



DuoFertility



Quick Start Guide & User Manual

The help and support
you need to get
pregnant - naturally

Accurate

Convenient

Natural

A message from the team

Thank you for choosing to use DuoFertility to help you conceive. Please read this guide carefully before using the product.

We are committed to making this journey as natural and simple as possible for you. The DuoFertility system provides you with an easy way of keeping track of your body basal temperature, which is a clinically proven method of monitoring your fertility. DuoFertility uses the latest technology to identify the days in the month you are most likely to get pregnant. It has been designed to fit into any lifestyle, so you can use the product with confidence, without any disruption to your daily life.

If you would like further advice on how to use DuoFertility, please do let us know. Our customer care team are happy to answer any queries that you may have about using the product, and our in-house team of dedicated fertility experts are available to answer any fertility-related queries. Any technical terms are explained in the Glossary (pages 33-34).

We hope that you enjoy using DuoFertility, and that it helps you to take control of your fertility.

Best wishes from the team at

DuoFertility

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Quick Start Guide

Basic functions

To switch on the reader, hold the central button (for approximately 1 second) until the reader beeps. The DuoFertility icon will flash white. The reader also switches on when connected to your computer.

The reader turns itself off automatically; after about a minute, the reader icons will not be lit, indicating that the reader is off.

Getting started

You can start to use DuoFertility at any point during your cycle. To set up your monitor ready for use:

1. Connect your reader to your computer using the USB cable provided
2. Download the relevant software from the launch window
3. Launch the software
4. Follow the on-screen instructions for the initial welcome process

You are now ready to start monitoring your cycle:

1. Use one of the adhesives provided to start wearing the sensor under one of your arms. Make sure that you position the sensor so the side with the large circle is facing your skin. Remember to wear the sensor while you are sleeping.
2. After a couple of days, transfer the data from the sensor to your reader. To do this:
 - o Turn on your reader by pressing the central button
 - o Press the central button a second time. You should see a yellow light moving backwards and forwards on the light scale
 - o Whilst the yellow light is moving, position the sensor over the central button. The reader should 'recognise' the sensor and a green light should appear on the left hand side of the light scale. During the download it will move slowly to the right hand side.
 - o The reader will signal a successful download by sounding a low beep, followed by a high beep, and the green 'today' arrow should light up in green.

After you have been using DuoFertility for approximately one cycle, your fertility status should start to be displayed on the reader light scale after the download and on the software graph on your computer.

It is important for you to read the rest of the User Manual to learn about how to use the product in greater detail.

Contents of the DuoFertility box

The DuoFertility box should contain:

1. The DuoFertility reader
2. The DuoFertility sensor
3. A pack of 40 adhesives
4. A USB cable
5. Quick Start Guide & User Manual
6. A small travel bag



If any of these are missing, please call the DuoFertility careline.

How DuoFertility can help you

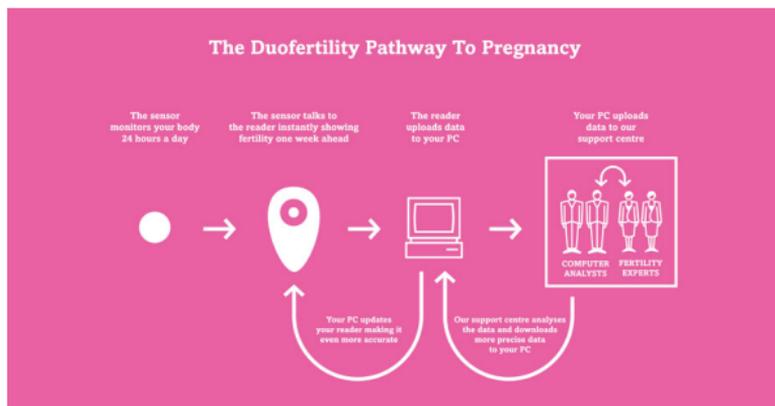
DuoFertility is a sophisticated fertility monitor. It predicts when you are most likely to be fertile by automatically taking continuous measurements of your temperature. This allows DuoFertility to build up a detailed picture of your cycle and identify your most fertile days. After transferring this data from your sensor, your reader will display a simple summary of your fertility status which you can use to plan intercourse for the best time of the month.

DuoFertility maximises your chances of getting pregnant by helping you to:

- Plan intercourse for when you are most likely to conceive
- Understand your fertility by viewing a detailed picture of your menstrual cycles

How DuoFertility works

DuoFertility consists of a sensor and a hand-held reader. The sensor takes over 2,500 measurements of your temperature every 24 hours. This allows it to detect the small jump in temperature which occurs when you ovulate, and to identify when you will be most likely to conceive, giving you time to plan ahead.



When you transfer data from your sensor to the reader, the reader displays your fertility status for the week ahead. You can then plug your reader into your computer to see your data in more detail. This automatically transfers your data to our support centre, which allows our fertility experts to analyse your cycle and inform you of any irregularities. It also allows us to monitor the performance of your product and send you the latest product updates.

The science behind DuoFertility

When ovulation occurs, there is a small increase in your body basal temperature (BBT) as seen in Figure 1. BBT is the lowest temperature your body reaches – your body usually reaches this temperature during deep sleep and your temperature increases again when you wake up. The change in body basal temperature before and after ovulation usually ranges from 0.3°C to 1.5°C, although this may vary.

The technology behind DuoFertility records skin temperature measurements and uses this to estimate your body basal temperature; this allows it to identify the small rise in body basal temperature and to confirm that you have ovulated. DuoFertility works out when you are sleeping most deeply, so there are no disruptions to your temperature measurements from late nights, early mornings, or interrupted sleep. Of the 2,500 temperature points collected, only the best quality measurements are used.

The most fertile days of the menstrual cycle usually include the day of ovulation and the days preceding and following ovulation. Therefore, accurately identifying your ovulation is key to maximise your chances of conception by helping you to plan intercourse for when you are most likely to conceive.

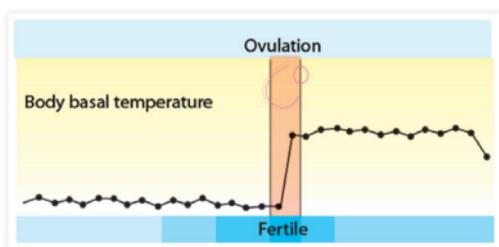


Figure 1: Variations in body basal temperature during the cycle (each dot represents BBT at a given day of the cycle). There is a small increase in BBT on the day of ovulation.

