

Inhale. Exhale.

Whatever the result is, you've got this.

HOW TO TAKE THE TEST

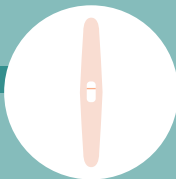
The Juliet Ovulation test can help predict your most fertile window when used correctly. Please read all the info on this card before taking the test.



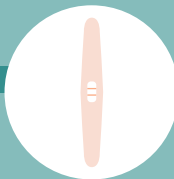
- 1.** Keep the foil wrapper closed until right before use. Remove the ovulation test from the foil pouch. Remove the cap to reveal the absorbent tip.
- 2.** Sit on the toilet, pinch the thumb grip with your fingers, and place the absorbent strip in your urine stream for about 2-3 seconds, pointing the test downward. Be careful not to pee onto the test window above the arrow. If you prefer, pee into a clean cup and place the absorbent tip into the urine for at least 10 seconds.
- 3.** Continue to point the test downward as you replace the cap.
- 4.** Set the test on a flat surface with the window facing up.
- 5.** Your results are ready in 10-20 minutes. After 30 minutes the results may no longer be accurate.

Reading The Results

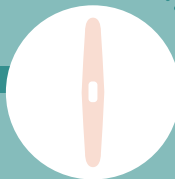
ONE LINE
NEGATIVE



TWO LINES
POSITIVE



INVALID
NO LINES OR NO LINE APPEARS IN THE CONTROL (C) WINDOW



personal affirmations

1. _____
2. _____
3. _____

We see what a powerful force of nature you are, and we promise to remind you if you forget.

How does it work?

The ovulation test detects luteinizing hormone (LH) surges in your urine. An LH surge happens 24-36 hours before ovulation, AKA the release of an egg from your ovaries. You are most fertile on the day your LH surge began and the day after.

When should I test?

First determine the length of your cycle. This is the number of days from the first day of your period to the day before your next period. If your cycle length varies by several days from month to month, take the average number of days over the last three months. Refer to the chart below to determine your best day to test:

What time should I take the test?

Taking the test at the same time each day reduces the chance of missing your LH surge. If possible, avoid taking the test with first morning urine. Note: Drinking large amounts of liquid in the few hours before testing can dilute your urine, making it more difficult for the test to detect LH.

My test is... positive:

Two lines are visible and the test (T) window is as dark as or darker than the control (C) window. Ovulation is likely to occur within 24-36 hours. This is the time you are most fertile and likely to get pregnant.

negative:

One line appears in the control (C) window or the test (T) window is lighter than the control (C) window. This means the test did not detect an LH surge, and you should continue to test daily.

invalid:

The result is invalid if no line appears in the control (C) window or if you only see a test line (T). The test either wasn't saturated with enough urine, or it's defective or expired. If this happens, let us know and we'll send you another pack.

length of cycle	day to take ovulation test*	length of cycle	day to take ovulation test*
21 days	day 6	31 days	day 14
22 days	day 6	32 days	day 15
23 days	day 7	33 days	day 16
24 days	day 7	34 days	day 17
25 days	day 8	35 days	day 18
26 days	day 9	36 days	day 19
27 days	day 10	37 days	day 20
28 days	day 11	38 days	day 21
29 days	day 12	39 days	day 22
30 days	day 13	40 days	day 23

*day to take ovulation test, counting from the first day of your last period. For example, if your cycle is usually 28 days and the first day of your last period started on the 10th, you should start testing on the 21st.

More questions about testing?

Check out our FAQs at meet-juliet.com/FAQ

Need emotional support?

We're here. meet-juliet.com

For in vitro diagnostic use
Not for internal use
Store between 36°- 86° F
Keep out of children's reach
Single use only

Manufactured for Juliet LLC
Jackson, WY 83001
Made in China