

**Atlas Home Ovulation Test Cassette (Urine)
For In-Virto Diagnostic and self testing Use
Store At (2-30°C)**

INTRODUCTION

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

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. **Atlas Home Ovulation Test** detects LH surge in urine, signaling that ovulation is likely to occur in the next 24-36 hours. This period is considered to be the most fertile time. 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 | 5 |
| 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 |

Atlas Home Ovulation test Cassette 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 as follows: -

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 testing” chart. Note: if your cycle is irregular, you may want to use your shortest cycle length when reading the chart.
3. Count ahead days on the calendar according to the length of your cycle as specified in the “Start testing this many days after your period began” column in the “When to start testing” chart.
4. Start counting on the calendar beginning with the first day of your period.
5. Repeat the test on a daily basis (at the same time) until a surge is observed (test positive).

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 | | | |

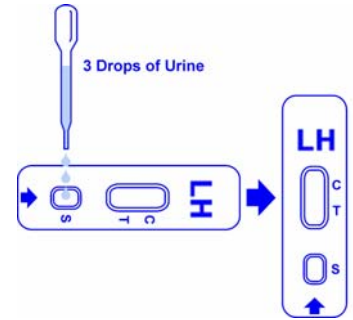
SPECIMEN COLLECTION AND PREPARATION

- Determine the time you will collect your urine. For best results, collect your urine at about the same time each day, for example, between 10:00AM and 8:00PM. Do not collect your first urine after waking up.
- Reduce your liquid intake approximately 2 hours prior to urine collection.
- Collect fresh urine sample in a clean and dry disposable container. The container has to be free of any detergent traces.
- **You can store your urine for later testing in the day. Your urine can be stored at room temperature for up to 8 hours or in the refrigerator for up to 24 hours. Do not freeze it. For best results, test your urine on the same day that it is collected. If you refrigerate your urine, let it reach room temperature before testing (about 30 minutes). Do not shake the container. If sediment forms at the bottom of the collection container, allow the sediment to settle. Use only urine from the top of the container.**

HOW TO USE THE TEST

Allow the test device, urine specimen and/or controls to equilibrate to room temperature (15-30°C) prior to testing.

1. Read instructions carefully before use.
2. Determine the day you will begin testing. (See the above section: "When to test").
3. Collect fresh urine sample as mentioned in the specimen collection and preparation section.
4. Check that the test is completely sealed and bring the pouch to room temperature before opening it.
5. Remove the test device from the sealed pouch and use it as soon as possible.
6. Place the test device on a clean and level surface. Hold the dropper vertically and transfer 3 full drops of urine to the specimen well (S) of the test device, and then start the timer. Avoid trapping air bubbles in the specimen well (S). See the illustration.



As the test begins to work, you may notice a light red flow moving across the Result Window. Wait for the red line(s) to appear. **Read results in 1 – 5 minutes** depending on the concentration of LH. It is important that the background is clear before the result is read. Do not interpret the result after 10 minutes.

HOW TO READ THE RESULTS



Positive:

Positive results: 2 lines with the (T) line is the same or darker than (C) line.

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:

Negative results = 2 lines with the (T) line lighter than (C) line or one line in the (C) area.

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 RESULT

Invalid results = no lines or 1 line in the (T) area.

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 test. If the problem persists, discontinue using the test kit immediately and contact your local distributor.

PRECAUTIONS & WARNINGS

1. Please read all the information in this leaflet before performing the test.
2. Do not use the test after the expiration date.
3. If the package is not completely sealed do not use the test.
4. Do not open the test foil pouch until it has reached room temperature and you are ready to start the test.
5. The test should be performed in a well-lit area.
6. Use the test device immediately after opening it.
7. Use the dropper inside the package. Do not use an external dropper.
8. Do not touch the test window. This could affect results and may also impose personal hazards.
9. Use a disposable sample container to be discarded after performing the test.
10. The pouch contains a Silica Gel pack to absorb humidity. Do not open the pack. Throw it away with the remaining of the test.
11. Do not freeze.
12. At the end of the test, wrap every thing you have used in a plastic bag and throw away in the bin. Do not forget to wash your hands properly.
13. The remaining sample should be discarded and flushed in the toilet.
14. Keep out of the reach of children.
15. For *in vitro* diagnostic and self-testing use. Not to be taken internally.

KIT CONTENTS:

- 5 Aluminium pouches containing 1 Test, 1 Desiccant and 1 Dropper
- 1 Package insert

QUESTIONS AND ANSWERS

Q: Can I use Atlas Home Ovulation 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, Atlas Home Ovulation 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 the 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 LH 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 24 – 36 hours from detecting the surge is advised.

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

A: Atlas Home Ovulation Test does not replace the BBT method. The shift in basal body temperature primarily indicates that ovulation has already occurred. Atlas Home Ovulation 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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