

# Ovulation Predictor

## Test Kit

# Instructions for Use

- Please read all the information in this leaflet before performing the test.
- Do not use after the expiration date stamped on the back of the foil pouch.
- Store in a dry place at room temperature 15°-30°C (59°-86°F).
- Do not freeze.
- For in-vitro diagnostic use only. Not to be taken internally.
- Do not open the foil pouch until you are ready to start the test.

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### HOW THE TEST WORKS

Ovulation is the release of an egg from the ovary. The egg passes into the fallopian tube where it is ready to be fertilized. In order for pregnancy to occur, the egg must be fertilized by sperm within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of luteinizing hormone (LH). This is known as an "LH surge" and usually takes place in the middle of the menstrual cycle. LH triggers the release of an egg from the ovary. The Ovulation Predictor Test helps you predict the time of ovulation and peak fertility. It is during this fertile time that pregnancy is most likely to occur.

The Ovulation Predictor Test detects the LH surge in urine, signaling that ovulation is likely to occur in the next 24-36 hours.

It is important to note that an LH surge and ovulation may not occur in all cycles.

### WHEN TO START TESTING CHART

Length of your cycle (days)	Start testing this many days after your period began
21	4
22	5
23	6
24	7
25	8
26	9
27	9
28	9
29	9
30	10
31	10
32	10
33	12
34	13
35	14
36	15
37	16
38	17
39	18
40	19

**EXAMPLE:** My usual cycle length is 28 days. My period started on the 3rd. The "When To Start Chart" shows that I will count ahead 9 days beginning with the 3rd. When I count 9 days ahead on the calendar, I find that I will begin testing my urine on the 11th.

### BEFORE YOU BEGIN

The Ovulation Predictor Test Kit contains 5 tests, allowing you to test over several days to find your most fertile time. Calculate when to start testing using the chart to the left.

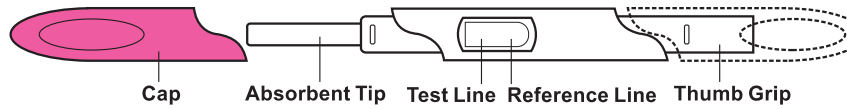
- 1) First calculate the Length of your average Menstrual Cycle. Your Menstrual Cycle Length is the number of days from the first day of your period (menstrual bleeding) to the last day before your next period starts.
- 2) Circle the number of days in your cycle on the WHEN TO START TESTING CHART to the left. *Note: If your cycle is irregular, you may want to use your shortest cycle length when reading the chart.*
- 3) Use the EXAMPLE and SAMPLE CALENDAR below to determine which day you should begin testing. First Morning urine should NOT be used when testing for LH. For best results, you should test around the same time each day. You should reduce your liquid intake approximately 2 hours prior to testing.

### SAMPLE CALENDAR

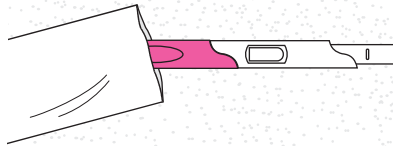
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- First day of your period
- Begin testing with the Ovulation Predictor Test

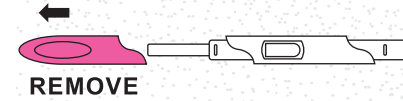
### DIRECTIONS FOR USE



1. Determine when to start testing using the chart to the left.



2. Take test out of pouch right before testing.

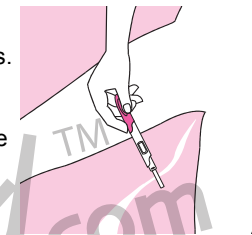


REMOVE

3. Remove the pink Cap and place it over the other end of the test (Thumb Grip).

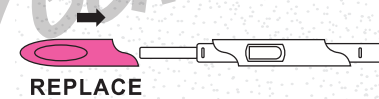
4. Hold the test pointing downward directly into your urine stream and urinate onto the Absorbent Tip for 10-15 seconds.

