



Ovulation Test Strips

Instructions for LH Ovulation Tests

INTRODUCTION

Luteinizing hormone (or LH) in elevated quantities causes ovulation (the release of the egg - or ovum - from the ovarian follicle). During the menstrual cycle only a small amount of LH is made, but in the middle of the cycle LH briefly and dramatically increases. This increase is called the "LH surge" and precedes ovulation. Conception is most likely to occur within thirty-six hours following the LH surge. The LH Ovulation Test is specifically designed to detect your LH surge - the time when you are likely to ovulate. If you receive a positive on an LH test, you are in your most fertile phase of your menstrual cycle.

SPECIMEN COLLECTION AND PREPARATION

COLLECTION

Collect urine once per day, at about the same time between 10:00 A.M. and 8:00 P.M. Do not use first morning urine as a sample. Collect urine in a clean, dry cup or container.

The sample may be stored at room temperature (15°-28°C) for up to eight hours, or in the refrigerator for up to twenty-four hours. Do not freeze the urine sample. Let refrigerated samples reach room temperature before starting the test (this will take about 30 minutes). For best results, test the urine on the same day it is collected.

TEST PROCEDURE

STEP 1: WHEN TO START TESTING: Determine the length of the menstrual cycle. The length of the menstrual cycle is the number of days from the first day of menstrual bleeding to the day before bleeding begins on the next period.

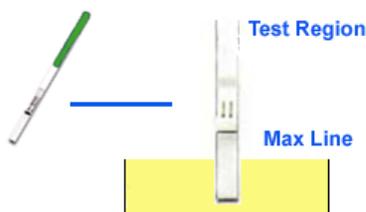
Determine the usual length of the menstrual cycle over the last few months. Then, refer to the Ovulation Calendar Cycle Chart below to determine on which day of the menstrual cycle to begin testing. If your cycle is less than twenty-one days or greater than forty days, consult a physician.

Cycle Chart

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

STEP 2: TESTING PROCEDURE

LH Ovulation Test Strips



1. To begin testing, open the sealed pouch by tearing along the notch. Remove the LH test from the pouch. Note: The ideal time to test is in the afternoon, not early morning, though testing may safely take place from 10am to early evening.

Dip end of strip into urine for 10 seconds. Do not exceed the max line.

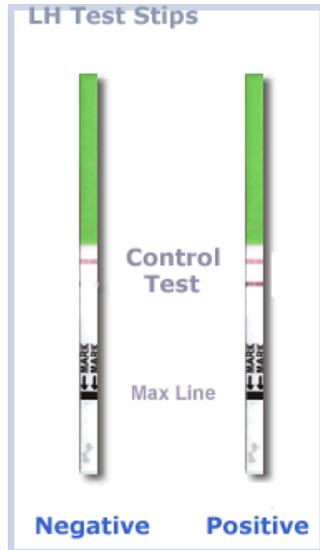
2. Carefully place the LH test vertically into the urine cup for 10 seconds and lay the strip flat on a clean, dry, non-absorbent surface. **IMPORTANT:** Do not allow the urine level to exceed the line indicated by the arrows - MAX Line (Marker Line) - near the bottom of the test dipstick, otherwise the test will not perform correctly.

3. Wait for colored bands to appear. Depending on the concentration of LH in the test specimen, positive results may be observed in as little as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required.

INTERPRETATION OF RESULTS

Within three to five minutes, two color bands will appear. For best results, interpret the test at **5 minutes**. Do not read the results after more than ten minutes.

To determine your result, compare the color intensity, i.e. shade of color, lightness or darkness of color, of the test band to the control band. In determining a positive or negative result, it is important to compare the color intensity, for this will indicate whether or not the LH surge (indicating ovulation) is in progress.



1. Positive for the LH Surge

If the test band is of equal or greater intensity (equal or darker) than the control band, this is a positive result and a good indication that the LH surge is occurring.

2. Negative for the LH Surge

If the test band is of lesser intensity (lighter) than the control band or cannot be seen, this means the LH level of the sample is at or near its basal (normal) level and that the LH surge is not in progress.

3. Invalid Result

If no control band appears within five minutes, the test result is invalid and should be ignored. The control band will not appear if an insufficient volume of specimen is added into the test kit. Proper procedures may not have been followed in performing the test. Repeat with a new test kit.

To Optimize the Use of Ovulation Predictor Kits, please visit our online Ovulation Test FAQ and our extensive articles library.

HOW TO RECOGNIZE THE LH SURGE

After each test, you must decide if you are having an LH surge. If your test result is positive, you are probably having an LH surge. An LH surge can last from one to three days. Ovulation is most likely to occur sometime in the day and a half following the first day of the LH surge.

If your test result is negative, you are probably not having an LH surge. Remember that a pink-rose test band lighter than the control band shows that there is only a very low level of LH in your urine. Consult our online FAQ for more information about how to apply our test results.

WHEN TO STOP TESTING

Unless otherwise specified by a doctor, stop testing once the LH surge is detected. Six to ten days of testing may be needed to detect the LH surge, though additional testing may be required. Explanations for negative results include:

1. Use of first morning urine. First morning urine should not be used for LH .
2. The concentration of LH is too low to be accurately detect.
3. Testing is performed too early or too late in the menstrual cycle (please re-read cycle chart).
4. Testing is stopped before the surge occurs, and should have been continued for a few more days.

THE LH SURGE, OVULATION & PREGNANCY

A pregnancy begins with conception. A child is conceived when the male sperm successfully fertilizes the female egg. Successful fertilization is most likely during a 24 hour period one to three days following the LH surge. Since this ovulation "window" only opens once per month, and for only about 24 hours, being able to predict fertility it is very helpful when trying to become pregnant.

Therefore, you should have intercourse during the one to three day period following the LH surge to increase chances of conception.

LIMITATIONS OF THE TEST

- 1) Directions must be followed carefully for accurate results.
- 2) Do not open the foil pouch until ready to conduct the test.
- 3) Do not use the results of this test as an aid for contraception.
- 4) Consult a doctor if irregular or unusually long cycles are experienced.
- 5) Do not use the test kit after the expiration date listed on the box.
- 6) A test device can only be used once. Discard the test after use.

QUESTIONS & ANSWERS

1) Should I restrict my diet before taking the test?
No, diet will not affect the test results.

2) Does alcohol, aspirin, or any other common drug affect the test?
No, but some hormonal medications can interfere with test results. If such medications are being taken or are suspected, seek professional advice from a physician to confirm the test results. Clomid can cause false positives if you begin testing too early in your cycles. Please use the above ovulation calendar guide to determine when to begin testing.

3) Should the test be used for contraception?
No, the test is not designed to prevent or help prevent conception and should not be used to do so.

4) Why is first morning urine not a good sample?
If first morning urine is used with the test, the first day of the LH surge may not be detected. The best time to collect the urine is between 10:00 A.M. and 8:00 P.M.. Always try to collect it at about the same time each day.

5) Today's control band is a different shade of red than yesterday's control band. Is this a concern?
No. Variations in the color of the control band will not affect the test result. Always compare the color of the test band to that of the control band of the same device on the day the test is performed. Do not compare bands from different devices.

6) Can test results be interpreted after five 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.

7) 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.

STORAGE AND STABILITY

Store the test kit below 28°C; do not freeze. Refer to the expiration dates of the individual components for stability information.

WARNINGS AND PRECAUTIONS

1. The test kit is for in vitro (external) diagnostic use only.
2. Do not use beyond the expiration date.