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### **Instructions for use of Prometrium & Ovulation kits**

1. Take two tabs of Prometrium nightly for the first days of the month. After the first 10 doses it may take up to ten (10) days for you to start your cycle.
2. On the first day of your menstrual cycle take note in your phone or on calendar that this will be considered **Day 1**.
3. Between Day 1 and Day 10 purchase a Clearblue Easy Digital Ovulation kit.
4. **Wait the day of or after Day 10.** Use the kit as directed when you first wake up. It is best to use the kit with your first urination of the day. If you do not get smiling face on Day 10, repeat the testing daily up to and on Day 16 (up to 7 times).
5. If you see a digital smiling face, the kit has detected your LH surge and it is now the best time to get pregnant. You should have intercourse the day you see the smiling face AND the next day.