

BEFORE PERFORMING THE TEST, PLEASE READ THE INSTRUCTION CAREFULLY

Ovulation LH Test

Single use home ovulation test for determining woman's fertile days.

Medical device for self-testing.

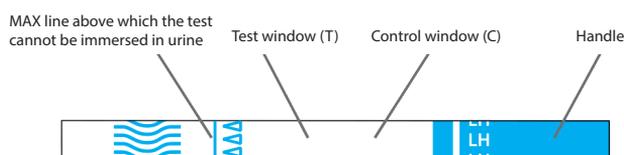
INTRODUCTION

Ovulation is the process by which a mature female egg, ready for fertilization, is released from the ovary. An egg cell enters the fallopian tube where it can be fertilized if it comes into contact with male semen within 24 hours. Approximately halfway through the menstrual cycle, there is a sudden increase in luteinizing hormone (called "LH peak") in a woman's body. Ovulation usually occurs within 24 to 36 hours after the "LH peak" and it is precisely during this time that becoming pregnant is most likely. However, be aware that the "LH peak" and ovulation may not occur in each cycle.

The Ovulation LH TEST is a rapid midstream test used to detect the human LH hormone at or above 30 mIU/ml. It uses the phenomenon of a sudden increase in the level of the LH hormone in the woman's urine. Execution of the test using the Ovulation LH TEST is simple, just place the test tip in the urine stream, and obtain the result in the form of coloured stripes in the result window within 5 minutes.

BEFORE PERFORMING THE TEST

- » Perform the test with urine collected in a clean and dry container.
- » Do not test the first morning urine.
- » For better results, each test should be done more or less at the same time of the day. It is recommended to keep records of the dates, times and test results.
- » The intake of liquids should be reduced about 2 hours before each test.
- » If the test was stored at 2-8°C, for half an hour before testing remove it from the refrigerator and bring it to room temperature.

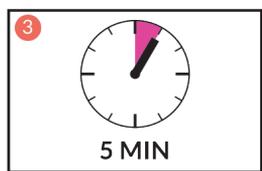
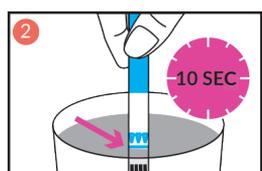
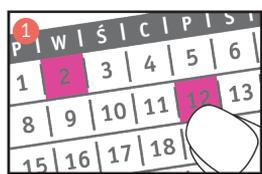


HOW TO SELECT THE FIRST DAY OF THE TEST

Before proceeding with the test:

- » determine the average length of the menstruation cycle. The menstruation cycle counts from the first day of bleeding to the last day before the next bleeding.
- » from the table below read the number that corresponds to the length of this cycle:

cycle length	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
how many days I must add	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21



TEST PROCEDURE

Determine the date of test beginning by adding the number read from the table to the first day of your menstrual period.

Example:

The length of my menstruation cycle is 28 days. My last menstrual period began on the 2nd day of the month. From the table above I read out that I have to add 11 days in the calendar, starting from that date. Thus, I should start testing by LH Test, 12th day of this month.

Just before performing the test, open the plastic bag by tearing it.

Remove the test strip by grasping its handle. Be careful not to touch the rest of the test with your fingers. The envelope also contains a desiccant, which should be discarded in household waste.

Dip the test strip into the tested urine to the appropriate depth - only to the **MAX line**, do not descend above this line. After **10 to 15 seconds**, remove the test strip from the test urine and place it on a level surface. Observe the movement of the tested urine sample through the T test window and C control window. Wait for the coloured lines to appear in the windows.

Read the test result after **5 minutes** from the moment of immersion of the test strip in the urine.

Do not take into account the result obtained after more than 8 minutes.

INTERPRETATION OF THE TEST RESULT

POSITIVE RESULT

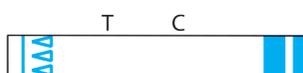
Two distinct lines appear: in the test window T and the control window C. The color intensity of the T line may be the same or stronger than the intensity of the C line. This result indicates that ovulation will probably occur within 24-36 hours.

