

Fertility monitoring system

The box contains one DuoFertility-2 sensor.

Indication for use: The DuoFertility-2 should be used by women who are interested in measuring physiological information that is likely to correspond to their time of ovulation. This will indicate the best time for them to try for a baby.

Contraindications for use: The DuoFertility-2 device must not be used as a contraceptive; unintended pregnancy may occur as a result. It should not be used as a medical thermometer to detect fever; as this could result in a delay in detecting serious illness. It is not suitable if you have reached menopause.

This device is for home use: During normal operation of the DuoFertility-2 Sensor, the temperature should be between +5°C and +40°C, the atmospheric pressure range should be between 700hPa to 1060hPa and the relative humidity range should be between 15% and 93%, Non-condensing.

Transportation and storage: conditions should not exceed an atmospheric pressure of 1060hPa, 70°C (and not below -25°C) and up to 93% humidity Non-condensing.

Keep out of reach of children and pets
Not made with natural rubber latex



app and onto our servers as long as you have the DuoFertility-2 app running on your device, your Bluetooth is active and you have not disabled the auto-sync for your sensor.

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 and enabled the device to synchronise automatically, then we would recommend that you synchronise your data with our fertility centre manually and contact the customer care line who will be able to help.

How do I get in touch with a fertility expert and how can I contact DuoFertility-2?

The best way to get in touch with a fertility expert is to send an email with your question (support.en@duofertility.com), 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. (Careline +44 (0)1223 967703)

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-2 in the shower? Is it safe?

Yes, the sensor can be worn in the shower.

1.2. Industry Canada IC

This device has Industry Canada ID IC: 10842A-CTCBL-This Class B digital apparatus complies with **Canadian ICES-003**. Operation is subject to the following two conditions:

- this device may not cause interference, and
- this device must accept any interference, including interference that may cause undesired operation of the device.

IC - This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

IP67 The DuoFertility-2 sensor is dust tight and can be immersed in 1m of water. You should keep it 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.

5.3.3 Frequently asked questions about DuoFertility-2

When should I start using DuoFertility-2?

We suggest that you start using DuoFertility-2 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 using the DuoFertility-2 app on a phone/tablet or the Sensor Sync Tool on a computer.

Do I have to use all the information tabs on the app?

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.

Does DuoFertility-2 keep my private data secure?

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

How do I transfer my data to the DuoFertility-2 centre?

Data is downloaded automatically from your sensor to your

2. Indications for use

The DuoFertility-2 Monitor is intended for measuring and recording basal body temperature (BBT) as an aid in ovulation prediction to aid in conception (not to be used for contraception).

3. Contraindications for use:

THIS PRODUCT IS NOT FOR CONTRACEPTIVE USE; Unintended pregnancy may occur as a result. It must NOT be used as a medical thermometer to detect fever as this could result in a delay in detecting serious illness. It is not suitable if you have reached menopause. The temperature measurement is accurate to 0.05°C

4. Warnings and Precautions

If you have been actively using DuoFertility-2 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.

DuoFertility-2 is suitable for women with a wide range of conditions, such as hormonal disorders (including polycystic ovarian syndrome) and irregular menstrual cycles.

The use of DuoFertility-2 may cause irritation to the skin from wearing the adhesive. If irritation persists, please discontinue use and contact your doctor. Also, please report

5.3.2 Contact us:

The DuoFertility-2 product is Manufactured and Distributed by: Cambridge Temperature Concepts Ltd. Unit 23 Cambridge Science Park Milton Road Cambridge CB4 0EY United Kingdom Website: www.duofertility.com Email: support.en@duofertility.com Care line: +44(0)1223 967 703

5.3 Further Information:

5.3.1 Contents of the DuoFertility-2 box
The DuoFertility-2 box should contain:

- The DuoFertility-2 sensor
- The instructions for use
- A pluggable USB Bluetooth Low Energy dongle (if applicable)
- A pack of 20 DuoFertility-2 adhesives

If any of those are missing, please call the DuoFertility-2 careline.

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5.3.3 Wearing the sensor

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. It is important for you to read the rest of the product information booklet to learn about how to use the product in greater detail. More information can be found on the Information Booklet which can be downloaded from the DuoFertility-2 Website.

5.2 Looking after the DuoFertility-2 product

The sensor is an electronic device like your mobile phone and so you should take good care of it. To ensure that you get the most out of the product, we strongly recommend that you follow the guidelines below:

- Keep the sensor out of the reach of children and pets.
- The sensor should be kept out of direct sunlight.
- When not in use, the sensor should be stored in a cool, dry place.
- The sensor uses Bluetooth Low Energy for radio communications at 2.4GHz.

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