Getting the most out of DuoFertility

There are a number of things you can do to get the most out of DuoFertility and maximise your chances of getting pregnant.

Regularly plug the reader into a computer with an Internet connection

While it is possible to check your fertility status using just your reader, we strongly recommend that you regularly plug your reader into your computer and open your temperature chart while you are connected to the internet. This is because we regularly release automatic updates to ensure that DuoFertility becomes more attuned to your body as time goes on, helping to maximise your chances of getting pregnant. Regularly plugging in your reader will also allow our experts to check for irregularities in your data and monitor the performance of your reader and sensor. In addition, all of your data will be encrypted and saved so that none of your data will be lost if you happen to lose your reader. The battery in the reader is also charged while the reader is connected to a computer. For further information, please read page 18.

Record each day of your menstruation on the day that it occurs

In order to ensure that the fertility predictions that you receive are as accurate as possible, we strongly recommend that you record each day that you have your period either on the reader or on the software. It is very important that you record menstruation as soon as possible after it occurs - ideally, you should record each day of menstruation on the day that it occurs, or, at the very latest, within 2 to 3 days of it occurring.

Inform us of your fertility history

It is very important for you to fill in the fertility information during the welcome process so that we can personalise your product. It is particularly important for you to record your previous cycle dates from before you started using DuoFertility. We also encourage you to keep us updated about any changes in treatment or medication that you undergo while you are using DuoFertility.

Understanding your menstrual cycle and ovulation

The menstrual cycle is the process during which your body prepares for pregnancy. As you approach ovulation each month, your uterus becomes more welcoming to sperm, allowing them to survive longer and swim to the egg, which increases your chances of getting pregnant.

Each menstrual cycle begins on the first day of your period and ends on the day before your next period. The menstrual cycle is composed of three different phases and lasts 28 days on average, in which case ovulation is expected to occur between day 11 and day 16. However, it is not unusual to have cycles which are as short as 20 days or as long as 60 days.

Ovulation is a key event in the menstrual cycle. During the follicular phase, one of the follicles which are contained by the ovaries reaches complete maturity and one egg/ovule is released. This is triggered by a surge in luteinising hormone (LH).

After ovulation, the released egg travels along the Fallopian tubes, where fertilisation by sperm can occur. The ruptured follicle left behind after ovulation forms the corpus luteum which secretes progesterone, the hormone responsible for the rise in body basal temperature (BBT) that signals ovulation. It also suppresses the ripening of further follicles, induces closing of the cervix and the thickening of cervical mucus. The corpus luteum then disappears with the onset of menstruation.

The lifespan of the released egg is only 24-48 hours. Therefore, for fertilisation to occur, sperm must either be already present in the female reproductive tract, or intercourse must take place soon after ovulation. Sperm can survive for 3 to 5 days in the vaginal environment if the right kind of cervical mucus is present. This is why the few days before and after ovulation are when you are most likely to get pregnant, with the peak time being the day of ovulation.

When you ovulate, the vaginal environment becomes more welcoming and friendly to sperm, making this the most fertile time of your cycle and therefore the best time to try for a baby. Cervical mucus becomes less acidic and more elastic and the cervix moves from a low, firm, dry and closed position to being soft, high and open. All these changes facilitate the passage of sperm to the uterus and the Fallopian tubes. This is therefore the best time of the month to try for a baby.

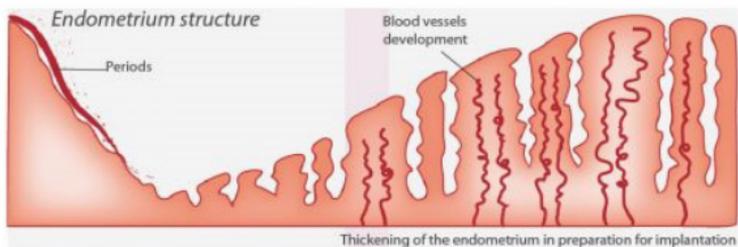
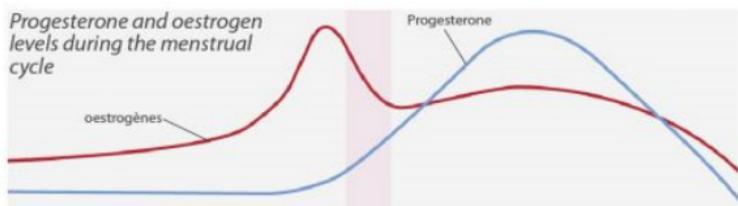
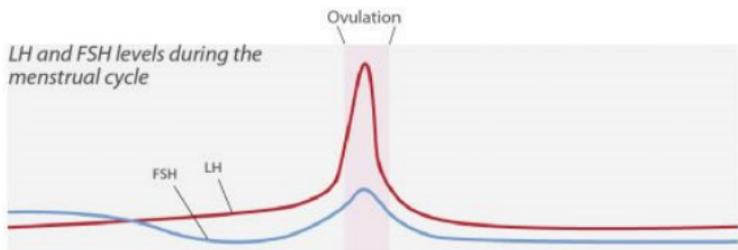


Figure 2: Phases of the menstrual cycle

Indications for use

DuoFertility should not be used as a contraceptive device.

The DuoFertility Monitor is intended for measuring, and recording basal body temperature (BBT) as an aid in ovulation prediction to aid in conception.

Warnings and Precautions

DuoFertility is suitable for women with a wide range of conditions, such as hormonal disorders (including polycystic ovarian syndrome) and irregular menstrual cycles. It is also suitable for women who are currently undergoing, or have undergone, assisted reproductive techniques such as IVF or ovulation induction.

Certain medical conditions and medications can adversely affect the performance of DuoFertility. It is important to note for example that the monitor may not be able to predict your fertile days if you are receiving an hCG injection to induce ovulation as this event is not controlled by your cycle.

DuoFertility will not be able to help women who are suffering from anovulation because of menopause, have both Fallopian tubes blocked, or whose partner is unable to produce any sperm (azoospermia).

If you have been actively using DuoFertility and having regular intercourse during your predicted fertile days for six months without managing to conceive, please contact your doctor for further advice if you have not previously done so.

The device is intended to give an indication of the user's body basal temperature. The device is not intended for use as a thermometer. Temperature measurement is accurate to 0.1 degrees Celsius.

