

DIRECTIONS: CLEAR PLAN FERTILITY MONITOR

This **CAN** be used to schedule tests and procedures.

Two bars are close to positive.

Three bars and an egg are equal to a positive LH surge.

If you **ARE** taking clomiphene citrate, you **CANNOT** start testing with the monitor until cycle day-12 or you may get a false positive.

If you are **NOT** taking clomiphene citrate, you **CAN** follow the regular instructions that come with the monitor.

ONCE YOU GET A POSITIVE SURGE, STOP TESTING

You will ovulate 24-36 hours after your positive LH surge.

- ***If you are using this test to time intercourse***, have intercourse the night it is positive and the next night.
- ***If you are using this test to time inseminations***, for best timing, call the day it is positive and schedule an insemination for the next morning. If the next morning is not convenient, schedule it the same afternoon as your positive LH surge.
- ***If you are using this to schedule a Post-Coital Test (PCT)***, call the day it is positive to schedule the PCT for the next day. If you schedule the PCT for the next morning, you should have intercourse between 10 and 11 p.m. the night before. If you schedule the PCT for the next afternoon, have intercourse early in the morning on the same day as your PCT.
- ***If you are using this test to time a mid-cycle scan***, when the test shows it is getting close, but is not positive yet, call and schedule an ultrasound for the next morning. The day after an LH surge may be too late to do a mid-cycle scan as you may have already ovulated.

Call the nurse at (503) 418-3700 if you have any questions.