**Note: Do not urinate on the Test and Reference window.** If you prefer, you can urinate into a clean and dry container, then dip only the Absorbent Tip of the midstream test into the urine for 10-15 seconds.



5. After removing the test from your urine, replace the Cap over the Absorbent Tip.

6. Place the test on a flat surface and begin timing for **3 minutes**.



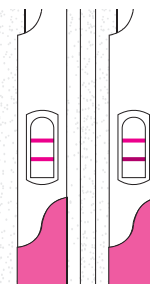
REPLACE

7. As the test begins to work, you may notice a light red flow moving across the Test and Reference window. Read the result at 3 minutes. If no result appears, wait one minute longer. Do not read the results after 10 minutes.

### READING THE RESULTS

When reading the result, hold the device with the Cap pointing down or towards you, as shown.

**POSITIVE:** If two lines are visible and the Test Line is the same as or darker than the Reference Line, you have detected your LH surge and you will probably ovulate in the next 24-36 hours.



← Ref. Test →

**NEGATIVE:** If two lines are visible, but the Test Line is lighter than the Reference Line, or if there is no Test Line, you have not detected your LH surge and should continue with daily testing.



**INVALID:** If no line appears in the Reference Line Area, the result is invalid. Insufficient specimen volume or incorrect test performance are the most likely reasons for an invalid result. Review the procedure and repeat with a new test.

\*NOTE: Not every woman ovulates mid-cycle, therefore you may not see a positive result during your first 5 days of testing. Continue testing with The Ovulation Predictor Test to detect your LH surge.

### QUESTIONS AND ANSWERS

**Q: Can I use the Ovulation Predictor Test to avoid pregnancy?**

A: No, the test should not be used as a form of birth control.

**Q: How accurate is the Ovulation Predictor Test?**

A: In laboratory studies, the Ovulation Predictor Test has been proven to be >99% accurate.

**Q: Do alcohol or common medications affect the test?**

A: No, but you should consult your physician if you are taking any hormonal medication. Also, recent oral contraceptive use, breastfeeding, or pregnancy could affect the test results.

**Q: Why should I not use first morning urine? What time of the day should I perform the test?**

A: We do not recommend first morning urine because it is concentrated and may give a false positive result. Any other time of day is suitable. For best results, try to collect your urine at approximately the same time each day.

**Q: Will the amount of liquid I drink affect the result?**

A: Heavy intake of fluids prior to testing will dilute the hormone in your urine. We suggest that you limit your fluid intake for about two hours before you perform the test.

**Q: How long will the line remain visible?**

A: The test should be read at 3 minutes for best results. A positive (Surge) result will never disappear. The color line may become darker and a tinted background may appear after several hours. Some negative results may later display a faint second color line because of evaporation from the test window. Therefore, you should not read the results after 10 minutes and discard the test once you have read the result.

**Q: Once I see a positive result, when is the best time to have intercourse?**

A: Ovulation is likely to occur within 24-36 hours. This is your most fertile time. Sexual intercourse within this time frame is advised.

**Q: I am now using the basal body temperature method (BBT). Does this test replace BBT?**

A: The Ovulation Predictor Test does not replace the BBT method. The shift in basal body temperature primarily indicates that ovulation has already occurred. The Ovulation Predictor Test indicates that ovulation is about to occur.

**Q: I received a positive result and had intercourse during these fertile days but I have not become pregnant. What shall I do?**

A: There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples many months to achieve a pregnancy and often you may need to use the test kit for 3-4 months before achieving pregnancy. If pregnancy is not achieved after 3-4 months, you and your partner should consult your physician.

**Q: I have had a positive result and had intercourse during these fertile days. I think I may be pregnant. How soon can I find out?**

A: The One-Step Pregnancy Test can provide you with results as early as the first day of your missed period.