

Please read all the information in this insert before performing the test.

Pregmate Ovulation Test is an in vitro diagnostic home use test device used to predict when there is a Luteinizing Hormone (LH) surge, and in turn, when you are likely to ovulate. For in vitro diagnostic home use only. For external use only.

HOW DOES IT WORK?

Luteinizing Hormone (LH) is one of the hormones produced by the pituitary gland. It is secreted at very low levels throughout your menstrual cycle. Once a developing egg follicle reaches a certain size, LH secretion surges to high levels. This hormone surge is what triggers ovulation 24-48 hours later.

When the sample end of the test is dipped into the urine specimen, the urine specimen is applied to the strip and migrates along the strip. When LH in the sample reaches the Test Zone region of the membrane, it will form a colored line. Absence of this colored line suggests a negative result. A colored line will appear at the Control Zone region if the test has been performed properly.

LH surge initiates the beginning of ovulation. Ovulation is the release of a mature egg from the ovary. It signals the beginning of your fertile period. A positive result indicates the presence of a high amount of LH or LH surge. The amount of LH in your body will begin to decrease after ovulation so you'll only get a positive result during that crucial fertile period. Once the egg is released it is only viable for about 24 hours. After that your fertile window is over. This makes it very important to be able to identify this best time to conceive.

Ovulation may be irregular because of conditions, emotions and other factors in your life. You can't presume that ovulation always occurs at the same time after menstruation. Therefore, you should test again in each menstrual cycle.

CONTENT OF THE TEST KIT

One pouch containing a reagent test and a desiccant. The desiccant is for storage purposes only, and is not used in the test procedures. Leaflet with instructions for use.

WHAT ELSE DO YOU NEED?

Timer (watch, clock or smartphone).

PRECAUTIONS

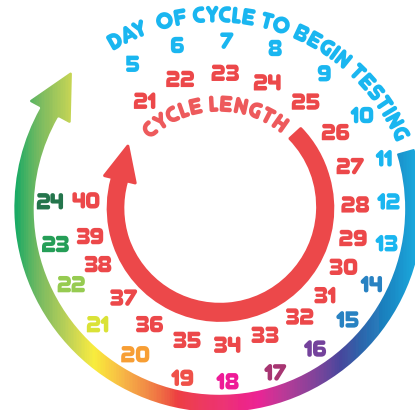
1. This kit is for external use only. Do not swallow.
2. Discard after first use. The test strip cannot be used more than once.
3. Do not use the test past the expiration date printed on the foil pouch.
4. Do not use the kit if the pouch is punctured or not sealed.
5. Keep out of the reach of children.

STORAGE AND STABILITY

1. Store at 39°F to 86°F (4°C to 30°C) in the sealed pouch up to the expiration date.
2. Keep away from direct sunlight, moisture, heat.
3. DO NOT FREEZE.
4. You should perform the test soon after opening the pouch. You should keep the test in a dry place before use.

WHEN TO BEGIN TESTING?

The length of the menstrual cycle is the duration from your first menstrual bleeding day to the day before the next bleeding begins. Determine the length of menstrual cycle before test. Please refer to the chart below to determine when you should start testing. If you do not know your cycle length, you may begin the test 11 days after your first period since the average cycle length is 28 days.



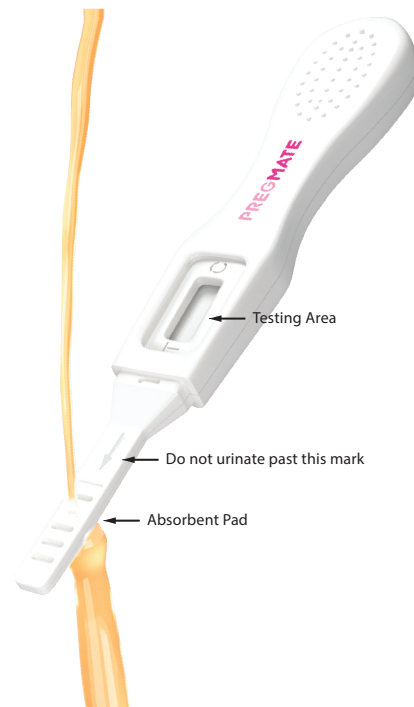
Example: If your cycle length is normally 26 days, the chart indicates testing should begin on day 10.

