

# Ovulation Test Strip

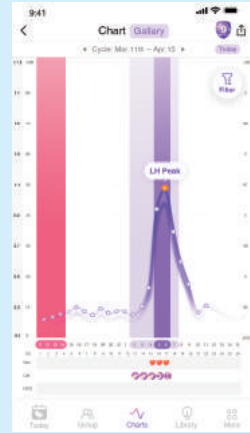
## User Manual

Easy@Home ovulation tests work by detecting the LH surge in your urine, which indicates you are about to release an egg. The free Premom ovulation app records your test results, monitors your personal cycle, and analyzes your fertility cycle progression. It gives you an accurate and complete picture of your most fertile days. The app displays your fertility status in three different levels of fertility: "Low" "High" and "Peak" in your ovulation test gallery (see image), and it will show the whole cycle's LH progression in your cycle chart (see image). Premom is dedicated to making every step the simplest for you. All you need to do is upload the test results to Premom. Then, relax while the app gives your digital result, fertility progression, and prediction.



### HOW DOES IT WORK ?

The LH (Luteinizing Hormone) in the urine of most women will increase dramatically in the middle of the menstrual cycle. The LH increase triggers ovulation when the egg is released periodically from normal fertile women. The LH surge occurs about 24 to 48 hours before you actually ovulate. A positive LH test may predict the most fertile period in your cycle. When the strip is immersed in a urine specimen capillary action carries the specimen to migrate along the membrane. A colored line will appear at the control zone region if the test has been performed properly. The control

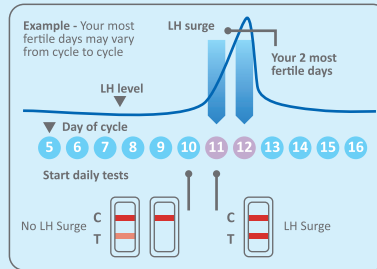


line also works as a reference line for you to find the LH peak time when the test line is as dark or darker than the control line.



### WHEN TO START 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. **Count the first day of bleeding or spotting as Cycle Day 1.** Please refer to the chart below to determine when you should start testing. If you do not know your cycle length, you may start testing since the Cycle Day 5 until the LH surge has been detected.



### Sample calendar

1	2	3+ day 1	4	5	6	7
8	9	10	11	12# day 10	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

3+ = The first day of menstrual bleeding  
12# = The day to begin testing (Day 10)

**Example:** If your cycle is normally twenty-six days, the Cycle Chart indicates testing should begin on day 10. The following calendar shows how to determine day 10.

Cycle Length	Day of Cycle to Begin Testing
21 days	days 5
22 days	days 6
23 days	days 7
24 days	days 8
25 days	days 9
26 days	days 10
27 days	days 11
28 days	days 12
29 days	days 13
30 days	days 14
31 days	days 15
32 days	days 16
33 days	days 17
34 days	days 18
35 days	days 19
36 days	days 20
37 days	days 21
38 days	days 22
39 days	days 23
40 days	days 24

### WHEN TO STOP TESTING

KEEP TESTING even after a positive result or after "High" results in your app until your LH levels have begun to drop again and stay low. The app will automatically read peak for you once it recognizes a drop in your LH levels. Some women have a gradual onset surge pattern and will have multiple positive results during their surge. The last, darkest test line is the true peak, and women should continue testing until they are certain their surge is complete.

### WHEN TO COLLECT URINE FOR THE TEST

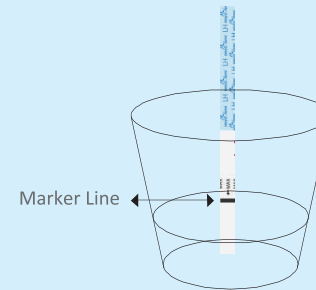
Unlike pregnancy testing, the FMU (first morning urine) is NOT recommended to use for ovulation testing. Luteinizing hormones (LH) is produced in your body in the morning and has the highest concentration of LH in the afternoon. The ideal time to collect a urine sample is in the afternoon, although, testing can safely be performed anytime from 10 a.m. to early evening (8 p.m.). Some doctors suggest testing twice a day when it is close to the LH surge day so that you won't miss it; the LH surge can be very short for some women. If you choose to test twice a day, you may test once around noon and another time in the early evening. We recommend collecting the urine specimen at about the same time each day. A diluted urine sample may reduce your chance of detecting the LH surge. To avoid this, you can try limiting your liquid intake about 2 hours prior to testing.

### WHAT ELSE DO YOU NEED

1. A clean, dry, plastic or glass container to collect the urine.
2. Timer (Your Premom app has one!)

### HOW TO PERFORM THE TEST

1. Remove the test strip from the sealed pouch.
2. Dip the white absorbent end into the urine sample up to the black 'Max line until you see the dye begin to rise into the testing window.
3. Lay the test strip flat on a clean, dry, and non-absorbent surface.
4. Read the results at 5 minutes after immersion or after any excess dye has completely cleared the testing window.



### HOW TO COLLECT THE URINE SAMPLE

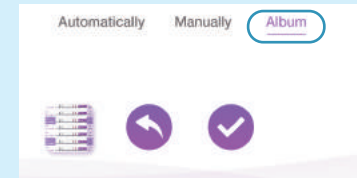
Urine may be collected in any clean, dry, plastic or glass container.

### HOW TO UPLOAD TEST RESULTS TO PREMOM APP?

Select the "Camera" symbol in the homepage.



