

OVULATION PREDICTOR TEST INSTRUCTIONS

The LH Urine Ovulation Test is fast and easy-to-use. It can predict when there is a LH (Luteinizing Hormone) surge, and in turn, when you are likely to ovulate and conceive.

WHEN TO BEGIN TESTING

First, you must determine the length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding to the day before your next bleeding begins. Please refer to the chart below to determine when you should start testing. If your cycle is shorter than 21 days or longer than 38 days, consult your doctor. If you do not know your cycle length, begin the test 11 days after your first period. Perform 1 test each day over a 5 day period or until the LH surge has been detected.

cycle length	start test on day	cycle length	start test on day
21	6	30	13
22	6	31	14
23	7	32	15
24	7	33	16
25	8	34	17
26	9	35	18
27	10	36	19
28	11	37	20
29	12	38	21

URINE COLLECTION

1. Do not use first morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
2. The best time to collect your urine is between 10am - 8pm.
3. Collect urine at about the same time each day.
4. Reduce liquid intake about 2 hours before collecting your urine as a diluted urine sample can prevent the test from detecting LH surge.

TEST PROCEDURE

STEP 1

Bring the test pouch to room temperature (18-30°C). To begin testing, open the sealed pouch by tearing along the notch. Remove the test from the pouch.

STEP 2

MIDSTREAM TEST

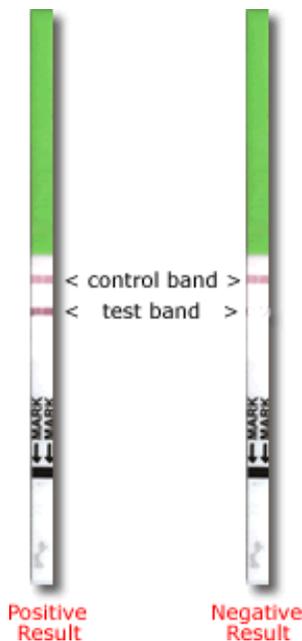
Hold the round end of cover with one hand. Use the other hand to pull out the test device and expose the absorbent window.

Point the absorbent tip downward; place the absorbent tip in urine stream for at least 10 seconds to be thoroughly wet. Place strip on a clean, flat surface.

STEP 3

Wait for coloured bands to appear. Depending on the concentration of LH in the test specimen, positive results may be observed in as short as 40 seconds. However, to confirm negative results, the complete reaction time (10 minutes) is required. Do not read results after 30 minutes.

INTERPRETATION OF RESULTS



No LH Surge: Only one colour band appears on the control region or the test band is present but lighter in colour intensity than the control band. There is no LH surge even if two lines present - as long as test line is fainter than the control line the result is negative.

LH Surge: If two colour bands are visible and the test band is equal to or darker than the control band, you will probably ovulate in the next 24-48 hours. If your goal is to become pregnant, the best time to have intercourse is after 24 but before 48 hours.

Invalid - Uncertain Results: No visible bands in the control and test regions. Make sure to follow the above specified instructions for optimum results.