The manufacturer (CTC) has adopted the most appropriate solution for the manufacturing and design technology used for the DuoFertility device in order to reduce risks for the patient as far as possible.

The only residual risk of the use of DuoFertility is possible irritation to the skin from wearing the adhesive (see page 12). However, CTC has used a reputable medical adhesive manufacturer (3M™) who has tested their product for continuous skin contact of 29 days with no irritation reported.

If the reader is being stored, it needs to be charged at least once every 6 months as a minimum to prevent battery leakage into the product and performance deterioration due to the self-discharging of the battery pack.



Before using the DuoFertility monitor, it is important that you read the instructions in detail. Do not attempt to change or modify any part of the reader or sensor unless stated in instructions for use.



The DuoFertility monitor complies with the safety regulations for the protection against Electrical Shock.



Cambridge Temperature Concepts recognises its responsibilities and obligations under current National and European legislation and regulations and is committed to compliance with the European Union Directives on Waste Electrical and Electronic Equipment (WEEE). As part of our responsibility towards caring for the environment, Cambridge Temperature Concepts offers all customers of DuoFertility the option of disposing of their DuoFertility Reader and Sensor on their behalf. Please do not discard of your product along with normal household waste. Please contact us if you wish to return your unwanted DuoFertility equipment for appropriate disposal.



DuoFertility complies with the European Directives regarding consumer safety, health or environmental requirements and is approved for sale within the EU. The audits are performed by SGS United Kingdom Ltd.

FCC ID:
WWO-CTCDFR

DuoFertility complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) DuoFertility may not cause harmful interference, and (2) DuoFertility must accept any interference received, including interference that may cause undesired operation.

We recommend that the computer used with the DuoFertility is EN 60950-1 compliant. This can be checked with the manufacturer.

How to use the sensor

Where to place the sensor

The sensor must be worn in an area with good blood circulation. We suggest using the adhesives which are provided to keep the sensor in place under the arm, as this is a convenient place to wear the sensor.

You can wear the adhesive either underneath or away from your bra strap. This should not affect the results as long as you are consistent in where you position the sensor. You should try to find the position that is most comfortable for you. After you have removed the sensor, please try to replace the sensor in the same position in which you were previously wearing it.



Unless you have reached the beginning of a new cycle (i.e. your period has started), we do not recommend that you change the arm under which you are wearing the sensor. This is because the blood flow might be slightly different on each side, and this could affect the quality of the temperature readings. If, for any reason, you have to change side, we suggest that you record this directly in the notes sections of your software. The correct time to change side is on the first day of your period, as this marks the beginning of a new cycle. This allows the skin on each side to breathe for a cycle, and will also reduce the chances of any skin irritation.

How to apply the sensor

It is very important for you to wear the sensor the right way round, otherwise it will not be able to take accurate measurements of your temperature.

The side of the sensor that goes next to your skin has a large circle which covers most of the sensor (Figure 1). The outward side of the sensor has four smaller circles (Figure 2). Position the sensor so that the skin side is facing down.



Figure 1: Skin side of the sensor



Figure 2: Outward side of the sensor

When to wear the sensor

We recommend that you wear the sensor continuously - this ensures that the maximum number of readings is taken, resulting in greater accuracy. One of the advantages of DuoFertility is that you do not have to wake up early every day to take your temperature - the sensor does all the work for you.



The sensor is fully waterproof, so you can wear it in the shower. Occasionally, however, you may not want to wear the sensor, for example, when wearing a bikini. If you remove the sensor during the day, it is very important that you remember to put it back on when you go to bed so that data is collected every night.



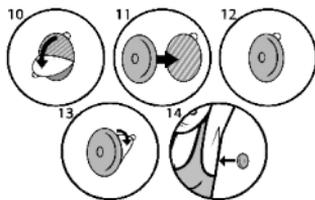
Please note that the sensor must be worn for at least two hours whilst sleeping in order to calculate a temperature reading.

How to use the adhesives

We have provided you with 40 adhesive patches to use. The adhesives provided are 3M™ products that are specially designed for continuous use, even on sensitive skin. This will allow you to wear the DuoFertility sensor continuously and record good quality data so that DuoFertility can indicate your fertility accurately.

How to wear the adhesive

The adhesives are sticky on both sides. To use the adhesive, remove the white, non-shiny liner (10) and place the sensor on the adhesive (11) so that the side of the sensor that should be against your skin is stuck to the adhesive. Next, remove the transparent liner (13) and stick the adhesive, together with the sensor, to your body (14). Ensure that you hold it in place for around 5 seconds so that the adhesive patch forms a strong bond with your skin. It is important that your skin is healthy and not irritated.



How to change the adhesive

After removing the adhesive, we recommend that you leave the sensor off for a few hours, making sure that you replace it before you go to sleep. This allows your skin to breathe and reduces the risk of skin irritation.

What to do if you experience skin irritation

If you experience skin irritation, please contact us.

We would recommend the following to help:

- Remove the sensor when you are in the shower, and only replace it in the evening before going to bed
- Ensure that the skin is dry and free of creams/deodorant/moisturiser where the sensor is

Prolonged skin irritation may affect your temperature readings, so it is important to alleviate any causes of skin irritation. If the irritation persists, please discontinue use and contact your doctor.

Icons

DuoFertility can identify when you are most fertile solely by using the temperature data which is recorded by the sensor. However, there are a number of additional pieces of information which you can enter to increase the accuracy of predictions. We highly recommend that you enter the “essential icons” listed below to improve the accuracy of prediction. The “additional icons” are not essential for you to enter; however, any extra information may be helpful in refining the identification of your fertile window.

TIP: You can record any information directly on the software (see page 17) or on the reader if you are away from your computer.

Essential icons

“DuoFertility” icon (Reader)



This icon will flash white when the reader is turned on. The icon will start to flash yellow once data transfer from the sensor has started and turns blue while the software is running.

“Intercourse” icon



You should use this icon to enter in each time that you have intercourse.

“Menstruation” icon



You should use this icon to enter in the level of menstrual flow on each day of your period. On the reader, the lights for spotting are pink and the lights for menstruation are red.

“Cancel” icon



You can select the “cancel” icon to delete information that you have recorded in the current session whilst using the reader or within the tab section of the software (see page 14 & 18 for details).

