



Digital Ovulation Test

Can help women get pregnant naturally





Digital Ovulation Test

Clearblue Digital Ovulation Test: Identifying the best 2 days to conceive naturally

The most effective home ovulation test kit¹ – now with easy to read digital results.

Clearblue Digital Ovulation Test helps women who are trying for a baby by identifying their best 2 days to conceive in each cycle. The test detects the surge in Luteinising Hormone (LH) in urine, that occurs 24–36 hours prior to ovulation. A woman is most fertile on the day the LH surge is detected and the day after.

With its clear digital display; 😊 when LH surge is detected, ☹️ when no LH surge is detected, Clearblue Digital Ovulation Test is the most effective ovulation test kit. Research has shown that more women obtain the same result as a laboratory professional than when reading other ovulation tests.

With Clearblue Digital Ovulation Test women also have an increased chance of detecting the LH surge compared to other 5 test kits.

The Clearblue Digital Ovulation Test is a natural method of detecting the LH surge in urine to identify the 2 best days to conceive in each cycle.

The Clearblue Digital Ovulation Test provides women with:

- Over 99% accuracy
- 7 test sticks means greater effectiveness in predicting ovulation compared with 5-test stick packs



- Ability to predict the best 2 days to conceive each cycle
- Easy to read digital display
- Result in just 3 minutes
- Symbols on the Display that provide reassurance throughout the testing process.

Why use Clearblue Digital Ovulation Test?

Getting pregnant is something that most people believe should happen quickly and easily and yet, for many women, it can take longer than expected.

Part of the reason for this may be that many women only have a limited understanding of fertility and that there are only a few days each cycle when it is possible to become pregnant. Add to this, myths and old wives' tales and it's not surprising that a couple may be uncertain about the best course of action to take when trying for a baby.

The chances are that most couples just need a little guidance regarding timing. Even a healthy couple in their 20s has just a one in three chance of conceiving in any one cycle. These days, in the UK, the average age for a woman to give birth to her first baby is 30, an age at which fertility has started to decline.

More and more couples are benefiting from a reliable, easy-to-use test to tell them the best time during a cycle to try for a baby – the time when the chance of achieving pregnancy is most likely.

It is possible for a woman to conceive during only a few days of her cycle – her fertile days.² She is, however, most likely to conceive on just 2 of these days and when these 2 days occur can vary from woman to woman; and from cycle to cycle in the same woman. This is where Clearblue Digital Ovulation Test can help.

How **clearblue** Digital Ovulation Test works

Detecting the most fertile days:

Research has shown that it is possible for a woman to conceive during a few days in each cycle, the fertile days, and this is affected by:

- The lifespan of the egg: up to 24 hours after ovulation, when an egg is released from the ovaries
- The lifespan of sperm: typically 3–5 days. Sperm survival is dependent on the type and quantity of the mucus within the cervix and the quality of the sperm itself.

The LH surge occurs approximately 24–36 hours prior to ovulation³. Women are at their most fertile on the day the LH surge occurs and the day after.

