

Menopause Home Test

FSH Rapid Test Midstream (Urine).
 Test to aid in the detection of menopause.
 Self-test for the determination of follicle-stimulating hormone (FSH) in urine.

A rapid test for the qualitative detection of Follicle-Stimulating Hormone (FSH) in urine sample. For self-testing in-vitro diagnostic use only.



The Hough Rapid App makes rapid testing easy.

Simply scan and download for all the support you need at home, wrapped up in one helpful App.

Safety Disposal

Once your test is complete, please safely disposed of the materials in accordance with local health waste disposal requirements.



Intended Use

The FSH Rapid Test Midstream (Urine) is a rapid chromatographic immunoassay for the qualitative detection of follicle stimulating hormone (FSH) in urine to aid in the detection of menopause.

Summary

Menopause is the permanent cessation of menstruation but is usually not scientifically diagnosed until one full year after a woman's menstrual periods have stopped. The period leading up to menopause, and the 12 months following, is known as perimenopause.

Many women experience symptoms during this time including hot flashes, irregular menstrual cycles, sleep disorders, vaginal dryness, hair loss, anxiety and mood swings, short-term memory loss and fatigue.

The onset of perimenopause is caused by changes in the levels of hormones in the female body that regulate the menstrual cycle.

As the body produces less and less estrogen, it increases its production of Follicle-Stimulating Hormone (FSH), which normally regulates the development of a female's eggs.^{1,3}

Therefore, testing for FSH can help determine whether a woman is in the perimenopause stage. If a woman knows she is perimenopausal, she can take the appropriate steps to keep her body healthy and avoid the health risks associated with menopause, which include osteoporosis, increased blood pressure and cholesterol, and increased risk of heart disease.^{4,5}

FSH Rapid Test Midstream is a rapid, one-step lateral flow immunoassay for the qualitative detection of FSH in urine to aid in the detection of menopause. The test utilizes a combination of antibodies including monoclonal anti-FSH antibodies to selectively detect elevated levels of FSH. The assay is conducted by urinating on or immersing the absorbent tip of test midstream in a urine specimen and observing the formation of colored lines. The specimen migrates via capillary action along the membrane to react with the colored conjugate. FSH present in the specimen binds to the conjugate, forming a colored antibody-antigen complex. The FSH antibody immobilized in the test zone of the membrane captures the FSH-Conjugate (antibody + signal reagent) complex in the test region and the rabbit antibody immobilized in the control zone of the membrane captures the conjugate in the control region. Two lines are thus visible.

Principle

The FSH Rapid Test is a qualitative, lateral flow immunoassay for the qualitative detection of human Follicle Stimulating Hormone in urine to evaluate the onset of menopause in women.

The test utilizes a combination of antibodies including a monoclonal anti-FSH antibody to selectively detect elevated levels of FSH. The assay is conducted by urinate on or immersing the absorbent tip of test midstream in a urine specimen and observing the formation of colored lines. The specimen migrates via capillary action along the membrane to react with the colored conjugate.

FSH present in the specimen binds to the conjugate, forming a colored antibody-antigen complex. The FSH antibody immobilized in the test zone of the membrane captures the FSH-Conjugate (antibody + signal reagent) complex in the test region and the rabbit antibody immobilized in the control zone of the membrane captures the conjugate in the control region. Two lines are thus visible.

If the line in test line region is same as or darker than the line in the control line region, it indicates a positive result. If the line in the test line region is lighter than the line in the control line region; or if there is no line in the test line region, it indicates a negative result.

Reagent

The test contains anti-FSH particles and anti-FSH coated on the membrane.

Precautions

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

Do not use after the expiration date printed. The test should remain in the sealed pouch until use. Store in a dry place at 2-30°C or (35.6-86°F). Do not freeze. Do not use if pouch is torn or damaged.

Keep out of the reach of children. For *in-vitro* diagnostic use. Do not open foil pouch until you are ready to start the test. Use the test only once. The used test should be discarded according to local regulation.

Storage and Stability

Store as packaged at room temperature or refrigerated (2-30°C). The test is stable through the expiration date printed on the sealed pouch. The test must remain in the sealed pouch until use.

DO NOT FREEZE
 Do not use beyond the expiration date.

Specimen Collection and Preparation

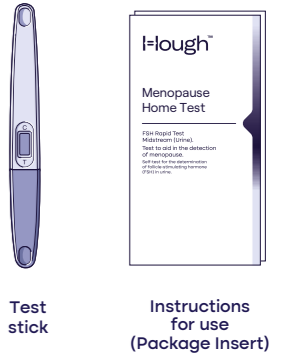
The urine specimen must be collected in a clean and dry container. A first morning urine specimen is preferred since it generally contains the highest concentration of FSH; however, urine specimens collected at any time of the day may be used. Urine specimens exhibiting visible precipitates should be centrifuged, filtered or allowed to settle to obtain a clear specimen for testing.

