How to Do a Test

1. Work out when to start testing
   - Use the table below to work out when to start testing.
   - The day your period starts (first day of full bleeding) is Day 1. Your cycle length is the total number of days from Day 1 up to and including the day before your next period starts.
   - If your cycle length varies use the shortest cycle over the last 6 to work out when to start testing.

2. Insert the test stick into the holder
   a) When you are ready to test, take a test stick out of the foil and take off the cap.
   b) Put the test stick into the holder making sure the purple arrows line up as shown.
   c) The first time you use the test the new cycle symbols will flash briefly.
   d) The ‘test ready’ symbol will then appear. Do the test straight away. If this symbol does not appear or the screen goes blank eject the test stick and put it back into the holder.

3. Do the test
   a) Either...
      - put just the absorbent tip pointing downwards into your urine stream for 3 seconds. Take care not to get the holder wet.
      - Remember to insert the test stick into the holder before you do the test.

4. Wait for your result
   - Within 1 minute the test ready symbol will flash to show the test is working.
   - After 5 minutes the display will show your result.
   - Do not eject the test stick yet.

5. Read your result
   - Low Fertility: small chance of getting pregnant
     - Make love today is just for fun as it’s unlikely that you will get pregnant.
   - High Fertility: increased chance of getting pregnant
     - Make love to increase your chances of getting pregnant.
     - A rise in estrogen has been detected - today is your most fertile day. Your LH surge is displayed until your LH surge is detected (Peak Fertility).
   - Peak Fertility: highest chance of getting pregnant
     - Make love to maximise your chances of getting pregnant.
     - Your LH surge has been detected - today is your most fertile day. Your LH surge will be displayed for a further 48 hours.

6. Or...
   - collect a sample of your urine in a clean, dry container and put just the absorbent tip into the sample for 15 seconds.
   - During first use symbols flash briefly.
   - If symbol does not appear, eject and re-insert.

7. Follow the instructions from step 2 using a new test stick.

5 important points you need to read

1. Peak Fertility is displayed constantly for 48 hours after it first appears. The holder will not be able to read another test whilst this is displayed.
2. Every woman’s cycles are unique and hormone patterns differ so the number of fertile days you see is personal to you. In a study of 87 women, this is what we saw:

<table>
<thead>
<tr>
<th>Number of High Fertility days before Peak Fertility</th>
<th>% of women</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>66%</td>
</tr>
<tr>
<td>5-9</td>
<td>25%</td>
</tr>
<tr>
<td>10+</td>
<td>1%</td>
</tr>
<tr>
<td>No Peak Fertility after High Fertility</td>
<td>8%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
</tr>
</tbody>
</table>

3. If you started testing on the right day and you see more than 9 High Fertility days you may wish to stop testing as it’s unlikely that you will see Peak Fertility this cycle. See Q4.
4. Only test once a day until you see High Fertility. For reliable results you must use the urine after your longest sleep. When you see High Fertility you can test more often. Drink normally and it’s important not to urinate for 4 hours before testing again.
5. If you remove the batteries from the holder you will not be able to use it again.

Read this leaflet carefully before testing
• You may not see Low, High and Peak Fertility days every cycle.  If an estrogen rise isn’t detected, or the estrogen rise and LH surge are close together, you may not see High Fertility.
• High Fertility is indicated as a flashing smiley face.  If you have had 2 cycles before testing, you may get unexpected High Fertility results.  If you have recently been pregnant you should wait until you have had 2 cycles before testing Peaks Fertility results may be affected.
• The electronic instrument will provide reasonable protection against electromagnetic interferences and harmful static electricity discharges.
• If the test stick is inserted correctly and the display is blank you may not have inserted it correctly.  If the test stick is inserted correctly and the display is still blank, you may not have started testing too late.  You may still see Peak Fertility and you can rely on these results.
• How accurate is Clearblue Advanced Digital?  A laboratory study has shown the test to be over 99% accurate in detecting the LH surge (Peak Fertility).*  Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause charging. All calls are recorded and may be monitored.