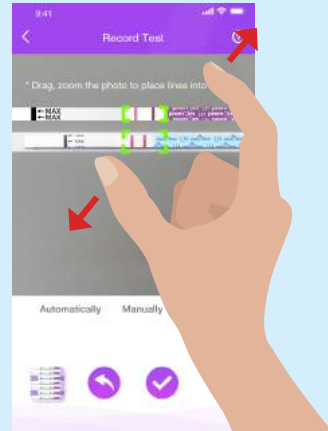
You can simply take a photo with your smartphone. Then, whenever you have time, you can upload the test photo. Tap "Album" to upload your test result.



Lightly use two fingers to adjust the image: twist to rotate the image, and drag to zoom in and out.



Powered by premom APP



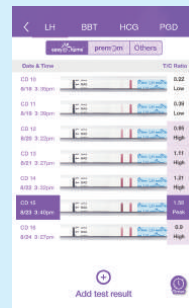
**Note:** For the most accurate results, make sure to select "easy@Home" before you upload/scan the test tests. Also, to maintain the accuracy of results, Premom quantitative tests should be uploaded in the "Premom" gallery, and any other ovulation test brands should be uploaded into the "Others" gallery.



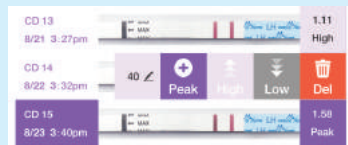
## HOW TO READ THE RESULTS

### Option 1: Digital Reading

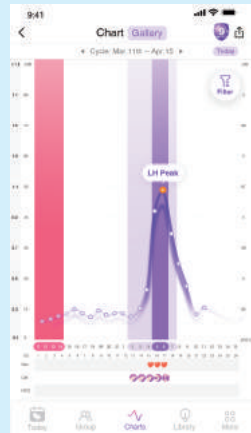
The Premom app can read your results automatically. The results are indicated in two ways: the numerical T/C ratio for charting purposes and the colored label indicator to indicate "Low", "High" and "Peak".



If you would like to edit the result, you can do it by swiping left on your test strip picture and tapping "Low", "High" or "Peak".



Or by tapping the pencil to edit your ratio. You can also tap "📈" in the bottom menu to view your LH progression and its pattern.

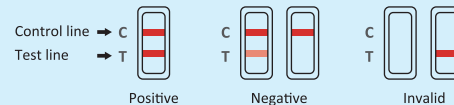


### Option 2: Manual Reading

**No LH Surge:** Only one color band appears in the control region, or the test band appears but is lighter than the control band. This means there is no LH surge.

**LH Surge:** If two color bands are visible, and the test band is as dark or darker than the control band, you 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.

**Invalid:** No visible band at all. Repeat with a new test kit. If test still fails, please contact us for assistance.



## CONTENTS OF THE TEST KIT

- One pouch containing a test strip and a desiccant. The desiccant is for storage purposes only and is not used in the test procedures.
- Instruction Manual.

## STORAGE AND STABILITY

- Store at 39°F to 86°F in the sealed pouch up to the expiration date.
- Keep away from direct sunlight, moisture and heat.
- DO NOT FREEZE.
- The test should be used immediately after opening.

## QUESTIONS & ANSWERS

### 1. There is a big difference between the control lines of two different ovulation tests. Is this a concern?

No. Variations in the color of the control band will not affect the test result. It is only effective to compare the color of the test band to that of the control band of the same test on the day the test is performed.

### 2. Can test results be interpreted after more than five minutes?

Test results must **be read at 5 minutes or a few minutes more if excess red dye still** needs to clear the test window. A test should not be read past 10 minutes. Though a positive result should not change for several days, a negative result may change to a false positive after the end of the testing period, which would not be an accurate reading. It is always best to read the results within the 5-10 minute testing period and then discard the test to avoid confusion.

### 3. How long should I continue to perform the test?

Continue testing for at least 5 days or until the LH surge has been detected.

### 4. 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 chamber(room). Such variations in physical conditions can cause the vertical streaking and/or the pink-rose background color, but will not affect the test results. As long as the control band appears within five minutes, the test is working properly.

### 5. Do alcohol or common medications affect the test?

No, but you should consult your physician if you are taking any medication.

### 6. 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 your most fertile time. Sexual intercourse is advised within this time frame.

### 7. I am now using the basal body temperature method(BBT). Does this test replace BBT?

The elevated basal body temperature primarily indicates that ovulation has already occurred. This test indicates that ovulation is about to occur within 24 to 48 hours.

### 8. I have received a positive result and had intercourse during these fertile days. I have not become pregnant. What shall I do?

Many factors can affect your ability to become pregnant. Often you may need to use the test kit for 3-4 months. You and your partner should consult your physician if pregnancy is not achieved after 3-4 months.

### 9. Will the amount of liquid I drink affect the result?

Yes. 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.

## PRECAUTIONS

- This kit is for external use only. Do not swallow.
- Discard after first use. The test strip cannot be used more than once.
- Do not use test kit beyond the expiration date.
- Do not use the kit if the test pouch is punctured or not fully sealed.
- Keep out of the reach of children.

6. For over-the-counter use only.

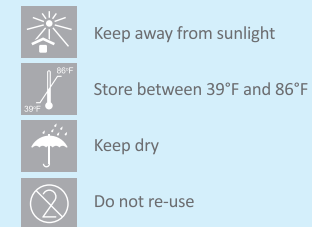
## LIMITATIONS

- The tests results are more accurate when the test procedures are precisely followed.
- This test may not be used as a form of birth control.
- Consult a doctor if irregular or unusually long cycles are experienced.

If you have any questions, please call us toll-free at **1-855-822-6999 (Monday-Friday 9:00 a.m. - 5:00 p.m. Central Time)**. Our professional staff will be happy to assist you. For Premom app support, tap "Support" in your settings to reach customer service and tech support.

To learn more, please visit us at [www.healthcare-manager.com](http://www.healthcare-manager.com)

## MEANING OF SYMBOLS ON PACKAGE



EZW2S-032020

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