NEGATIVE RESULT

The control line C appears. The test line T is significantly weaker than the control line C or does not appear at all. Such a result indicates that there was no increase of the LH peak and a new test should be performed the next day.

INVALID RESULT

If no line appears or only the test line T appears, the test result is invalid and the test should be repeated using a new ovulation test.



PACKAGE CONTENT

The packaging contains:

- » 5 plastic sealed envelopes, each containing: 1 test strip and 1 desiccant
- » 1 instruction for using the product

Before taking the test, prepare a paper towel and a watch that will be needed to measure the time of reading the test result.

PRECAUTIONS

- » This test is for external use only.
- » The test should be stored at 2-30°C. Do not freeze.
- » Do not use the test after the expiry date shown on the packaging.
- » Do not use the test if the aluminum bag is damaged, because the moisture from the air can damage the test.
- » The test is intended for single use only.
- » Dispose the used test like any other household waste.
- » Keep the test out of the reach of children

FREQUENTLY ASKED QUESTIONS (FAQ)

Can I use the Ovulation LH TEST to avoid pregnancy?

No, because the ovulation test is not intended for contraceptive purposes.

How sensitive is the Ovulation LH TEST?

The Ovulation LH TEST detects the luteinizing hormone (LH) at a concentration of 30 mIU/ml and above. It has been tested how the presence of other hormones in the urine affects the results of the ovulation test. It turned out that the result of the Ovulation LH TEST is not affected by the FSH (up to 200 mIU/ml), hCG (up to 200 mIU/ml) and TSH (up to 200 µIU/ml).

Does alcohol or other medicines affect the test results?

No it does not. However if you are taking any hormonal medications you should consult your doctor. Taking oral hormonal contraceptives, breastfeeding and pregnancy might affect the ovulation test results

Why shouldn't I use my first morning urine for testing? At what time of day is it best to carry out tests?

It is not recommended to take the test with morning urine which is condensed and for this reason a false positive result can be obtained. Every other time of the day is good. It is only important to perform further tests at the same time of the day.

Can the amount of fluids I have consumed have an effect on the test result?

Taking lots of fluids before taking the test can dilute your urine and cause a false negative result. Therefore, it is suggested not to drink 2 hours before the test.

How long do the coloured lines persist in the result window?

The test result should be read within 5 minutes. The positive result does not disappear, but the coloured lines and the background may darken, also with the negative result the second line may appear, which after 8 minutes is not diagnostic. Therefore, it is best to write down the test result and discard the test after 8 minutes.

If I get a positive test result, when is it best to have sexual intercourse?

Ovulation will most likely appear within 24-36 hours. This is the most fertile period for you, and therefore, to become pregnant, it is best to have sexual intercourse at this time.

Can the ovulation test replace the thermal method for determining fertility?

The ovulation test cannot replace the thermal method for determining fertility. The thermal method shows that ovulation has already occurred, while the ovulation test provides the information when ovulation possibly occurs.

I received a positive result of the ovulation test, I had sexual intercourse during the fertile days and I am not pregnant. What should I do?

There are many factors that determine whether you become pregnant. For an average, healthy couple it usually takes a few months, so you may also have to use the Ovulation LH TEST for 3-4 months. If you do not get pregnant during this time, you and your partner should see the doctor.

I received a positive result of the ovulation test, I had sexual intercourse during the fertile days and I think that I am pregnant. What should I do?

You should buy a pregnancy test eg. High Sensitive Pink Test or Urine High Sensitive Test and do the test on the first day after the day of expected menstruation.

Date of the last revision of the instruction: 20.06.2022

Version 5AT5/EN

SYMBOLS

CE 1434

	Read the instructions carefully before performing the test		Only for in vitro diagnostics
	For single use only		Store at room temperature 2-30°C
	Lot number		Expiration date



Manufacturer:

Hydrex Diagnostics Sp. z o.o.
Aleja Stanów Zjednoczonych 61A
04-028 Warsaw, Poland
www.hydrex.pl
www.controly.eu

controly
medical devices