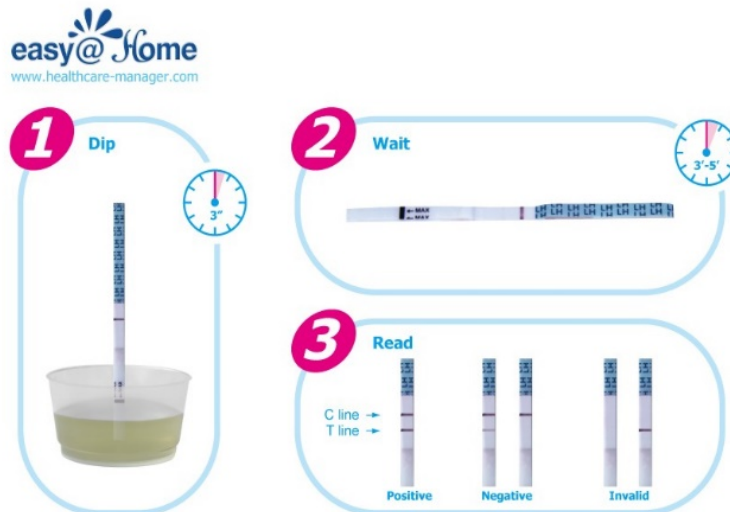


### Q1: How do I use the Ovulation Test Strip?



**Tip:** A true LH positive will be appear with a test line that is as dark or darker than the control. You can keep and log previous test strips to compare.

### Q2: What is the best time of day to take the ovulation test?

Unlike the pregnancy test kit, morning (first morning urine) is not recommended to collect samples for ovulation tests. Luteinizing hormones (LH) are synthesized in your body in the morning and will not appear in your urine until the afternoon. The ideal time to collect a urine sample is in the afternoon, though testing may safely take place from 10am to early evening.

You should try to collect the urine the same time each day. To collect a concentrated sample, reduce liquids about 2 hours before collecting your urine, because a diluted urine sample can prevent the test from detecting the LH surge. Some doctors suggest testing every 12 hours so you won't miss the LH surge because the LH surge could be very short for some women.

**Tip:** Once a test line is found at 5 minutes, try testing multiple times daily in order to catch your LH surge.

### **Q3: When is the best time to start the test?**

Our ovulation test measures the FDA-recommended cut-off level of 25 mIU/ml LH hormone, which is the lowest amount that will trigger a positive result. This is to protect against false positives. The test can detect an LH surge 24-48 hours before ovulation occurs and help you keep track of your cycle.

Keeping track of your average menstruation cycle is so important to help you better predict the best time to perform the ovulation test and when your ovulatory cycle may take place. It is recommended to start testing each day for 5 days after you calculate your individualized ovulation versus menstrual cycle. Our user guide includes a chart to make it easier to calculate.

### **Q4: How does the ovulation (LH) testing work?**

Ovulation test works by identifying the reproductive hormone called luteinizing hormone, or LH. This hormone is ever present in your urine but its levels increase significantly 24 to 48 hours prior to ovulation. The LH surge triggers ovulation, which is when the egg is released in healthy fertile women. Medical studies have proven that LH testing is a reliable way to detect ovulation. By detecting this sudden LH surge, ovulation tests help you predict with great accuracy, exactly when you will ovulate.

### **Q5: My cycle is outside the range of the provided table. When should I start testing?**

If your cycle is 21 days or less, the best time to start testing would be at about day 5 of your cycle (counting one from the 1st day of your period). If your cycle is longer than 40 days, you can start testing roughly 17 days before you expect your next period. Again, we recommend testing for several days in order to find your peak time.

**Tip:** If you do not know your menstrual cycle or have irregular cycles, test on cycle day 11 using the 1st day of menstruation as cycle day 1.

### **Q6: How soon can I read the result after I've removed the strip from the urine sample?**

It is recommended to read the result after 3 minutes, even though the result may be observed as soon as 1 minute, in order to give the strip enough time to finish the reaction. Do not read initial results after 5 minutes.