“Battery” icon (Reader)



If the reader needs recharging, the battery symbol will flash red. To charge the battery, plug the reader into the USB port of a computer that is turned on. The battery icon should turn solid yellow and the battery will start recharging immediately. When the battery is fully charged, the battery light will turn green; you can then unplug the reader. Unlike mobile phones, the number of bars in the battery icon does not increase as the reader is charged; the icon simply changes colour.

“Connect to your computer” icon (Reader)



When the reader is plugged into a computer, this icon will normally turn green. If an error occurs, the “connect” icon will flash blue. In this case, please plug the reader into a computer and run the software. When the software is running, this icon will turn solid blue. If the “connect” icon continues to flash blue, contact the DuoFertility careline.

Additional icons



“Illness” icon

If you are feeling unwell, select this icon.



“Disturbed sleep” icon

Use this icon if your sleep has been disturbed more than your usual night’s sleep.



“Cervical mucus” icon

Select this icon to record variations in the stretchiness of cervical mucus during your cycle.



“Ovulation pain” icon

If you experience ovulation pain, select this icon.



“Star” icons

The star icons can be used to enter additional user-defined fertility clues such as libido, breast tenderness and medication.



“LH test” icon

This icon is a software-only icon, and can be used to record results from LH test strips. You may record either a negative, unclear or positive result.

How to use the software

To view your fertility chart and enter information, you can plug the reader into your computer and run the DuoFertility software. It is very important for you to plug your reader into your computer and run the software at least once a week.

Plugging the reader into a computer allows you to:

- View the changes in your temperature plotted on a graph since you have started using the product
- View all the information which you have entered into the reader on specific days
- Enter in notes for specific days
- Add information retrospectively
- Print off and save your temperature chart

Installing the software

Connect your reader to your computer using the USB cable provided. An autorun prompt should appear.



The first time you launch DuoFertility, you will be directed to <http://support.duofertility.com> where you can download the latest version of the DuoFertility software for Windows 7/Vista/XP/2000 and MacOS 10.4 or higher. You can also access the latest version of the DuoFertility User Manual from this site.

To install DuoFertility for Windows, you should run the setup program downloaded from the support website:



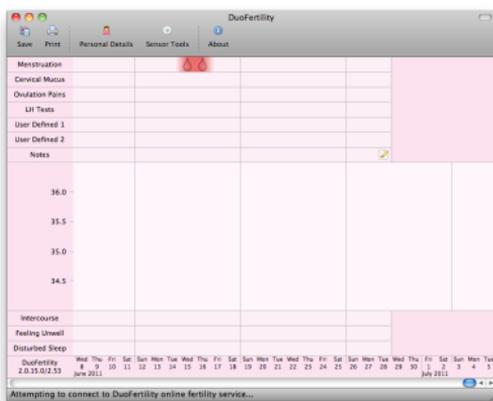
To install DuoFertility for Mac, you should open the disk image downloaded from the support website, and drag the DuoFertility application into your Applications folder:



NOTE: You only need to follow the instructions above when you are installing the software for the first time. Once the software has been installed onto your computer, launching DuoFertility from the autorun prompt will take you directly to your fertility chart. You may also run the DuoFertility software directly from the Start Menu on Windows or the Applications folder on the Mac.

Using the software

The first time you run the DuoFertility software, there is a short welcome process which introduces you to DuoFertility, activates your sensor, and asks some simple questions about your fertility history. Once you have answered these questions, you will be shown your fertility chart.



On your fertility chart, temperature is displayed along the vertical axis, and dates are displayed along the horizontal axis. Your fertile days will be highlighted in green, and ovulation will be confirmed by a red line. The rows at the top and bottom of the chart represent all the extra information you have entered into the reader e.g. period dates, intercourse etc. You can view and edit any information which you entered previously, and enter information retrospectively.

Data display

You can scroll backwards on your chart to view data for past dates by clicking on the graph and dragging it. Alternatively, you can use your mouse wheel. You are not able to scroll more than one week into the future.



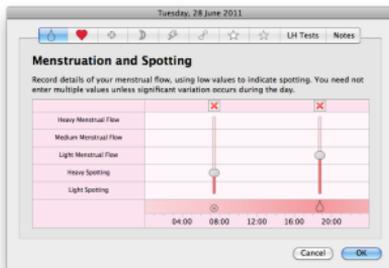
Entering information into the software

You can use the software to enter in all the information that you enter into the reader, as well as writing notes and recording LH test results. We suggest that you refer to pages 13-14 to familiarise yourself with the meaning of each icon.

In order to enter information, please follow the steps below:

- Position your mouse on the chart so that it is above the correct date. This date should be highlighted in bold at the bottom of the graph. Double-click your mouse.
- A window will appear with ten tabs allowing you to enter in period, intercourse, illness, sleep disruption, ovulation pain, cervical mucus, star information, LH tests and notes. Please click on the tab which displays the icon that you would like to enter information for. A window will appear.

If you are entering in information which requires you to specify a quantity, such as menstruation, click in the box. An icon will appear with a slider which you can drag up or down to adjust the amount of menstrual flow you have had. You can record spotting by specifying a small amount of menstrual flow. This will be displayed as a circle on your chart.



Cervical mucus changes can be recorded on your software by using the cervical mucus icon tab. Move the slider to select the description of the mucus observed.

If you are entering in information which requires a yes/no answer, such as intercourse, click in the box to make the icon appear. Once you have entered in the information, click "OK" to save your changes. The relevant icon should now appear on your chart.

To cancel an entry, simply click on the red cross which appears above the icon in the box. Click OK and your icon will be removed.

TIP: You will only need to specify an exact time for an event when entering multiple events or if you have noticed a significant change in one day.

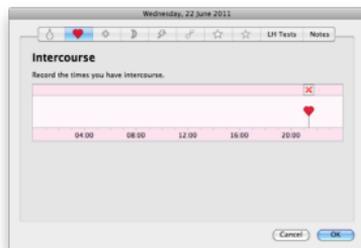
Leaving notes on the software

The DuoFertility software allows you to write notes for each day. These notes could include details of changes in your medication, any changes in your lifestyle or new treatments that you are undertaking. Any notes entered will assist fertility experts in reviewing your data and may be used to improve your fertility predictions.

To do this, select the tab entitled "Notes". Enter in the relevant details in the text box and click "OK" to save your changes. An icon will appear in your chart to indicate that a note has been written for that day.