Note: This test is designed to work for cycles of different lengths. Remember you may not ovulate at the same time every cycle and that the cycle may vary from month to month. You may need to test over the next few months to find out your personal cycle length average.

HOW TO DO THE TEST?

1. Open the sealed pouch by tearing along the notch. Remove the test from the pouch. Pull out the cap and expose the absorbent pad.
2. Point the absorbent pad downwards. Place the absorbent pad in the urine stream for at least 10 seconds to be thoroughly wet. Do not urinate past the arrow mark. Or collect urine into a clean cup and dip half of the absorbent pad into the urine for at least 5 seconds.

3. Re-cap the device and wait for color bands to appear. Read the result in five minutes. Positive results may sometimes appear as early as one minute but you should wait the full 5 minutes before determining a negative result. Do not read results after more than 5 minutes.

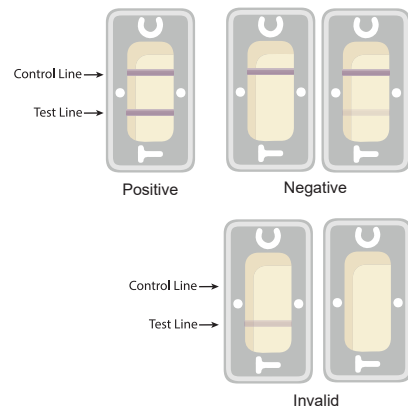


HOW TO READ THE RESULTS?

Positive (LH Surge): If two lines are visible, and the test line is equal to or darker than the control line, one will probably ovulate in the next 24-48 hours. If trying to get pregnant, the best time to have intercourse is after 24 but before 48 hours.

Negative (No LH Surge): No test line or test line is lighter than the control line.

Invalid: No visible line or there is a visible line only in the test zone and not in the control zone.



LIMITATIONS

1. The test works only when the test procedures are precisely followed.
2. This test may not be used as a form of birth control.
3. Consult a doctor if irregular or unusually long cycles are experienced.

QUESTIONS AND ANSWERS

Can test results be interpreted after more than 5 minutes?

No. Test results must be read at 5 minutes. Though a positive result should not change for several days, a negative result may change to a false positive within minutes after the end of the testing period, which would not be an accurate reading. It is always best to read the results at the 5-minute testing period and then discard the test to avoid confusion.

There is much difference between the control lines of two tests. Is this a concern? No. Variations in the color of the control line will not affect the test result. You should always compare the color of the test line to the color of the control line of the same device on the day the test is performed.

A pink background color and vertical streaking appeared in the result area during the testing period. Is this a concern? No. Each urine sample will vary in its chemical makeup, as will the humidity of the air in testing room. Such variations in physical conditions can cause vertical streaking and pink-rose background color but will not affect the test results. If the control band appears within 5 minutes, the test is working properly.

How long should I continue to perform the test?

At least 5 days or until the LH surge has been detected.

Once I see a positive result, when is the best time to have intercourse? Ovulation is likely to occur within 24-48 hours. This is the most fertile time. Sexual intercourse is advised within this time frame.

Can any medication or medical condition affect the result?

Certain medical conditions and medications can adversely affect the performance of the test: for example, if you are actually pregnant, have recently been pregnant, have reached menopause or have polycystic ovarian syndrome you may get a misleading result. This may also be true if you are taking fertility drugs containing Luteinizing Hormone or Human Chorionic Gonadotrophin (such as Pregnyl® and Profasi®). Clomiphene citrate (Clomid®) does not affect the tests, but may affect the length of your cycle and, therefore, when you should be testing.

ASSISTANCE

If you have any questions or concerns about the use of this product, please call us at 1-800-684-0872 Monday-Friday 8:00 AM to 5:00 PM EST or contact us by email support@pregmate.com.

VISIT US ONLINE

To learn more, please visit us at www.pregmate.com



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Information Guide

Ovulation Midstream Test