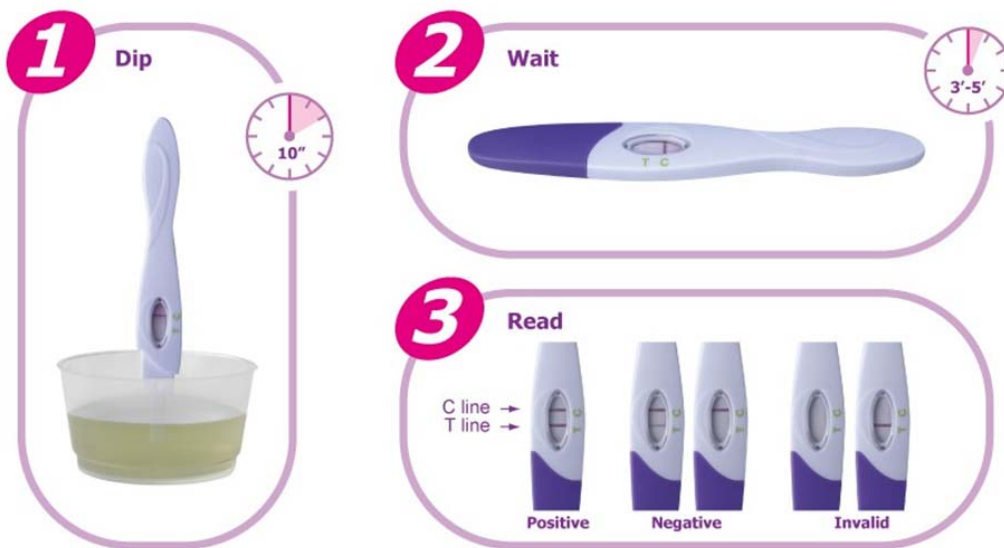


LH Midstream Test

Q1: How do I use the Ovulation Midstream Test?



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, as LH is 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 about the same time each day. And about 2 hours before collecting your urine, you may want to drink less, 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.

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 LH levels 24-48 hours before ovulation occurs. Keeping track of your average menstruation cycle can help 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 test 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.

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

It is recommended to read the result after about 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.

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. 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 the ovulation?

There are some reasons that could cause a missing LH surge, which is the ovulation peak time. We wish to share the 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 the uterine lining without reaching the threshold necessary to trigger ovulation. When it then 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. We would like to share some common, possible reasons with you.

- 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. You should try to collect the urine about the same time each day. And about 2 hours before collecting your urine, you may want to drink less, because a diluted urine sample can prevent the test from detecting the LH surge.

- The test strip did not sit long enough in the sample. You should keep in the urine sample for at least 3 seconds.
- If user urinates on the absorbent pad, user should keep it in the urine stream for at least 3 seconds.
- 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.

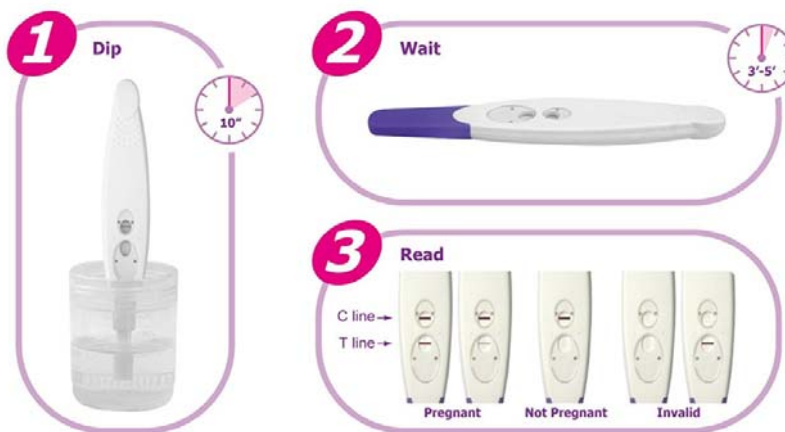
Q11: I’ve recently stopped taking birth control. Will this affect my result?

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.

HCG Midstream Test

Q1: How do I use the Pregnancy Midstream Test?



Q2: Is a faint line on a pregnancy test positive?