Transferring your data to the DuoFertility Centre

When you plug your reader into a computer with an Internet connection and open your fertility chart, your data will automatically be transferred to our servers. This will ensure that you receive the latest updates, and will allow us to monitor the performance of your product. We recommend that you connect to the fertility centre at least once a week.



Synchronisation with the DuoFertility Centre

A message will appear at the bottom of your chart to indicate how much of your data is being transferred. Once all of your data has been successfully transferred, you will see a message saying "Synchronisation Complete" at the bottom left of your chart. You will also see messages at the bottom of your chart when a software or firmware update is being carried out. If your data fails to transfer to our server, you will see a message saying "Attempting to connect". In this case, please check that your computer is connected to the Internet. If your data still fails to be transferred, please contact our customer careline.

Printing your fertility chart

You may wish to print off your fertility chart to show to your doctor. If so, simply click on the 'Print' icon in the top left hand corner of the fertility chart and a window will appear. Simply select the printer and click 'Print'. This will print off the data on your chart that is currently showing on your screen. If you would like to print off previous cycles, simply scroll backwards on your chart and select 'Print' again.

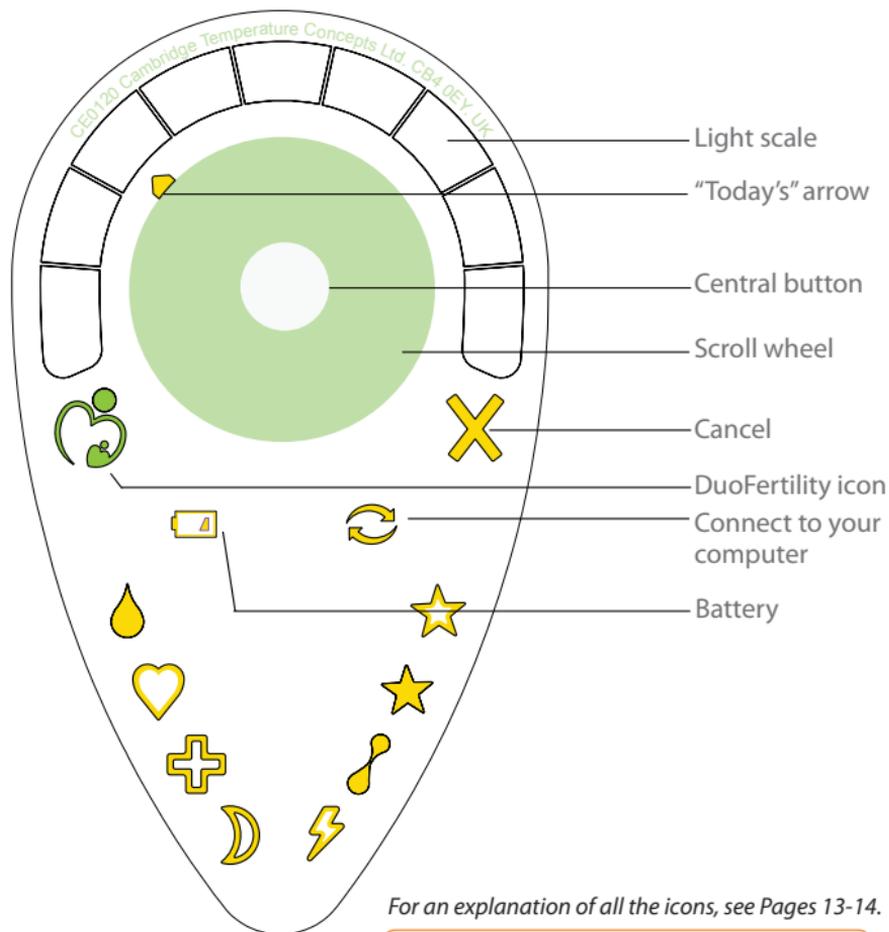
Saving a copy of your fertility chart

You can save an image of your fertility chart on your computer by clicking on the 'Save' icon in the top left hand corner of your temperature chart. A window will appear which will allow you to specify the name of your saved file and where you would like to save it.

DuoFertility updates

From time to time we may need to install important updates to your DuoFertility monitor and the DuoFertility software. If an update is available, a message will appear on the screen on closing the DuoFertility software. Click OK to allow the reader to update. The light scale on the reader will display rainbow colours and will be unresponsive for roughly 45 seconds. The 'DuoFertility' icon will flash green and then each icon will flash green one after the other. When the firmware update is complete, the rainbow colours will disappear and the reader should operate as normal. It is advisable that the firmware update takes place, to ensure the power does not fail during the update process.

The reader



 Period	 Ovulation pain
 Intercourse	 Cervical mucus
 Feeling ill	 Star 1
 Disrupted sleep	 Star 2

How to use the reader

If you are away from your computer and therefore unable to launch your DuoFertility software, you can enter additional information directly onto the reader as well. You can interact with the reader by using the scroll wheel and the central button. The different icons which appear along the edge of the reader indicate the different functions that are available, and the light scale is used to display your fertility status. In order to find out how to read your fertility status on the reader, please turn to page 26.

How to switch the reader ON and OFF

To switch the reader on, hold the central button (for approximately 1 second until the reader beeps). The DuoFertility icon will flash white, indicating that the reader is ready to be used.

The reader turns itself off automatically; after about a minute, the reader icons will not be lit, indicating that the reader is off.

How to select an icon

To select an icon on the reader, start by running your finger or thumb anti-clockwise around the scroll wheel and the icons will light up one by one, in white. When an icon is lit in solid white, you can select it by pressing the central button. The icon will then flash to indicate that it is waiting for you to enter further information. The reader will beep each time an icon is selected.

After you have entered information into your reader, that icon will light up in purple as you continue to scroll through the other icons on the reader. If you scroll back to that icon, the reader light scale will automatically display the information that you entered for that icon. If you wish, you can edit this information and correct any mistakes that you made.

When the reader turns itself off automatically, this marks the end of a session; when you turn your reader back on again, the icons that you previously entered will no longer show up in purple, and that data can now only be edited by running the software.



How to cancel an icon

To cancel a piece of information that you have entered onto the reader, please follow the steps below:

1. Scroll round to the 'cancel' icon to select it. It will light up in white.
2. All of the icons entered during that session will light up in purple. Use your scroll wheel to move to the icon you want to cancel and press the central button.
3. The icon will turn red to indicate that it has been cancelled.

