA Monitor (see pages 23-24). Remove the batteries and store the Monitor and the batteries in a dry, safe place until you are ready to proceed.



# Understanding the display



User Guide p8

## 'm' Button

Press this to set your Testing Window after your period starts. The Testing Window is the 3 hours before and 3 hours after you pressed the 'm' Button for this cycle.



User Guide p10

## 'Green'

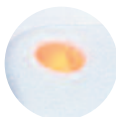
You are free to make love without a contraceptive\*



User Guide p10

## 'Red'

You are at significant risk of becoming pregnant and should abstain from sex.



User Guide p16-19

## 'Yellow'

You need to do a test.



15

## Day Numbers

What day of your cycle you are on.

User Guide p12



## Book Symbol

- 1 The Test Stick was removed from the Test Stick Slot too soon.
- 2 Your Monitor cannot read your Test Stick.
- 3 Your Monitor was switched on with a Test Stick in the Test Stick Slot or your Monitor was not ready for a test.
- 4 The batteries in your Monitor are almost used up and must be changed immediately.
- 5 Please call the PERSONA Line.
- 6 Please call the PERSONA Line.

User Guide p13-14



## 'O' Symbol

You should ovulate within the next 1-2 days.

User Guide p13

m

## 'm' Symbol

You have pressed the 'm' Button and are at the beginning of a new cycle.



## Symbol flashing

Remember to press your 'm' Button **after** your period starts.

User Guide p12



## Brush Symbol

Test Stick Slot needs cleaning before your next test.

User Guide p13



## Battery Symbol

Replace your Monitor batteries.

User Guide p12

*\*Based on independent trials, PERSONA is 94% reliable when used according to instructions and as the only method of contraception. This means that if 100 women use PERSONA for one year, 6 are expected to become pregnant as a result of sex on a Green Light Day due to PERSONA incorrectly identifying their fertile days.*