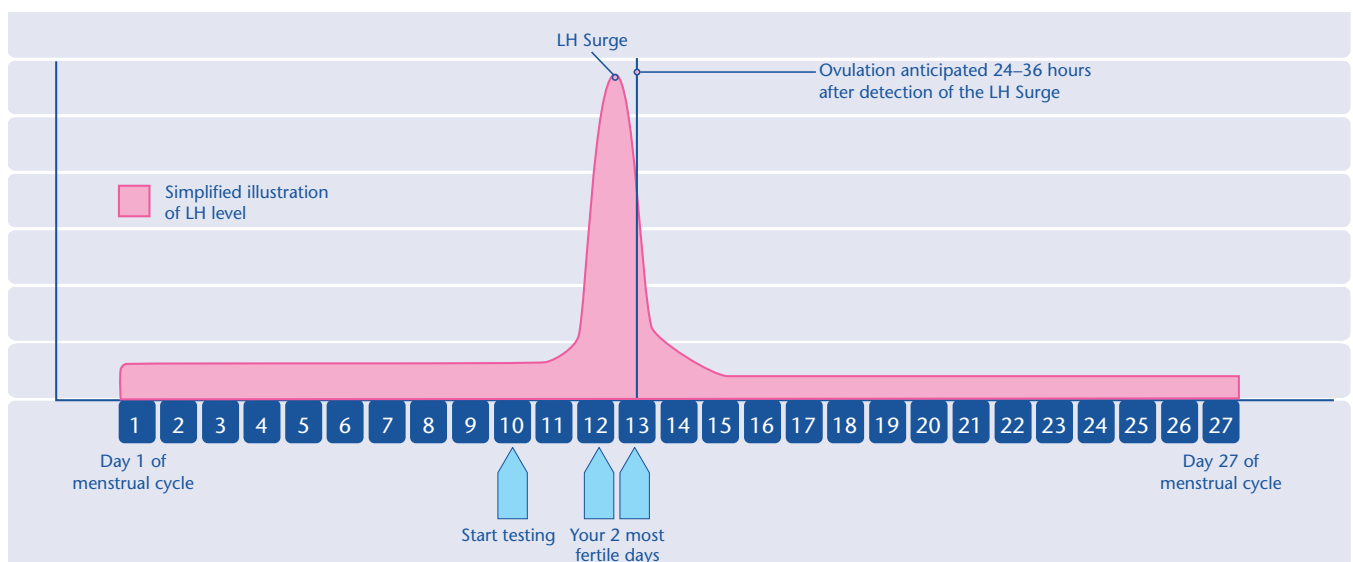
Ovulation usually occurs about 12 to 16 days before the next period starts. The average length of the menstrual cycle is 28 days, but can vary. Most women have a cycle that lasts between 23 and 35 days. Cycle length can vary from woman to woman; and from cycle to cycle in the same woman and ovulation might not occur at the same time in each cycle. Predicting when ovulation might occur is critical for those women actively trying to conceive. By detecting the LH surge that precedes ovulation **clearblue** Digital Ovulation Test helps women identify their 2 most fertile days.

How to use **clearblue** Digital Ovulation Test

Please note these are abbreviated instructions. A user must always read the in-pack leaflet before carrying out a test.



To have the best chance of detecting her LH surge a woman needs to know her usual cycle length. She can then use the table provided in the leaflet to establish when to start testing. There is no need to test every day of the month.



Example of how an LH surge could appear during a 27 day menstrual cycle. Once the LH surge is detected no further tests are required.

clearblue Digital Ovulation Test consists of a foil wrapped Test Stick and electronic Test Holder. The Test Holder incorporates a digital Display that indicates whether an LH surge has been detected or not.

Prior to using the **clearblue** Digital Ovulation Test, the user must remove the Test Stick from its foil wrapper, remove the cap and then insert the Test Stick into the Test Holder. The Test Stick and Test Holder are marked with pink arrows. The user must align these when inserting the Test Stick into the Test Holder. The Test Stick clicks into place when inserted and the 'Test Ready' symbol appears on the Display.

When the 'Test Ready' symbol appears the user simply holds the Absorbent Sampler in her urine stream for 5–7 seconds. Alternatively, she can collect a sample of urine in a clean dry container and immerse the sampler in the collected specimen for 15 seconds.

After 20 to 40 seconds, the Test Ready symbol will flash to show that the Test is working.

The Test Holder automatically reads and interprets the Test result within 3 minutes and delivers a clear digital result on the Display. The results are displayed in the form of a ○ for a 'No LH Surge' result and ☺ for an 'LH Surge' result.

The **clearblue** Digital Ovulation Test kit contains 7 Test Sticks and one Test Holder. Test Sticks are not available separately.