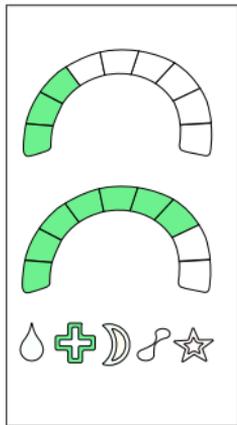
Entering information onto the reader

You can use the icons which appear on the reader to enter in further information on the day it occurs to help DuoFertility to refine its prediction of your fertility. For information on the meaning of each icon, please turn to pages 13-14.

All of the icons on the reader, apart from intercourse, ovulation pain and star 1, require you to specify a quantity. For example, if you select the illness icon, you can use the reader to enter in exactly how unwell you are feeling.

Entering variable data onto the reader, for example: period, illness, sleep disruption, cervical mucus and the user defined function (star 2)

1. Use the scroll wheel to select the icon corresponding to the data that you want to enter and press the central button. The icon will flash in white.
2. Use your finger to scroll clockwise on the scroll wheel. This will light up a different number of segments on the light scale, depending on the amount you would like to specify. Please note that the light scale will light up in a different colour, depending on which icon is selected.
3. When you have selected the appropriate number of segments, press the central button to store the data.



For example (in the figure on your right), in the case of illness, if you are only feeling slightly unwell, you can turn the scroll wheel so only a few sections on the light scale are lit. If you are feeling very unwell, you can use the scroll wheel to select a high number of sections.

Entering intercourse, ovulation pain and star 1 information on the reader

1. Use the scroll wheel to select the icon corresponding to the data that you want to enter and press the central button. The entire light scale will light up.
2. The icon will flash white, indicating that this information has been saved.

Transferring data from the sensor

Your temperature data is recorded and stored on the sensor, but you will need to transfer this information to the reader before you can view your fertility status.

How do I transfer the data?

In order to transfer your data, please perform the following steps:

1. Turn on the reader by pressing the central button.
2. Press the central button again. A yellow light will move across the reader's light display from left to right, indicating that the reader is looking for the sensor.
3. Whilst the yellow light is moving, position the sensor over the central button. This will start the data transfer.
4. Continue to hold the reader in place against the sensor. During the transfer, the "DuoFertility" icon will flash yellow, and a green light will move more slowly across the light display from left to right; the transfer is not complete until the light has moved all the way across the display. The reader will make two beeps, low then high to signal a successful download. (If your reader makes a high beep followed by a low beep, the download has not been successful - please see page 28 for further details.)
5. Look at the light scale on the reader. The arrow on the reader which indicates 'today' should be lit up in green and your fertility status will be displayed (see page 26 for more details)

IMPORTANT

We would recommend removing your sensor before carrying out the transfer, so you can rest the sensor on the top of the reader and watch the download to make sure it is completed. Your fertility status will also display once the data has been fully completed. This will be signified when the reader makes a low beep followed by a high beep. You will not be able to view your fertility status if you remove the sensor before this.

How long does it take to transfer the data?

The data transfer usually takes up to 1 minute per day of data. So if you do not transfer the data daily it will take a few minutes each time. If the data transfer is occurring very slowly, it is fine for you to leave the sensor on the reader while you continue doing something else.

How often should I transfer the data?

You can transfer your data whenever it is most convenient for you; there is no need to transfer your data every day. However, during the first few months of usage, we recommend that you transfer your data every couple of days.

Reading your fertility status

Once you have transferred your data to the reader, you should be able to see an indication of your fertility status. You can read the results either directly from the reader or from your computer if you wish to view a more detailed display of your fertility status.

Please bear in mind that, in some cases, the DuoFertility reader needs at least one full cycle of temperature data before it can display your fertility status.

Displaying your fertility status on the reader

If you are approaching your fertile days, the green scale will automatically display after you have transferred data from your sensor as in the diagram below. If you wish to view your fertility status but do not have your sensor with you, you can still view your fertility status on your reader provided that you have carried out a sensor download and viewed your fertility status within the last 24 hours. You can do this by turning on your reader and pressing the central button. The yellow light will move back and forth on the light scale, but no download will occur - instead, your fertility status will be displayed on the light scale.



Your fertility status for the previous two days and the next six days will be displayed on the light scale of the reader. The intensity of each day represents differing levels of fertility. A weak light indicates that you are unlikely to be fertile that day, whereas a strong light indicates a fertile day. The triangle ("today's arrow") next to the scale indicates 'today'. The figure above shows that your fertile window is approaching, with ovulation predicted for 3 days time (the darkest shade of green) and the three most fertile days on and around this day.



The figure above indicates that you are in your fertile period. If no green scale appears this indicates that you are not in your most fertile time of your cycle.

Displaying your fertility status on a computer

You can plug your reader into a computer to view your fertility status in detail. The software indicates which days you are most fertile by the green shading which appears. If there is no shading, this indicates that this is not the most fertile time of your cycle. Faint green shading suggests that your fertility status on that particular day is low, and strong green shading indicates that you are at the most fertile time of your cycle and that this is the best time to try for a baby.



A red line will appear on your chart up to one week after ovulation has occurred to confirm your ovulation date.

The number of green days varies from couple to couple depending on their medical history.

Troubleshooting

DuoFertility has been designed to be intuitive and easy to use, but as with any product, technical issues may occur from time to time. We have therefore included below an easy, step-by-step approach to solving any problems that may arise. If you would like further assistance, or if you are experiencing an issue which is not listed below, please call our careline.

The “Connect to computer” icon on the reader is flashing blue.

This is probably due to the fact that your reader battery has fallen to a very low level and the internal clock on the reader needs to be reset. In this situation, you will not be able to download from your sensor or enter any data. You will also hear a high beep followed by a low beep which indicates that there is a problem with the reader. This can be easily solved by performing the following steps:

1. Plug the reader into your computer. The “Connect to computer” icon should now be flashing green and blue
2. Check that you are connected to the Internet
3. Run the DuoFertility software and wait for “synchronisation complete” to be displayed
4. Close the software
5. The “Connect to computer” icon should now be solid green. You should be able to use the reader without any problems

My reader is not charging when I plug it into my computer.

When your reader is plugged into your computer, the battery icon should light up in yellow to show that the reader is charging. Unlike mobile phones, the number of bars on the battery icon will not increase while the reader is charging - the battery icon will simply turn green once the reader is fully charged.

The DuoFertility icon is flashing red.

You should only see this if you are on the monthly payment plan. It indicates that you need to renew your monthly subscription.