A few women may receive unexpected positive result caused by chemical pregnancy, miscarriage, blood or protein in the urine or some health condition or taking certain medicines that could elevate hCG level. Even it also rarely but it happens that some women may not receive expected positive result due to the HCG Level is not elevated as average to cut off level by missing period day. If you take pregnancy test before expected next period and find a very faint test line, please don't determine you are pregnant yet. Take another test after 2~3 days. If it is getting darker and more solid then you may be pregnant, otherwise you may not get pregnant.

Tip: Do not read the results after 5 minutes to avoid inaccurate results. The T line must be a pinkish hue to be considered a true positive within 3 – 5 minutes.

Q3: What could cause a false positive?

A false positive is when a test result shows pregnancy, when in fact there is no pregnancy. It is usually caused by one of these reasons:

- **Chemical pregnancy:** Also known as early miscarriage, about 25% of all pregnancies are subject to this outcome. This usually occurs when the pregnancy is lost shortly after implantation. The pregnancy test may still show positive results for some time after a miscarriage because it takes time for HCG levels to drop again.
- **Missed reaction time:** It is imperative to follow the instructions included with the pregnancy test carefully. The manufacturer provides a time frame for processing test results and reading the results before or after the recommended time could cause the test results to be inaccurate. Ghost lines have been known to appear before or after the allotted processing time. Any results interpreted after 5 minutes must be considered invalid as it could be a false positive result.
- **Chemical interference:** If you are undergoing fertility treatments and have recently received a HCG shot, the hormone from the shot must be cleared from your system before the test can give reliable results. Doctors recommend waiting 14 days before testing as a general rule to clear the body of excess HCG. Testing before that time may trigger a false positive result. Other factors that could interfere with HCG levels in the body include age, certain hormonal medications, and health conditions. Another common chemical interference is when the sample used to take the test has been contaminated. This can happen due to the presence of soap or dish detergent residue and lead to a false positive.
- It is important to be sure that when taking the test, you use a fresh plastic cup or just take a test that allows you to urinate directly on the stick.
- **Evaporation line:** This goes back to the ghost line mentioned under “Missed Reaction Time”. Any line that is horizontal and/or presents in a different color other than the specified testing color can be misinterpreted as a positive result. Our line should show up as a rosy pink color. If the test shows a grayish line, the results should be interpreted as a false positive and a re-test should be performed. You can also contact your doctor for a follow-up blood test if you are experiencing early pregnancy symptoms.

We use the FDA recommended cut-off level of 25 mIU/ml HCG to lower the risk of false positives occurring.

Q4: What could cause a false negative?

A false negative is when the pregnancy test tests negative for pregnancy, when the woman is in fact pregnant. This does not occur often with our pregnancy tests, but here are some reasons this could occur:

- Testing too early: Detecting pregnancy through urine testing comes later than detecting through a blood, even though the HCG levels do increase rapidly in the first few days (they will double every 48-72 hours). If you take a pregnancy test at day 6 or 7 after ovulation, it is highly possible that even if you have conceived, you will not have enough HCG present in your urine to trigger a positive result. A negative result in those early days would be a false negative.
- Hook Effect: "Hook effect" can also cause false-negative results in normal pregnancies when an excess of hCG is present. HCG builds up very quickly and may reach very high level by 5 weeks of pregnancy (i.e. 3 weeks after the expected period). If you search "Hook Effect HCG" on internet, you should find a lot of resource about this common effect. Also "Hook effect " can be easily figured out by diluting urine so HCG level can be lower than "Hook effect" level and get very bold positive results.
- Test sensitivity: There are a few pregnancy test brands offering cut off levels of 20 mIU/ml or lower, which does allow for earlier detection but also has a higher possibility of false positives. Our pregnancy tests however, use the FDA- recommended standard of 25 mIU/ml to lower the chances of false positives.
- Urine is too dilute: Women who drink lots of liquid and/or urinate frequently may not realize that they are lowering the amount of HCG that is detectable in the urine. If you received a negative result on a pregnancy test but expect a positive result, try testing again first thing in the morning as your urine then will have the most concentrated amounts of HCG.

Fortunately it is easy to determine if you are a victim of a false negative result. Simply test again in a couple of days. For very best results, be sure to test using first morning urine and a highly sensitive early pregnancy test.