References:

1. More women obtain the same result as a laboratory professional when reading **clearblue** Digital Ovulation test than when reading other ovulation tests. Unipath data on file
2. World Health Organisation. Fertil Steril 1983; 39:647-654
3. Corsan GH, Ghazi D, Kemmann E. Fertil Steril 1990; 53: 591-601

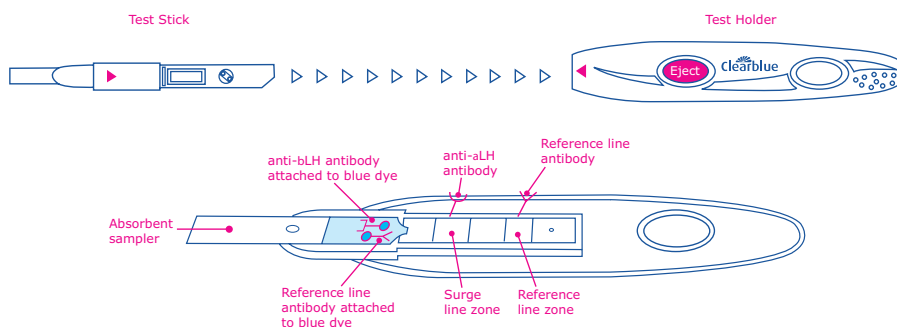
As most women do not have regular 28-day cycles, the 7 Test Sticks provided in **clearblue** Digital Ovulation Test make detecting the LH surge more likely than the 5 sticks usually offered by other brands.

Additional points

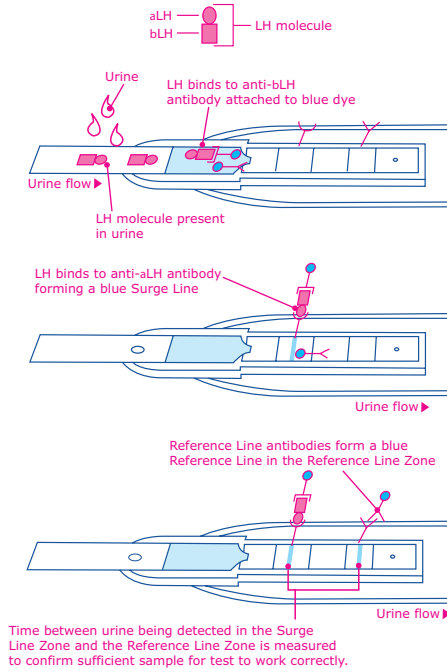
- A woman who does not know her usual cycle length is advised to wait for at least one menstrual cycle, and note the length of this cycle, before using **clearblue** Digital Ovulation Test. She can then refer to the chart supplied on the in-pack leaflet to determine when she should start testing
- If a woman's cycle length is shorter than 21 days she should start testing on day 5. If her cycle is longer than 40 days, she should start testing 17 days before she expects her next period
- Users should always read the manufacturers instructions for any medication they are taking before conducting a test
- Certain medical conditions and medications can adversely affect the performance of the Test; for example if a woman is pregnant or has recently been pregnant, has reached the menopause or has polycystic ovary syndrome this may produce a misleading result. This may also be true for a woman taking fertility drugs containing Luteinising Hormone or human Chorionic Gonadotrophin. It is advised in these cases that she checks with her doctor
- Clomiphene citrate does not affect the tests, but may affect the length of the cycle and, therefore, when to start testing. A user may need to start a new pack and use the new Test Holder and Test Sticks to continue testing
- If a woman has recently stopped using hormonal contraception this will not affect results. However the natural hormone pattern is disrupted by hormonal contraception and her cycles may be irregular and may take some time to stabilise. She may wish to wait until she has had two natural menstrual cycles, and note the length of these before using **clearblue** Digital Ovulation Test
- **clearblue** Digital Ovulation Kit should not be used as a contraceptive.

The Clearblue Digital Ovulation Test: how it works

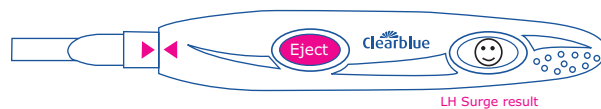
The scientific principle of how the Clearblue Digital Ovulation Test works is shown in the figure below.



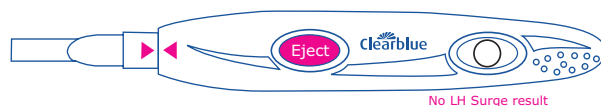
Surge



When a valid Reference Line has been detected the Surge Line is monitored. If, within 3 minutes, the intensity of this line rises above a certain threshold the Display will show a 'Surge' result.



If the Surge Line fails to rise above a certain threshold within 3 minutes a 'No Surge' result is displayed.



UNIPATH



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