### **Q7: How long is my window of fertility?**

The ovulation window is about 24-48 hours long. Because sperm can survive for 3-5 days however, your window of fertility can be considered to be between 5-7 days long, but it is the tortoise and the hare scenario to meet up. Once a positive result occurs, the best time to conceive would be within the 24-48 hour time frame.

## **Q8: Why am I not getting any positive results? Does this mean I missed my ovulation window?**

- There are some reasons that could cause a missing LH surge, which is the ovulation peak time. Here are some tips below to help you better understand the situation and help you find your peak ovulation time.
- When the test line is lighter than the control line, this always indicates a negative result.
- If test line was darker in the earlier days but becomes lighter later, that means the ovulation peak time was missed already before that window. We suggested you try another cycle. The ovulation window is short and not always easy to catch for some individuals. Please be patient and try again.
- Some women may have regular or irregular periods but no ovulation, which is called an anovulatory cycle. This situation happens when estrogen production continues to develop in the uterine lining without reaching the threshold necessary to trigger ovulation. When it LH drops, a woman's period occurs without ovulation. The other way it can happen is that the lining of your womb continues to thicken, waiting for an egg that is not released until it reaches the point where it can no longer sustain itself and it breaks away from the wall of the womb, again resulting in a period. If you believe that you may be experiencing one of those issues or the ovulation test cannot detect ovulation for several months in a row, consult with a physician.
- If the woman is currently or recently been on birth control, be aware that some types of birth control is meant to stop ovulation in order to prevent pregnancy.
- This could be the result of testing too early or too late. Be sure to track your cycles in order to get a better understanding of when to start testing. We have included a chart that helps indicate best times to start testing.

## **Q9: What could cause false positive test results?**

A woman can have a rise in LH levels and then not ovulate. Sometimes a woman's body will gear up to ovulate, including getting an LH surge, but then still not ovulate. It could be that she is ill or under a lot of stress, delaying ovulation. Women with conditions like PCOS (Polycystic Ovarian Syndrome) or POF (Premature Ovarian Failure) may have higher than normal LH levels which may interfere with the results of an ovulation test.

Other conditions that can cause false positives are taking synthetic hormones or having an early unconfirmed pregnancy. For instance, a fertility medication, Clomid, increases a woman's FSH and LH levels, which can affect at LH test result.

Keep in mind that two lines do not always indicate a positive result. The test line must be equal or darker than the control line read within 3-5 minutes. In order to avoid an inaccurate read, do not read the results past 5 minutes. The test may continue to become darker until it dries completely and lightens over time. Missed read time can be a reason for false positive LH.

### **Q10: What could cause an invalid test result?**

There are many reasons an invalid test result may occur. Here are some common reasons:

- There was not enough of the urine sample to saturate the test strip.
- The test strip was dipped past the max line per instructions. If user urinates onto the absorbent pad, it is easy to spill over to pass the max line if the urine stream is too fast.
- Using an old or diluted urine sample. The morning (first morning urine) is not recommended to collect samples for ovulation tests. The ideal time to collect a urine sample is in the afternoon, though testing may safely take place from 10am to early evening (2pm or after using a concentrated sample).
- The test strip did not sit long enough in the sample. You should keep in the urine sample for at least 3 seconds. Do not collect midstream.
- In a very unlikely situation, people are using a test strip that has an expired date, has been left out for an extended period outside of the foil packet, exposed to heat or cold (store between 39-86°F) or a used test strip. All of these may cause an invalid response.

### **Q11: I've recently stopped taking birth control. Will this affect my result?**

No, but your cycle may be irregular for a while afterwards. This will make it harder to know when to start testing. We suggest waiting until you have 2 consecutively natural menstrual cycles and track your average period cycle before using an ovulation predictor test.

**We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](https://healthcare-manager.com)**