

# O V R Y

## Instructions

# Ovulation Test Strips

### Intended use

Ovry Ovulation Test Strips are rapid and convenient ovulation tests. Each strip detects the presence of the ovulation hormone called the Luteinizing Hormone (LH), helping to predict ovulation (which occurs after a surge of LH). The test is designed for people with uteruses and is intended for at-home use only. Each test provides a visual, qualitative result.

### How do Ovry Ovulation Test Strips detect ovulation?

Luteinizing hormone is always present in a woman's urine. LH Surge dramatically just before a woman's most fertile day of the month in a process commonly referred to as the "LH Surge." This LH increase triggers ovulation, the process during which an egg is released from a woman's ovary. Because the egg can only be fertilized between 6 to 24 hours after ovulation, detecting ovulation is very important. The detection limit for these LH tests is 30 mIU/ml LH. Urine samples with LH concentrations of 30 mIU/ml or greater will induce a positive result.

### How to best use Ovry Ovulation Test Strips?

If possible, it is encouraged to limit liquid intake 2 hours before testing urine to avoid diluting concentrations of the luteinizing hormone. For best results, testing should be done at approximately the same time each day and testing should be AVOIDED first thing in the morning and anytime during the night.

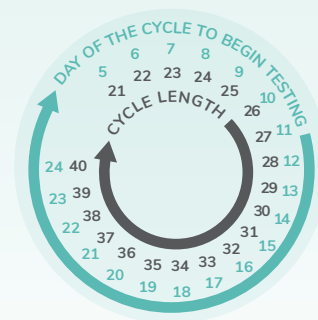
#### Best time of day to take the tests

Unlike pregnancy tests, you should AVOID taking ovulation tests with the first urine of the day.

The best times to test are **between 10:00am and 8:00pm**. If testing twice a day, it is recommended to test at least 8 hours apart.

#### When to start testing

To find out what day to begin testing, first determine the length of your normal period cycle. The length of one cycle is from the beginning of one period (the first day of bleeding) to the day before the beginning of the next cycle. The first day of bleeding or spotting is counted as day one (1). If the cycle length is irregular, that is, if it varies by more than a few days each month, take the average number of days for the last 3 cycles. Use the chart below to determine the day you should begin testing. For more help, visit us online at: [www.myovry.ca](http://www.myovry.ca).



#### Example

Using the chart above, if the length of your average cycle is 30 days, you should begin testing for ovulation 14 days after the start of your last period.

#### How to recognize the LH surge

Please carefully review the "Reading the Results" section to ensure that you are interpreting the results correctly. A LH surge can last from one to three days depending on your cycle and other biological factors.

#### When to stop testing

Stop testing once the LH surge is detected unless specified by your doctor.

### Package Contents

- Pouches (contain: test strip, desiccant)
- A clean, dry plastic container to collect the urine sample
- Test instructions

#### Other required materials (not provided)

- Timer (watch, clock or smart phone)

#### Precautions

- Do not swallow. This test is for external use only.
- Do not use after the expiration date shown on the pouch.
- Do not reuse. Strips are for single use only.
- Do not use if the pouch seal or its packaging is compromised.
- Keep out of children's reach.

#### When and How to Collect Urine

- Urine may be collected in any clean and dry plastic or glass container.
- The best times to test are between 10:00am and 8:00pm.

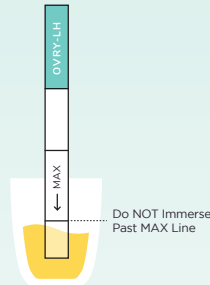
# How to perform the test

1

Remove the testing device from the foil pouch by tearing at the notch. Hold the strip at the colored end.

2

Holding the strip vertically, immerse the end of the strip with the arrows into the urine. Do not immerse past the MAX line.

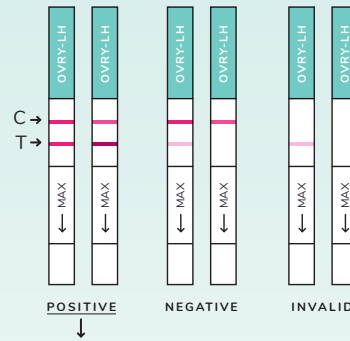


3

Take the strip out when the urine has migrated to the test window (about 5-10 seconds). Lay the strip (MAX side facing up) flat on a clean, dry, non-absorbent surface.

4

Read the results in 10 minutes, following instructions under the "Reading the Results" section.



For a POSITIVE result, the test line (T) should be the same shade or darker than the control line (C)

NOTE: Strong positive specimens may produce positive results in as little as 1 minute. Confirm negatives in 10-20 minutes.

**Do not interpret results after 20 minutes**

## Reading the Results

**Positive** Distinct pink-colored lines appear in the control and test regions, and the test line (T) is equal to or darker than the control line (C), indicating one will probably ovulate in the next 24-48 hours. If trying to get pregnant, the best time to have intercourse is between 24 and 48 hours after obtaining a positive test.

**Negative** Only one pink-colored line appears in the control region (C) or the test line (T) is lighter than the control line (C) indicating a very low level of LH in urine, which is a negative result for ovulation.

**Invalid** No visible band appears in the control region (C) after use. Repeat with a new test. If the next test is also invalid, please take note of the lot number on the packaging and contact us through our website ([www.myovry.ca](http://www.myovry.ca)).

## Storage & Stability

- Sealed pouches can be stored between 2-30 °C (36-86 °F) up to the expiration date.
- Sealed pouches should be kept away from direct sunlight, moisture, heat and freezing conditions.
- Each test should be used immediately after opening the aluminum pouch.

## Limitations

- Humidity and temperature can adversely affect results.
- The instructions for the use of the test should be followed during testing.
- There is always a possibility that false results will occur due to the presence of interfering substances in the urine or factors beyond the control of the manufacturer, such as technical or procedural errors associated with the testing.
- Although the test demonstrates superior accuracy in detecting LH, a low incidence of false results may still occur. Therefore, other clinically available tests should also be performed in case of questionable results. As with all diagnostic tests, a definitive clinical diagnosis should not be based on the results of a single test.

For in vitro diagnostics use.  
Not to be taken internally