Looking after the DuoFertility product

Both the DuoFertility reader and sensor are electronic devices like your mobile phone and so you should take good care of them. To ensure that you get the most out of the product, we strongly recommend you follow the guidelines below:

- Keep both the reader and sensor out of the reach of children and pets.
- The reader and the sensor should be kept out of direct sunlight.
- When not in use, the reader and sensor should be stored in a cool, dry place.
- Interference frequency of 100 to 150 kHz will interfere with the data transfer between the sensor and the reader. However, this is only likely to cause a problem if you transfer your data while standing next to an RF transmitter (such as an AM radio mast) which is highly unlikely unless you work with radio equipment.
- The sensor is fully waterproof but the reader is not. You should keep both the reader and the sensor away from sources of heat.
- The sensor must also be kept away from strong magnetic fields (such as MRI scanners in hospitals).
- Please do not bend the sensor.



Cleaning the sensor and reader

The sensor must be cleaned with soapy water at least once a month. The sensor can be used for the whole of its lifetime (around 3 months). If your sensor needs replacing, you will be sent a replacement free of charge. We will provide a return envelope for you to send us your old sensor so that we can dispose of it responsibly.

The reader should not be cleaned with water, but with a dry cloth.

What to do if you lose the sensor

If you lose the sensor, you will need to purchase a new one. Contact our team to ensure that it is paired with your existing reader.

What to do if you lose the reader

If you lose the reader, you will need to purchase a new one. Contact our team to ensure that you will be able to read the data from your existing sensor with your new reader. You should continue to wear your sensor while you are waiting for a replacement reader as the sensor can store several weeks of data. Make sure that you also consistently record your fertility clues while you are waiting to receive your new reader. You will be able to enter all the clues onto your software as soon as you receive your new reader.

Provided that you have been regularly opening your DuoFertility software on a computer with an Internet connection, this will have ensured that your data has been stored securely. If you have to replace your reader, we will be able to transfer previous cycle data collected to your new reader to avoid DuoFertility having to learn about your cycle patterns again.

Frequently asked questions about DuoFertility

When should I start using DuoFertility?

We suggest that you start using DuoFertility as soon as you receive it, rather than waiting until the beginning of your next cycle. This will allow the sensor to collect as much valuable temperature data as possible which will help to ensure the accuracy of all the fertility predictions that you are given. However, don't forget to activate the sensor before you start wearing it, by installing the DuoFertility software on your computer.

Do I have to use all the symbols on the reader?

For most people, the correct measurement of BBT is enough to reliably identify the fertile window. Nevertheless, recording additional information will increase the accuracy of detection of your fertile window, especially if your cycles are very irregular.

What should I do if I have stopped using the DuoFertility system for some time?

Please let us know if you are planning to have a break from using DuoFertility. We recommend that you continue to make a note of your menstruation so this can be entered into the reader in the future.

If you have continued to wear the sensor, simply start using the handheld reader again, as the sensor can store several weeks of data. If you have not been wearing the sensor, start again whenever you want. You should ideally enter the date of your last period on your computer once you start using DuoFertility again. Bear in mind however, that you may have to wait at least one cycle before getting any results.

Does DuoFertility keep my private data secure?

We ensure that all customer data is kept secure and completely confidential. All data that you upload to our servers is encrypted.

Can DuoFertility tell me whether I am pregnant?

Some women display temperature patterns in the week following ovulation which shows characteristics of pregnancy. These patterns are typically an elevated temperature after the first day of the following cycle (the expected date of your next period) and tend to occur once implantation has taken place. However, this is only an indicative sign and a blood-hormone pregnancy test is the only way to be sure.

Why are the readings on my temperature chart below 37°C?

The DuoFertility sensor takes measurements of your skin temperature and uses this to approximate your body basal temperature. Skin temperature is usually a few degrees lower than core body temperature, which is why the temperature readings on your chart will probably be below 37°C.

What is the red line on my chart?

This represents the confirmation that you have ovulated. It will always appear after ovulation has occurred as a confirmation.

What is the green shading on my chart?

This highlights the days when you are most fertile.

[Will using DuoFertility interfere with other electronic devices I am using \(such as a pacemaker\)?](#)

No, DuoFertility will not interfere with other medical electronic instruments. The only interference that might occur is from an RF transmitter (such as an AM radio mast) which is highly unlikely.

[Can I use deodorants or moisturisers when I am wearing the DuoFertility sensor?](#)

Yes, you can, but before sticking the sensor to your skin, you must ensure that your skin is free of all moisturiser and deodorant as this might make the adhesives less effective. However, once the sensor is stuck onto your skin, you can apply deodorant.

[Do I remove the sensor from my skin to transfer the data to the reader?](#)

Yes, we would recommend performing the data transfer when you are changing the adhesive. It is important for the sensor to be very close to the reader to ensure that the transfer of the data is successful.

[How long do I have to use DuoFertility before it can identify my fertile window?](#)

Since DuoFertility takes several readings a minute, it may be possible to detect the shift in temperature which coincides with ovulation after only several days of use. However, we recommend allowing one cycle for DuoFertility to become accustomed to the way your body works before it can determine the best time to plan baby-making intercourse.

[How is a day measured by DuoFertility?](#)

DuoFertility measures one day as being from 6pm to 6pm. Therefore, when you see a temperature point appear on your chart, this displays the temperature which was recorded for the previous night. This also means that you may not see a temperature point appear for a particular day until after 6pm i.e. until after that 'day' is finished.

[How do I transfer my data to the DuoFertility centre?](#)

When you plug your reader into a computer with an Internet connection and open your temperature chart, all of your data is automatically transferred to our servers, at the fertility centre. The process is complete when you see the message "synchronisation complete" at the bottom left of your screen. There is no need for you to actively send us your data - the entire process is automatic.

[What should I do if I have skin irritation from the adhesives.](#)

Please contact us and follow the advice on page 12.

[I have a missing temperature point, what do I do?](#)

There are several possible reasons for this. If you have been wearing the sensor every night, then we would recommend that you synchronise your data with our fertility centre (see page 18) and contact the customer care line who will be able to help.

[Will wearing the sensor set off security at an airport?](#)

No, wearing the sensor will not set off airport security.

Will travelling in different timezones affect my temperature readings?

No, travelling in different timezones should not affect your temperature readings. However, we recommend that you make a note of the fact that you have been travelling on your software, in case this causes greater variability in your data.

