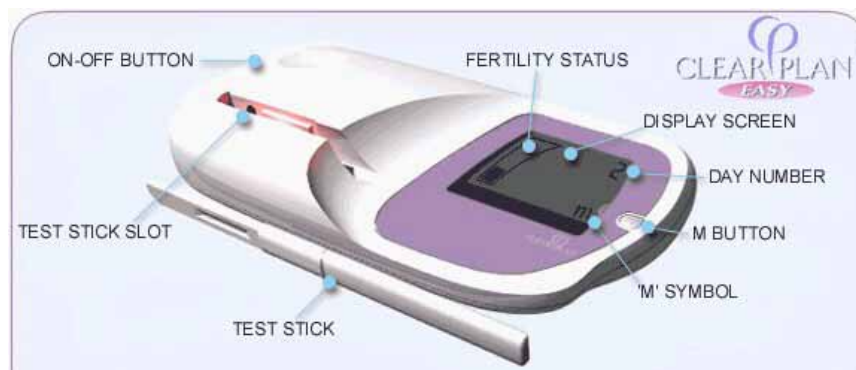# Fertility Monitor Instruction Sheet

Setting and caring for your monitor

- On the first day of your period, turn on the monitor.

- Pressing the "m" button will tell the monitor that your period has started. Only press the "m" button at the time of the morning that you want to test your first morning urine. For example, if you press the button at 7 am, then your testing window will be set for 5 am to 9 am. When you press the button, a number one will appear to indicate that it is the first day of your period. If you do not set the monitor on the first day of your period (you forgot or the time of day was not right for first morning urine testing), then continue to press the "m" button until the appropriate day of your cycle appears (up to day 5).

- Do not leave your monitor in the bathroom for long periods of time. Steam from the bathtub or shower will damage it. Also, be careful to keep the monitor away from the sink and the toilet when you are performing a test. If you drop it in water, the monitor may malfunction and need to be replaced.

When and how to test

- Turn on the monitor every morning before you urinate to see if you are instructed to perform a test.

- Unwrap one stick and point it downwards in your first morning urine for 3 seconds. If you prefer, you can collect your urine in a clean dry cup and insert the absorbent end of the stick in the urine for 15 seconds.

- While keeping the stick pointed downwards, remove the protective cap from the handle and put it on the wet end of the stick. Gently wipe off any excess urine on the outside of the test stick with a tissue.

- Place the cut corner of the test stick (the end with the window) facing downwards into the test stick slot and then push the rest of the test stick down until it lies flat and clicks into place. When the test stick is positioned correctly, the test stick symbol will flash for five minutes while the monitor is reading it. The monitor might turn off during this time.

- After the monitor has read the test stick, it will display a symbol prompting you to remove the stick. Remove the test stick and throw it away (they cannot be reused). Your fertility status will then be displayed. If the monitor has turned itself off after reading the test stick, remove it and then turn the monitor on. Your fertility status will then be displayed as low, high or peak.

Public reporting burden for this collection of information is estimated to average 7 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974.