

OVULATION TEST

Instructions

KIT CONTENTS

This **EarlyDETECT™** Ovulation Kit contains:

- 5 ovulation test wands sealed in individual pouches
- This set of instructions

Materials required but not provided: • Clock or timer

STORAGE & STABILITY

- Store this test kit in its sealed pouch at room temperature (15°-28°C, 59°-82°F).
- Do **not** use this kit after the expiration date printed on the package.

BEFORE YOU BEGIN

- Read these instructions and understand how to use this test before you begin.
- Do not open the pouch containing the test wand until you are ready to perform the test.
- Verify that the expiration date printed on the package has not passed.
- Do not use the first urine you pass in the morning for this test.

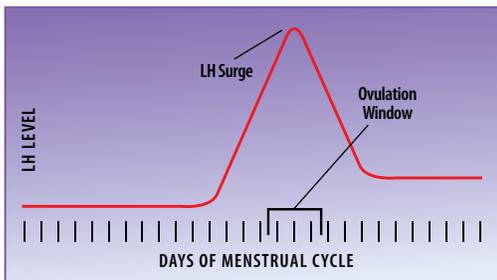
INTENDED USE

The **EarlyDETECT™** Ovulation Test can be used to identify the time when fertilization is most likely to occur. Around the time of ovulation – when an egg is released from the ovary – the amount of luteinizing hormone (LH) in a woman's body surges, and conception is most likely to occur. The **EarlyDETECT™** Ovulation Test is designed to detect this LH surge.

In scientific terms, this test is an immunochromatographic qualitative or semi-quantitative determination for predicting the time of ovulation.

THE LH SURGE, OVULATION AND PREGNANCY

A pregnancy begins with conception. A child is conceived when the male's sperm fertilizes the female's egg. Being able to predict the time when fertilization is most likely to occur is helpful when you are trying to conceive. Engaging in sexual intercourse every day during the period just following the LH surge, when conception is most likely, enhances your chances of becoming pregnant.



WHEN TO BEGIN TESTING

Before you can begin testing for your LH surge, you must determine the length of your usual menstrual cycle. To get the number of days in a menstrual cycle, count the number of days from the first day of menstrual bleeding to the day before bleeding begins for your next period. To get the number of days in your usual cycle, average the length of days in your last several cycles. For example, if your last three cycles measured 24 days, 26 days, and 28 days, your average cycle would be 26 days.

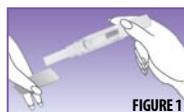
Once you have determined the length of your average cycle, refer to the cycle chart below to determine when you should begin testing. If your cycle lasts fewer than 21 days or more than 40 days, ask your doctor about when to start testing.

WHEN TO STOP TESTING

Unless your doctor advises otherwise, stop testing once you have detected the LH surge. If any unused test wands remain, you may save them for use at another time; however, it is not unusual to require 6 to 10 days of testing to detect the LH surge.

INSTRUCTIONS FOR USE

1. Remove an ovulation test wand from the sealed pouch.
2. Remove the protective cap to expose the absorbent end (as shown in Figure 1).
3. Turn the wand so that the absorbent end is pointed down (as shown in Figure 2). Hold the wand with the absorbent tip under your urine stream for at least 10 seconds.
Note: From this point on, it is important not to turn the test wand upside down.
4. Remove the wand from your urine stream and replace the protective cap over the wet absorbent end. Continue to hold the wand with the cap pointing downward. Or you may place it on a flat surface with the result area showing at the top, but take care not to let the cap point upward. **Important:** If you don't see any color in the result window within two to three minutes, more urine may be needed. Urinate onto the absorbent tip again.
5. Wait 5 minutes, and then read the results.



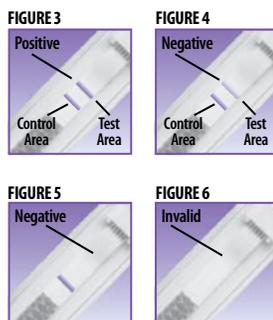
INTERPRETING THE RESULTS

To determine your result, compare the color intensity (i.e., the lightness or darkness of the color) of the test band to the color of the control band.

