

DIRECTIONS



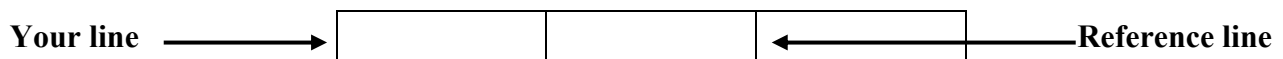
CLEARBLUE EASY (Was: Clear Plan Easy) OVULATION PREDICTOR KIT

► Priced less at Costco or Walmart ◀

Use these instructions rather than the ones that are in the box.

DO NOT test with first urine of the morning. You do not have to wait 2-4 hours but can use the second urine whenever you can urinate again. If you got up to go to the bathroom during the night, you can use the first urine of the morning when you get up. Urinate into a paper cup, remove the cap from the stick and dip the end of the stick in urine for 20-seconds.

When holding the stick horizontally the reference line is on the right of the box. Your line will be on the left with an arrow pointing to it (see below diagram).



If you are taking clomiphene citrate, do not start testing for an LH surge until 3-days after the last tablet. **EXAMPLE:** If you take the pills on cycle days 5-9, you should not start testing until cycle day-12 at the earliest. If you test before that you might get a false positive. The average day people usually surge on clomiphene is cycle day-15.

This is a comparison test. You should always get a blue line in the reference area. When the blue line in your area is as dark as or darker than the reference line, the test is positive. If the lines are so close you are not sure if it is positive, consider the test positive. If you test in the morning and the test is close but not positive, test again that afternoon before 4 p.m. (the Lab's phones are turned off at 4 p.m.).

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 about 24-hours later. 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 & 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.
- **ONCE YOU GET A POSITIVE SURGE, STOP TESTING.**

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