Storage Specimen

Urine specimens may be stored at 2-8°C for up to 48 hours prior to testing. For prolonged storage, specimens may be frozen and stored below -20°C. Frozen specimens should be thawed and mixed before testing.

Materials Provided

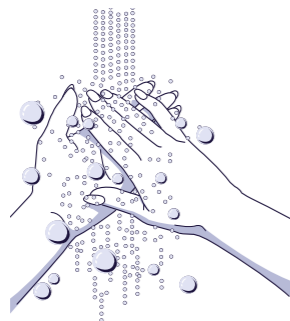
Please ensure your Menopause Home Test kit contains the following items:



Materials required but not provided:

- Timer
- Specimen Collection Container

Before you start



Wash your hands thoroughly for 20 seconds using soap and water, or hand sanitiser. This is to avoid contaminating the test.

Great, you're now prepared for the test.



When to start testing

- If you are still having monthly periods, take the first test during the first week of your cycle (days 2-7, with day 1 being the first day of menstruation).
- If the result is negative but symptoms persist, repeat with the second test one week later.
- If you are no longer having regular periods, take the test at any time during the month and repeat with the second test 1 week later.

Directions for use, start your test here

→ Allow the test, urine specimen and/or controls to reach room temperature (15-30°C) prior to testing.

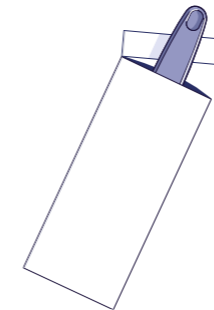
1 Step One

Determine the day to begin testing. See section to the left:

← When to Start Testing

2 Step Two

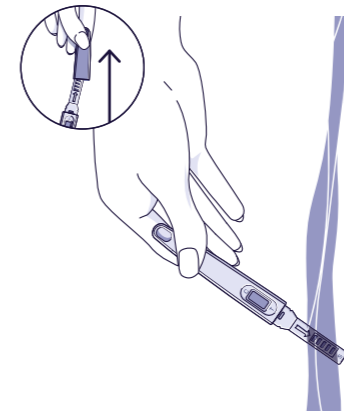
Bring the pouch to room temperature before opening it.



Remove the test from the sealed pouch and use it immediately within one hour.

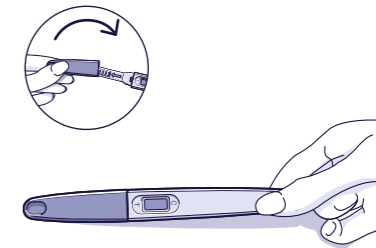
3 Step Three

Remove the cap of the test stick and hold the test stick to place the absorbent tip in the urine stream or place the absorbent tip (≥2/3) into urine sample in a clean cup for at least 10-15 seconds.



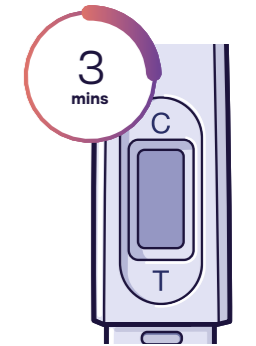
4 Step Four

Cover the cap on the test kit, then lay down the product on a clean and stable desk with the test and control window face upwards, and then start the timer immediately.



5 Step Five

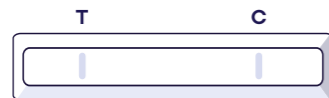
As the test begins to work, you may notice a light colored flow moving across the Result Window. **Read the result at 3 minutes.** Do not read the result after 10 minutes.



You're now ready to read your results to the right.

Interpretation of Results

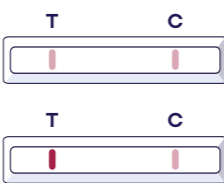
→ Reading the results



+ Positive result

Two lines are visible and the line in test line region (T) is the same as or darker than the line in the control line region (C).

A positive result means that the FSH level is higher than normal. Record the results and see the chart above to interpret results.



- Negative result

Two lines are visible, but the line in the test line region (T) is lighter than the line in the control line region (C), or there is no line in the test line region (T).

A negative result means that the FSH level is not elevated at this time. Record the results and see the chart above to interpret results.



X Invalid

The result is invalid if no colored line appears in the Control Line Region, even if a line appears in the Test Line Region.

You should repeat the procedure with a new test. If the problem persists, discontinue using the test kit immediately and contact your local distributor.



Test Interpretation

For female experiencing premenopausal symptoms along with irregular menstrual cycles:

1st Test	2nd Test	Interpretation
Positive	Positive	Most likely in perimenopause. Discuss methods and therapies to promote good health after menopause with doctor. DO NOT immediately discontinue contraception.
Positive	Negative	May be in early stages of perimenopause. DO NOT immediately discontinue contraception.
Negative	Positive	
Negative	Negative	Most likely not experiencing perimenopause this cycle. If symptoms persist, repeat testing in the following month or review other possible causes for symptoms.

