

Before using Persona you need to be sure it is the right method of contraception for you.

You must not use Persona if:

- your **cycles are shorter than 23 days or longer than 35 days** (you can work out the length of your cycle by counting the number of days from the first day of your period until the day before your next period starts);
- you have had **menopausal symptoms**, such as night sweats or hot flushes;
- you are **breastfeeding**;
- you are using **hormonal treatments**, for example, **hormonal contraception, fertility treatments and hormone replacement therapy**;
- you are using any **other treatments which may affect your cycle**;
- you are taking **antibiotics containing tetracyclines**. Once you have finished your treatment you may start using Persona at the beginning of your next cycle;
- you have **impaired liver or kidney function**;
- you have **polycystic ovarian syndrome (PCOS)**;
- **you cannot or do not want to become pregnant under any circumstances**.

Persona does not protect against sexually transmitted infections (STIs) or HIV.

You cannot use Persona straight away if you have recently been:

- **breastfeeding**;
- using **hormonal contraception or treatments**;
- using **any other treatment which may affect your cycle**;
- **pregnant (even if you have not carried to full term)**.

After pregnancy or once you have completely stopped breastfeeding or finished taking hormonal contraception or other treatments which may affect your cycle, you will need to wait until you have had at least 2 natural menstrual cycles in a row. Both of these cycles must last between 23 and 35 days. You can then start to use Persona on your third cycle.

Please refer to this section regularly to check that Persona is still suitable for you to use.

How reliable is Persona?

Persona is 94% reliable if you follow the instructions properly and use it as the only method of contraception. This means that if 100 women use Persona for one year, we expect 6 will become pregnant because they have had sex on a day when Persona incorrectly showed they were not at risk of becoming pregnant (green day).

For Persona to be 94% reliable, you must not have sex on red days. You are much more likely to become pregnant if you have sex on a red day, even if you use a barrier method of contraception, such as a condom.

Green days, red days and test days

Each day the monitor will show the current date and time, and the day of your cycle. It will also show whether the day is a green day, red day or test day.

Green days mean you are free to have sex without using contraception. *

Red days are days around the time you ovulate and mean you are at a high risk of getting pregnant if you have sex, even if you use a condom.

Test days mean you will need to do a test to see if you are on a red day or a green day. You may insert a test stick from any screen with the exception of the Persona screen. The Persona screen is displayed as soon as the monitor is switched on whilst it carried out necessary checks. You must wait until this screen is no longer displayed before inserting a test stick. You should do this on day 1, which is the first day of your period.

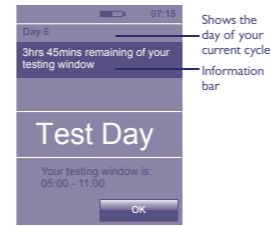
After your first cycle you will be asked to do a test on 8 days of each cycle. **You will always be asked to do your first test on day 6.** Your monitor will ask for the rest of the tests on any 7 days in a row. Test days may vary from cycle to cycle.

It is important that you do all tests correctly. If you miss a test, the monitor will decide on a red day or green day based on the information available to it. This may mean you will have more red days in your cycle.

Testing

Each day, during the testing window, you will need to check your monitor. You must test using your first urine of the day after you wake up, so check before going to the toilet.

If you need to do a test the test light will flash. If you have set an alarm, this will sound at the time you need to test.



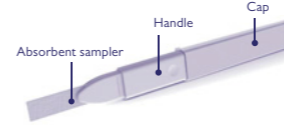
If you press OK from the test day screen you will return to the menu. You may insert a test stick from any screen with the exception of the Persona screen. The Persona screen is displayed as soon as the monitor is switched on whilst it carried out necessary checks. You must wait until this screen is no longer displayed before inserting a test stick.

You must only use Persona test sticks with the monitor. Make sure that all the test sticks you use in any one cycle are from the same lot number. You can find the lot number, shown as LOT, on the test stick's foil wrapper or on the test stick box. Do not use test sticks that are out of date or if the foil wrapper is damaged.

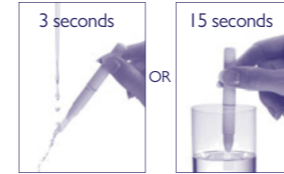
If you want to collect your urine to test later, for example, if you need to go to the toilet before your testing window starts, use a clean and dry container and store it at room temperature until you are ready to test. Remember to test within the testing window.

How to test

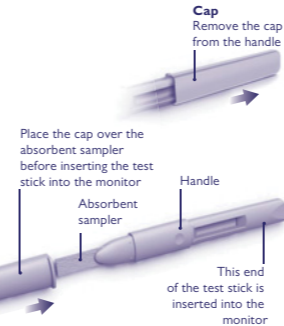
1. When you are ready to test, remove a test stick from its foil wrapper and use it straight away.



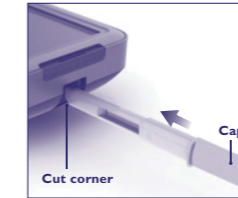
2. Put just the absorbent sampler pointing downwards into your urine stream for **3 seconds** only. **Or**, you can collect a sample of your urine in a clean, dry container and put just the absorbent sampler into the urine, as shown, for **15 seconds** only.



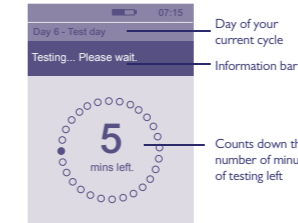
3. Keeping the test stick pointing downwards, **take the cap off the handle and place it over the absorbent sampler**. Wipe any excess urine off the test stick.



4. If the monitor is switched off you must **switch it on and wait for the Persona screen to disappear. As soon as the Persona screen is no longer displayed insert the test stick, as shown, into the test stick slot straight away and place the monitor on a flat surface.**



Wait for 5 minutes. The screen will switch off after 1 minute, which is normal. The monitor will continue to analyse the test. The test light will flash during testing.



5. Once testing has finished, the alarm will sound. If the monitor is off, switch it back on. The screen will ask you to remove the test stick. Throw the test stick away with your normal household waste. You must not reuse a test stick.

6. Once you have removed the test stick, the screen will show whether it is a green day or a red day.

While you are testing, **do not** hold the test stick with the absorbent sampler pointing upwards as the result may be affected.



Testing errors

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

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Persona is a trade mark.

This device is intended for self testing. For *in vitro* diagnostic use only. **IVD**
Store at room temperature. Keep out of the reach of children. Use test stick once. Do not use if the foil wrapper is damaged. Do not use a test stick that has passed its expiry date.

www.Persona.info

Advisors available 07:00 – 15:00hrs Mon-Fri, excluding Bank Holidays.
UK - 0800 917 2710 • IE - 1800 812 607
Free from landlines, mobiles may be charged. All calls are recorded and may be monitored for quality purposes. Please be ready to quote the LOT number.

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