When will my ovulation line appear on my fertility chart?

The ovulation line typically appears on your fertility chart a couple of days after you have ovulated. However, in some cases, it may take up to a week to appear.

Will sleeping with a hot water bottle affect my temperature measurements?

This should not affect your temperature measurements unless the hot water bottle is very close to where you are wearing the sensor.

Can I use DuoFertility in the shower? Is it safe?

Yes, the sensor can be worn in the shower. But the reader is not waterproof and should be kept away from water.

Can DuoFertility help my doctor diagnose an infertility problem?

In some cases of infertility, information about your cycle can help your doctor to identify a problem. This is why doctors often recommend that you chart your temperature for a few months if you are struggling to conceive. The convenience of DuoFertility means that this is done automatically for you while you sleep.

How do I get in touch with a fertility expert?

The best way to get in touch with a fertility expert is to send an email (see page 36) with your question, and your fertility expert will get in touch with you. If it is urgent, you may also call and be directed to the first fertility expert available.

How do I make a payment if I am on the monthly plan?

If you are on the monthly plan, you have to make regular payments. Ten days before your payment is due, you will see a message on your software with a link to make the payment. It is possible to pay for more than one month at a time if you would like to.

How can I use my DuoFertility when I am on holiday?

It is important that you continue to wear your sensor every night to ensure that all the information about your cycle is being recorded. If you want to connect your reader to a computer so that your fertility expert can review your data, you can easily use a computer in an internet cafe.

Glossary

Blood-hormone pregnancy test: a blood test that will confirm whether you are pregnant or not. The hormone measured by this test is Human Chorionic Gonadotropin hCG (a hormone very similar to LH).

Body basal temperature (BBT): the lowest temperature the body reaches while sleeping. Particular patterns of BBT can indicate which phase of the menstrual cycle a woman is entering and can therefore be used as an aid to conception. BBT is achieved after at least a couple of hours of deep sleep.

Cervix: the opening between the uterus and the vagina. The position of the cervix changes during the cycle. It is closed, low and firm during the infertile phase, and becomes open, high and soft during the fertile phase.

Corpus luteum: this is formed as the result of the changes occurring to the ovarian follicle following ovulation. Its function is to secrete progesterone which is extremely important for conception as it prepares the lining of the uterus to receive the embryo.

Fallopian tubes: the tubes (ducts) through which the egg travels from the ovaries to the uterus once it is released. The egg is usually fertilised by sperm here.

Fertile window : the phase of the menstrual cycle that is most favourable for conception. It usually begins a few days before ovulation and ends the day after ovulation.

FSH or follicle stimulating hormone: a pituitary hormone which stimulates the development of the ovarian follicles in women and the production of sperm in men.

Hormone: a chemical substance which is produced by an endocrine gland and is then released into the bloodstream.

Implantation: the “embedding” of the embryo in the uterine tissue, allowing it to establish contact with the mother’s blood supply for nourishment. Implantation usually occurs 5 to 10 days after fertilisation.

IVF treatment or in vitro fertilisation: a fertility treatment involving the collection of the egg and the sperm and the fertilisation of the egg in a test-tube. Once fertilised, the egg is replaced into the woman’s womb. IVF literally means “fertilisation in a glass tube”.

LH, or luteinising hormone: a pituitary hormone which stimulates the gonads. In women, LH induces the production of estrogens by the ovaries and the high levels of LH mid-cycle trigger the release of enzymes which allow the egg to be released from the follicle (ovulation).

Libido: sexual desire.

Luteal phase: the post-ovulatory phase of the menstrual cycle. During this phase, the corpus luteum (or yellow body) produces progesterone, and the endometrium (uterine lining) thickens to support the implantation and growth of the embryo.

Menstrual cycle: the period of time lasting from the first day of your menstruation to the day before your next menstruation (period). During each menstrual cycle, an egg is usually released.

Menstruation or period: the cyclical shedding of the endometrium (uterus lining), which occurs about two weeks after ovulation.

Oestrogens: the group of female sex hormones. The principal oestrogen involved in fertility is oestradiol. Oestrogens are mainly secreted by the ovaries, but they can also be produced by adipose tissue (fat).

Ovarian follicle: a fluid-filled structure inside the ovary which contains the egg. During each cycle, an egg develops within a follicle inside the ovary. This follicle grows up to 2 cm in diameter until it is ready to release the egg.

Ovulation: the release of the egg from the ovarian follicle. This occurs between the follicular and the luteal phases of the menstrual cycle.

Pituitary: a gland located at the base of the brain near the hypothalamus. The pituitary secretes several hormones including gonadotrophins (LH and FSH) in response to the hormonal stimulation of the hypothalamus (GnRH).

Progesterone: the hormone produced by the corpus luteum after ovulation and during pregnancy. It has a role in inhibiting the development of further follicles and in the thickening of the endometrium (uterus lining). It is secreted in a pulsatile fashion.

Careline

We understand that you may need advice or reassurance while you are using DuoFertility from someone who is familiar with the device and how it is designed. The DuoFertility careline has been set up to fulfil this need and offers free support for all DuoFertility users. Our highly trained staff will be happy to help you and answer any questions you may have about using the device.

If you have any specific questions about your cycles or fertility in general, for example, if you would like assistance interpreting your temperature graph or are worried about a potential fertility problem, we have an in-house team of highly qualified fertility experts who will be happy to answer any questions that you may have.

Customer Support: International
EMAIL: support.en@duofertility.com
CARELINE: +44 (0)1223 967703
Mon-Fri – 9:00 a.m – 6:00 p.m (GMT)

From time to time we may monitor calls to the DuoFertility careline for training purposes.

Name and address of manufacturer

Cambridge Temperature Concepts Limited is a UK registered company (number 5943341), with registered offices at Downing Enterprise, Downing College, University of Cambridge, Regent Street, Cambridge CB2 1DQ, United Kingdom.

The head offices are based at Cambridge Science Park, Unit 23, Milton Road, CB4 0EY, Cambridge, UK.

Expiry date: The battery life of the sensor is estimated to be 3 months and the battery inside the sensor cannot be replaced. The lifetime of the reader is approximately 3 years. The lifetime of the adhesive patch is indicated on the bag in which the adhesives are contained.

If your sensor needs replacing we will send you a new one free of charge. We would ask you to return your old sensor to us in the envelope provided so that we can dispose of it responsibly.



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