

# OVULATION TEST INSTRUCTIONS

## OVULATION TEST STRIP DESCRIPTION

One Step LH Urine Ovulation Test Strip is fast and easy-to-use. It is a qualitative test that predicts LH (Luteinizing Hormone) surge, and in turn, when you are likely to ovulate and possibly conceive. Females who are trying to become pregnant may use this information to improve their chances of conception.

Luteinizing Hormone stimulates the ovaries to produce and release eggs each month during the menstrual cycle. The level of LH in the blood and urine is highest before ovulation. This increase in hormone level is sometimes called a "surge". If fertility drugs are given to stimulate ovulation, an LH ovulation test can help determine the best time for sexual intercourse. The LH ovulation predictor kit may also be used to determine when eggs are mature enough to be surgically removed from the ovary as part of the in vitro fertilization process.

LH ovulation tests may also aid in the diagnoses of polycystic ovary disease, premature ovarian failure, and menopause. The ovulation tests detect LH in urine in a qualitative format with sensitivity of 25mIU/mL (International Standard Value) and specificity is 99.8%. Tests have an expiry date of 2 years and can be stored in a dry environment ranging from 2 to 30 degrees Celsius. Results are available in just minutes.

## WHEN TO BEGIN OVULATION 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 again. Please refer to the chart below to determine when you should start testing for LH surge. If your cycle is shorter than 21 days or longer than 38 days, consult your doctor. If you do not know your cycle length, you may begin the test 11 days after your first period since the average cycle length is 28 days. Perform 1 test each day over a 5 day period or until the LH surge has been detected.

observed in as short as 40 seconds. However, to confirm negative results, the complete reaction time (10 minutes) is required. Do not read the results after 30 minutes as this type of test is designed for rapid determination only. The ovulation test results may fade over time.

## TEST RESULT INTERPRETATION

### Negative Ovulation Test No LH Surge



Only one color band appears on the control region or the test band is present but lighter in color 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.

### Positive Ovulation Test LH Surge



If two color bands are visible and the test band is nearly equal to or darker than the control band, the ovulation will likely occur within 24-48 hours. To increase likelihood of pregnancy, the best time for egg fertilization is between 24 hours and 48 hours.

### Invalid Ovulation Test Uncertain Results

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

## Cycle Length Start Testing

21 days	Day 6
22 days	Day 6
23 days	Day 7
24 days	Day 7
25 days	Day 8
26 days	Day 9
27 days	Day 10
28 days	Day 11
29 days	Day 12
30 days	Day 13
31 days	Day 14
32 days	Day 15
33 days	Day 16
34 days	Day 17
35 days	Day 18
36 days	Day 19
37 days	Day 20
38 days	Day 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 detect-

## FOR BEST OVULATION TEST RESULTS

Ovulation test results may vary for different individuals depending on the concentration of LH your body produces, as well as monitoring frequency, and testing technique.

The best method is to test once a day, preferably later in the afternoon or early evening since LH is best synthesized during active period.

It is recommended to use fresh urine sample with minimum amount of fluid required to pass over the reactive membrane region since tests detect minute concentrations of LH hormone.

Read results at 10 minutes and discard the test afterwards.

ing LH surge. Please refer to the table for information on when to start using ovulation tests.

## STEP 1 - OVULATION TEST STRIP PROCEDURE

Bring the ovulation test pouch to room temperature (18-30°C). To begin testing, open the sealed pouch by tearing along the notch. Remove the ovulation test from the pouch when you are ready to use it.

## STEP 2 - OVULATION TEST CASSETTE SAMPLE APPLICATION

Immerse the ovulation test strip into the urine with the arrow end pointing towards the urine. **Do not immerse past the MAX (maximum) line.** Take the strip out after **5 seconds** and lay the strip flat on a clean, dry, non-absorbent surface (e.g., mouth of the urine container). **Do not immerse for longer than 7 seconds.**

## STEP 3 - OVULATION TEST RESULTS

Wait for colored bands to appear. Depending on the concentration of LH in the test specimen, positive results may be

## PRECAUTIONS

1. For single in vitro diagnostic use only - use ovulation test only once for urine screening.
2. Do not use test kit beyond expiry date.
3. Keep away from moisture, direct sunlight, and away from children's reach as urine is infectious.

Note: If you suspect that you have ovulation problems please see your physician. This type of rapid ovulation test is used for preliminary qualitative screening of ovulation surge.

## ONLINE HELP

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