

INTRODUCTION

One Step Home Ovulation Midstream Test is fast and easy-to-use. It is a qualitative test that can predict when there is a LH (Luteinizing Hormone) surge, and in turn when you are likely to ovulate.

INSTRUCTIONS

- Please read all the information in this leaflet before performing the test.
- Do not use after the expiration date printed on the foil pouch.
- Store in a dry place at 4-30°C or 39-86°F. Foil pouch should be at room temperature before opening.
- Do not freeze.
- Keep out of the reach of children.
- For *in vitro* diagnostic use. Not to be taken internally.
- Do not open the test foil pouch until it has reached room temperature and you are ready to start the test.

HOW THIS TEST WORKS

Ovulation is the release of an egg from the ovary. The egg then passes into the fallopian tube where it is ready to be fertilized. In order for pregnancy to occur, sperm must fertilize the egg within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of Leutinizing hormone (LH), which triggers the release of a ripened egg from the ovary. This is known as an “LH surge” usually takes place in the middle of the menstrual cycle. It is during this fertile time that pregnancy is most likely to occur. The one step LH ovulation test detects 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 test

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

The ovulation midstream 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 your usual cycle length on the WHEN TO START CHART. Note: if your cycle is irregular, you may want to use your shortest cycle length when reading the chart.
3. 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.

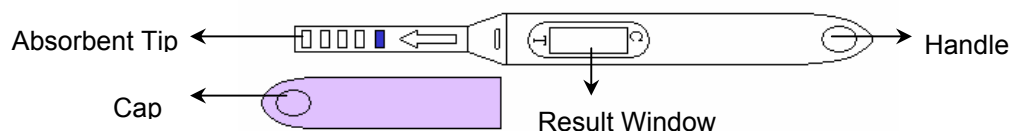
Example: My usual cycle length is 28 days. My last period started on the 3rd. The “When to Start testing Chart” shows that I will count ahead 9 days beginning with the 3rd. When I count 9 days ahead on the calendar, I find that I will collect and test my urine starting on the 11th ”

- First day of your period
- Begin testing with the test

Sample Calendar

S	M	T	W	T	F	S
	1	2	□	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			

HOW TO USE



1. Remove the midstream test from the foil pouch and familiarize yourself with the product. See the illustration above.
2. Remove the Cap and hold the midstream test by the handle with the exposed Absorbent Tip pointing downward directly into your urine stream for at least 10 seconds until it is thoroughly wet.

Note: Do not urinate on the Result 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 at least 10 seconds.

3. After removing the midstream test from your urine, immediately replace the Cap over the Absorbent Tip,

lay the midstream test on a flat surface with the Result Window facing upward, and then begin timing. As the test begins to work, you may notice a light red flow moving across the Result Window. **Read results within 3-4 minutes.** Some positive results may be observed in 1 minute or less depending on the concentration of LH. Do not read the result after 10 minutes.

HOW TO READ THE RESULTS

POSITIVE

Two lines are visible and the test line (T) is the same as or darker than the control line (C). This indicates that you will probably ovulate in 24-36 hours.



NEGATIVE

Two lines are visible, but the test line (T) is lighter than the control line (C), OR test line does not appear (T). This indicates that no LH surge has been detected and daily testing should be continued.



INVALID

The result is invalid if the control line (C) fails to develop, even if the test line (T) appears in the result window. Insufficient specimen volume or incorrect procedural techniques are the most likely reasons for control line failure. Review the procedure and repeat the test with a new midstream test. If the problem persists, discontinue using the test kit immediately and contact your local distributor.



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 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 5 minutes for best results. A positive (Surge) result will never disappear. The colored line(s) 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, 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: Our Home Pregnancy Test can provide you with results as early as the first day of your missed period.

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