

## FREQUENTLY ASKED QUESTIONS CONTINUED

4. I have polycystic ovary syndrome (PCOS). Can I still use the midstream ovulation predictor test?

If elevated levels of LH are one of your symptoms of PCOS then you may get false positives or misleading results.

5. What is the best time to carry out the test?

First morning urine is not recommended. For best results carry out the test around the same time each day between the hours of 11 am and 3 pm or between 5 pm and 10 pm. For many women 2 pm appears to be the ideal time. However, if you do have problems obtaining a positive result you may like to consider testing twice a day, once in the earlier time frame and again in the later time frame in order to catch your surge. Please be aware that while blood tests will show a positive result for LH earlier in the day, you will not get a positive result with the ovulation test until 4-5 hours later when the surge has been synthesised by your body and reaches the urine.

6. What does it mean if my test line gets darker for a day or more before the actual positive?

Some women experience a fade-in pattern where the test line gets steadily darker prior to a positive result. When you first see a faint test line it can be useful to test twice a day during the twelve hour period between 10 am and 10 pm, so as not to miss the LH surge.

7. I have had a positive test result two days in a row. Is this a problem?

You may have caught your LH surge when it's on its way up and way down. It is more common to get a positive result on one day only, however it is possible to have two days of positive results.

8. I keep getting a faint line test line. What causes this?

LH hormone is present throughout the menstrual cycle. The test strips are designed to pick up levels over 25mIU, however some tests may show a very faint line at lower levels. If you continually get a significant line you might like to consider discussing this with your doctor who can arrange tests to determine if your LH hormone levels are elevated.

## FREQUENTLY ASKED QUESTIONS CONTINUED

9. I am taking my basal body temperature. Should I also use ovulation predictor tests?

Ovulation predictor tests tell you when to expect ovulation before it happens. Basal body temperature tells you after ovulation has occurred. Typically a thermal shift will occur 1-3 days following a positive LH result.

10. I have had a positive result. When should I have intercourse?

Ovulation is likely to occur within the next 24 to 36 hours. Therefore we suggest you have intercourse on the day of the positive result and then again on the following two days. Baby 4 You Ltd are also stockists of Pre-Seed, a "sperm friendly" lubricant which is ideal for this time of your cycle. Please refer to our website for further details.

11. I think I could be pregnant. How soon can I find out?

Baby 4 You Ltd stock a range of early detection pregnancy tests which may be used as early as 7 to 10 days after conception. Please refer to our website for further details.

## WHEN TO START TESTING

Your Cycle Length	Start To Test On	Your Cycle Length	Start To Test On
21 Days	Day 6	30 Days	Day 13
22 Days	Day 6	31 Days	Day 14
23 Days	Day 7	32 Days	Day 15
24 Days	Day 7	33 Days	Day 16
25 Days	Day 8	34 Days	Day 17
26 Days	Day 9	35 Days	Day 18
27 Days	Day 10	36 Days	Day 19
28 Days	Day 11	37 Days	Day 20
29 Days	Day 12	38 Days	Day 21

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# Ovulation Predictor Test



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## INTRODUCTION

Ovulation is the release of an egg from the ovary. In most cases ovulation occurs 14 days **before** menstruation (your period) is due to start. In order to conceive the egg must be fertilised by sperm within 24 hours of its release from the ovary.

Prior to ovulation the body produces an increased amount of Luteinising Hormone (LH). This increase is called the “LH Surge” and triggers the release of an egg within the next 24 to 36 hours.

The one step cassette ovulation predictor test is designed to detect this LH surge thereby signaling that ovulation is likely to occur soon. By identifying and timing intercourse around this, your most fertile time, your chances of conceiving are increased.

## WHEN TO BEGIN TESTING

Firstly you must determine the length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding (period) to the day before your next bleeding begins. Please refer to the chart overleaf to determine when to start testing.

If your cycle is shorter than 21 days or longer than 38 days consult with your Doctor. If you do not know your cycle length, you may begin testing 11 days after your first day of menstrual bleeding since the average cycle length is 28 days.

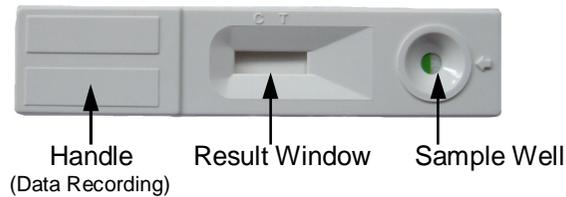
Carry out one test per day over a 5 day period or until your LH surge has been detected.

## URINE COLLECTION

1. Do not use your first morning urine sample. as LH is not synthesized in your body early in the morning and will not show up in your urine until later in the day.
2. The best time to carry out the test is between 11 am and 3 pm or between 5 pm and 10 pm.
3. Collect your urine about the same time each day.
4. Reduce your fluid intake approximately 2 hours prior to urine collection.
5. Collect your urine sample in a clean, dry cup or container and test at room temperature (15-28 C).

## TEST PROCEDURE

1. Remove the LH cassette ovulation predictor test from the sealed pouch by tearing along the notch.



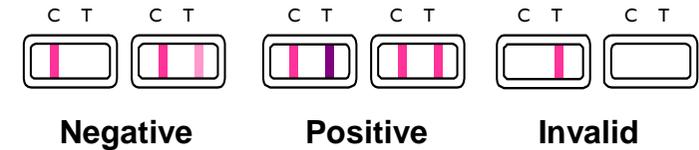
2. Using the plastic urine dropper provided draw a sample of urine from your collection container.
3. Hold the urine dropper upright and 1/2 cm about the sample well of the cassette. Add 5 drops of urine to the sample well.
4. Lay the cassette on a flat surface with the result window facing up. Wait for the coloured bands to appear. Depending on the concentration of the LH in the urine, positive results may be observed in as little as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required. It is important that the background is clear before the result is read. Do not read results obtained after 30 minutes.

## INTERPRETATION OF RESULTS

**NEGATIVE:** Only one pink coloured line appears in the control region (C) or the test (T) line is lighter than the control line. This means no LH surge has been detected and you should continue daily testing.

**POSITIVE:** Two coloured lines appear and the test (T) line is the same colour or darker than the control line (C). This means that you will probably ovulate in the next 24 to 36 hours. If trying to conceive, the best time to have intercourse are on this day and again on the following two days.

**INVALID:** No visible line at all in the control (C) region. The most likely reason for this is an insufficient volume of urine used or incorrect procedural techniques. Review the testing procedures and repeat with a new test. If the problem persists please contact the supplier.



## TEST PRECAUTIONS AND LIMITATIONS

1. For in vitro (external) diagnostic use only.
2. To obtain accurate results the directions must be carefully adhered to.
3. Do not use after expiry date on pouch has elapsed.
4. Open sealed pouches only when ready to test.
5. Test strips should not be reused.
6. Test results should not be used as an aid to contraception.
7. If you are pregnant, menopausal, or taking fertility drugs, oral contraceptives or medicines containing hCG or LH, this can affect the test results.

## STORAGE

Tests should be stored at temperatures below 28 C away from direct sunlight, moisture and heat.

## FREQUENTLY ASKED QUESTIONS

1. **How accurate is the ovulation predictor test?**  
Laboratory testing shows the tests to be greater than 99% accurate.
2. **Will alcohol or common medications affect the results?**  
Test results should not be affected by alcohol, commonly used pain relievers, antibiotics or drugs.
3. **I am taking Clomid. Will this interfere with my test results?**  
Clomid may cause false positives if testing occurs too soon after finishing your prescription. It is recommended that you wait at least three days before beginning testing.