For female experiencing menopausal symptoms with NO menstrual cycle for the past 12 months:

1st Test	Interpretation
Positive	Most likely in perimenopause. Discuss methods and therapies to promote good health after menopause with doctor.

Need help?

One of our Australian customer service team members is just a phone call away.

Call 1800 046 844

Phone lines are open Monday to Friday, 9am - 7pm.
 hello@houghrapid.com
 Send us an email and we'll get back to you soon.

Want to know more?
 For further information and to discover our full range of Home Tests, visit us at houghrapid.com

Menopause Home Test

Test to aid in the detection of menopause.

Self-test for the determination of follicle-stimulating hormone (FSH) in urine.

Control Procedure

A procedural control is included in the test. A colored line appearing in the control line region (C) is an internal procedural control. It confirms sufficient specimen volume, adequate membrane wicking and correct procedural technique.

Limitations

- There is the possibility that this test may produce false positive or false negative results. Consult your physician before making any medical decisions.
- Invalid results are most likely caused by not following the instructions properly. Review the instructions and repeat the test with a new test.
- If the problem persists, discontinue using the test kit immediately and contact your local distributor.

Useful Informations

1. How does the test work?

As your body ages and produces less estrogen, FSH levels increase as the hormone tries to stimulate the ovaries to produce a healthy egg.

This test measures FSH and can tell you whether your body is producing excess FSH as a result of low estrogen levels, signaling that your body is in the perimenopause stage.

2. When can I use the test?

We recommend performing the test using first morning urine as it contains the most hormone and will give the most accurate result.

If you are still menstruating, we recommend testing during the first week of your cycle (see When to start testing) and then retesting one week later.

3. How will I know the test worked?

The appearance of a colored line in the Control Window (C) tells you that you followed the test procedure properly and the proper amount of urine was absorbed.

If you do not see a line in the Control Window (C), you should review the procedure and repeat with a new test midstream. The test is not reusable. If you still experience problems, contact your distributor.

4. I received a positive result. Can I stop using contraception?

No, this test cannot determine fertility. Continue using contraception until your menopause status has been confirmed by your doctor.

5. I am not sure that I held the test in my urine stream long enough. Will I still get an accurate result?

In order to receive an accurate result, you should hold the Absorbent Tip of the test in urine stream for at least 10-15 seconds and wait 3 minutes to read the result.

If the line in the Control Window (C) fails to develop, you should repeat with a new midstream test.

6. How accurate is the test?

A clinical evaluation was conducted comparing the results obtained using FSH Rapid Test Midstream to another commercially available urine FSH test.

The clinical trial included 250 urine specimens: both assays identified 85 positive and 165 negative results. The results demonstrated 100.0% overall accuracy of FSH Rapid Test Midstream when compared to the other urine FSH test.

7. How sensitive is the test?

FSH Rapid Test Midstream detects follicle-stimulating hormone (FSH) in urine at concentrations of 25 mIU/mL or higher.

Standard control calibrator use WHO NIBSC code: 92/510. The addition of LH (1,000 mIU/mL), hCG (100mIU/mL), and TSH (1,000 µIU/mL) to negative (0 mIU/mL FSH) and positive (25 mIU/mL FSH) specimens showed no cross-reactivity.

8. Do alcohol or common medications affect the test?

No, but you should consult your physician if you are taking any hormonal medication. Also, recent oral contraceptive use, breastfeeding, or pregnancy or any intake that can alter the hormonal balance can affect the test results.

Bibliography

1. Turkington CA. The Perimenopause Sourcebook. Contemporary Books, New York, NY. 1998.
2. Perry S, O'Hanlan K. Natural Menopause: The Complete Guide. Reading, MA, Addison-Wesley, 1997.
3. Stanford, JL, Weiss NS, et al. Combined Estrogen and Progestin Hormone Replacement Therapy in Relation to Risk of Breast Cancer. J. Am. Med. Assoc. 1995; 274(2): 137-142.
4. Speroff L, Glass RH, Kase NG, Clinical Gynecologic Endocrinology and Infertility 5th Ed, Williams and Wilkins, Baltimore, MD. 1994; 588.
5. Jacobs DS, Demott DR, Grady HJ, Horvat RT, Huestis DW, Kasten BL, Laboratory Test Handbook 4th Ed, Lippincott Williams and Wilkins, Baltimore, MD. 1996

Index of Symbols

	For <i>in-vitro</i> diagnostic use only		Use by
	Store between 2-30°C		Lot Number
	Do not use if package is damaged		Consult instructions for use
	Manufacturer		Catalogue #
	Tests per kit		Do not reuse



Manufacturer

Hangzhou AllTest Biotech Co., LTD.
#550, Yin Hai Street
Hangzhou Economic & Technological Development Area
Hangzhou, 310018 P.R. China
Web: www.alltests.com.cn
Email: info@alltests.com.cn

Australian Sponsor:

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Revision date: 2022-

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