Q5: What could cause an invalid test result?

There are many reasons an invalid test result may occur. We would like to share some possible reasons with you.

- 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. It is recommended to use a morning sample to avoid dilution.
- The test strip did not sit long enough in the sample. You should keep in the urine sample for at least 10 seconds.

If the user urinates on the absorbent pad, she should keep it in the urine stream for at least 10 seconds.

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.

Q6: How do home pregnancy tests work? What is the cut-off level? How accurate is Easy@Home pregnancy test?

Home pregnancy tests (HPTs) are designed to detect HCG, a hormone released by the placenta

right after the embryo begins implanting into the uterine lining. The hormone is released in a pregnant woman's urine which can be detected. The FDA recommended cut-off level is 25 mIU/ml HCG and Easy@Home pregnancy tests comply with the same standard. The accuracy of detecting HCG above cut off level is over 99.8% when the test is administered properly.

Q7: Why can't I read the results after more than 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 within the 5 minute testing period and then discard the test to avoid confusion.

Q8: I recently had a miscarriage or terminated pregnancy. If I suspect that I might be pregnant again, when is the best time to test?

Your HCG levels may take up to 9 weeks to return to normal levels from a previous pregnancy. If you test during this time, it's impossible to know if a "positive" result is accurate. This is because the test cannot distinguish between the HCG present from a previous pregnancy and the HCG due a current pregnancy. In addition, your menstrual cycle may be irregular. If you don't know when your next period is due, we recommend testing 19 days from the last time you had unprotected sex or first day of your missed period. If you receive a negative result but are experiencing early pregnancy symptoms, re-test within 48 hours. Confirmation with a doctor may be needed to follow-up.

Q9: A pink background color and vertical streaking appeared in the result area during the testing period. Is this a cause for concern?

No. Each urine sample will vary in its chemical makeup, as will the humidity of the air in testing chamber (room). Such variations in physical conditions can cause the vertical streaking and/or pink-rose background color but will not affect the test results. Normally the pink-rose background should be cleared after 3 minutes. As long as the control band appears within five minutes, the test is working properly.

Q10: If there is a difference in color in the control line between two tests, will it affect the result?

No, variations in color of the control band will not affect the test result. Please note however that ghost lines have been known to appear before or after the allotted processing time. Any results interpreted after 5 minutes must be considered invalid as it could be a false positive result.

Q11: Will the amount of liquid I drink affect the result?

We suggest that you limit your fluid intake for about two hours before you collect your urine. Heavy intake of fluids prior to testing will dilute the hormone in your urine. The best time to take

the test is first thing in the morning because that is when the urine is most concentrated.

Q12: Can birth control pills cause a false positive pregnancy test?

Because birth control pills work with hormones that are present in every woman's body at all times and a pregnancy test only detects a single hormone that is specific to pregnancy, birth control pills cannot cause a false-positive pregnancy test. According to the National Institute of Health, the design and chemical specificity of a pregnancy test makes it impossible for birth control hormones to cause a false positive.

Q13: Can I get pregnant while taking birth control pills?

According to Planned Parenthood, birth control pills are considered 99 percent effective when they are taken correctly. So, only one out of every one hundred women who take birth control pills will get pregnant while taking them as prescribed.

However, many women have trouble remembering to take them at the same time every day, may take them with other medications that interfere with their effectiveness like antibiotics, or they may have other medical conditions that prevent birth control pills from limiting a woman's fertility. In these instances, pregnancy can occur despite taking birth control pills.

Q14: Do birth control pills affect when I can test for pregnancy?

You may take a home pregnancy test any time you suspect that you may be pregnant. However, the chances for a false negative will be reduced if you wait until the day you would normally expect your period to start. Taking the test before this day can give you a positive if indeed you are pregnant, but you may get a false negative if you have not had enough time between conception and testing for the HCG to build up to detectable levels in your blood stream.

If you are taking birth control pills, your pill pack should tell you when to expect your period. However, some birth control pills limit the number of periods that you have during a year. If you suspect that you may be pregnant while taking these types of pills, testing 12 to 14 days after you suspect conception.

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://www.healthcare-manager.com)