



Menopause

The Menopause Test is a rapid lateral flow test for the qualitative detection of follicle stimulating hormone (FSH) in urine to aid in the detection of menopause and perimenopause.

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 flushes, irregular menstrual cycles, sleep disorders, vaginal dryness, hair loss, anxiety, 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 oestrogen, it increases its production of follicle-stimulating hormone (FSH), which normally regulates the development of a female's eggs.

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.

The Menopause Test utilises 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 urine, and obtaining the result from the coloured lines.



Accuracy
>99%



Test type
Urine



Certifications
CE self-test
| MHRA



Results
3 mins



Kit size
2 Tests

Instructions

Specimen collection and preparation

The urine specimen must be collected in a clean and dry container. 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.

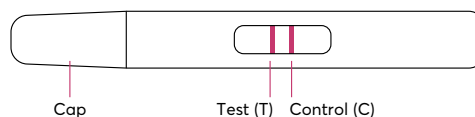
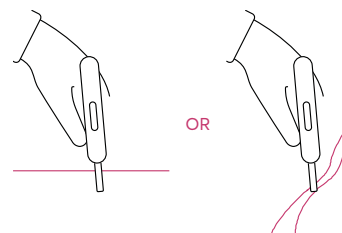
When to start testing

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.

Procedure

- 1 Determine the day to begin testing. (See the above section: "When to start testing").
- 2 Bring the pouch to room temperature before opening it. Remove the test from the sealed pouch and use it within one hour.
- 3 Remove the cap of the test and place the absorbent tip in the urine stream or place the absorbent tip into the urine sample in a clean cup for at least 15 seconds.
- 4 Replace the cap back on the test, then lay down the product on a clean, flat surface with the test and control window facing upwards. Start the timer.
- 5 As the test begins to work, you may notice a light coloured flow moving across the test and control window. Read the result at 3 minutes. Do not interpret the result after 10 minutes.



Read the results

POSITIVE RESULT

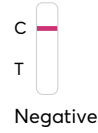
Two lines are visible and the line in test line region (T) is the same as/or darker than the line in the control line region (C).

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



INVALID RESULT

Control line fails to appear. Insufficient specimen volume or incorrect procedural techniques are the most likely reasons for control line failure. Review the procedure and repeat the test with a new test. If the problem persists, discontinue using the test kit immediately and contact your local distributor.



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	May be in early stages of perimenopause. DO NOT immediately discontinue contraception.

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

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.
Positive		Most likely not experiencing perimenopause this cycle. If symptoms persist, repeat testing in the following month or review other possible causes for symptoms.