Positive for the Luteinizing Hormone (LH) Surge: The test band is approximately the same color or darker than the control band. This provides a good indication that the LH surge is occurring. (see figure 3)

Negative for the LH Surge: The test band is lighter than the control band or cannot be seen. This means the LH level of the sample is at, or is near to, its basal (normal) level and that the LH surge has not yet begun. (see figure 4 or 5)

Invalid: Lack of bands (no bands), the test result is invalid and should be ignored. Lack of bands indicates either that the test



CYCLE CHART	Cycle Length	Day of Cycle to Begin Testing	Cycle Length	Day of Cycle to Begin Testing
	21 days	day 5	31 days	day 15
	22 days	day 6	32 days	day 16
	23 days	day 7	33 days	day 17
	24 days	day 8	34 days	day 18
	25 days	day 9	35 days	day 19
	26 days	day 10	36 days	day 20
	27 days	day 11	37 days	day 21
	28 days	day 12	38 days	day 22
	29 days	day 13	39 days	day 23
30 days	day 14	40 days	day 24	

If, for example, your usual cycle is 26 days long, the Cycle Chart indicates that you should begin testing on day 10. The calendar below shows you how to determine when day 10 occurs.

SAMPLE CALENDAR	1	2	3 Day 1	4	5	6	7
	8	9	10 Day 10	11	12 Day 10	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28 Day 26

3 = the first day of menstrual bleeding 12 = the day to begin testing (day 10) 28 = the day before bleeding begins for the next period (day 26)

procedures were not followed correctly. Carefully review the test procedures and retest using a fresh (unused) wand. (see figure 6)

After each **EarlyDETECT™** Ovulation Test, you must decide if you are having an LH surge. If your test result is positive, you probably are. An LH surge can last from one to three days. Ovulation is most likely to occur sometime in the day and a half following the beginning of the LH surge.

If your test result is negative, you are probably not having an LH surge.

Note: A surge may not be detected because:

- Urine is collected at the wrong time of day – for example, the first urine passed in the morning, which should not be used for this test.
- The concentration of LH is abnormally low.
- Testing is performed too early or too late in the menstrual cycle.
- Testing is stopped before the surge occurs and should have been continued for a few more days.
- An LH surge did not occur during this menstrual cycle.

LIMITATIONS OF THIS TEST

- The directions must be followed exactly to provide accurate results.
- Do not open the sealed pouch containing the wand until you are ready to conduct the test.
- Do not use the results of this test to prevent pregnancy.
- Consult a doctor if your periods are irregular or your cycle is very short or very long.
- Women who are pregnant, menopausal or who have recently received an hCG injection should not use this test. Their urine will not provide accurate results.
- Each test wand can only be used once. Discard it after use.

QUESTIONS & ANSWERS

Q: Should I restrict my diet before taking the test?

A: No, diet will not affect the test results.

Q: Will alcohol, ASA, or any other common drug affect the test?

A: No, but some hormonal medications can interfere with the test results. If you are taking such medications, or if you are not sure whether medicines you take are in this category, consult with your doctor about confirming the test results.

Q: Should the test results be used for contraception?

A: No, the test is not designed to help prevent conception, and it should not be used for this purpose.

Q: Why shouldn't the first urine of the morning be used?

A: If the first morning urine is used with this test, the first day of the LH surge may not be detected. The best time to collect the urine is between 10 a.m. and 8 p.m. Always try to collect the sample at about the same time each day.

Q: Today's control band is a different shade of red than yesterday's control band. Is this a concern?

A: No. The colour of the control band may vary from one test wand to another. These variations will not affect the results. Always compare the colour of the test band to that of the control band on the same test wand, and always compare the colour bands five minutes after the test is complete.

Q: Can test results be interpreted after more than five minutes have passed?

A: No. The test results must be interpreted at the five-minute point. The result may change within minutes after the end of the testing period, and the test is designed to give the correct result five minutes after the test is complete. Once you have interpreted the test results, discard the test wand to avoid confusion.

Q: A pink background colour and vertical streaking appeared in the result area during the test period. Is this a concern?

A: No. Each urine sample will vary in its chemical makeup, as will the amount of humidity in the air. These variations may cause the vertical streaking or the rose-pink background colour, but they will not affect the test result. As long as the control band appears within five minutes, the test is working properly.