



Ovulation

The Ovulation Test is a rapid lateral flow test for the qualitative detection of LH surges in urine, signalling that ovulation is likely to occur in the next 24-36 hours.

Ovulation is the release of an egg from the ovary. The egg then passes into the fallopian tube where it is ready to be fertilised. In order for pregnancy to occur, the egg must be fertilised by sperm within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of luteinizing hormone (LH) which triggers the release of a ripened egg from the ovary. This "LH surge" usually takes place in the middle of the menstrual cycle. The Ovulation Test utilises a combination of antibodies including a monoclonal LH antibody to selectively detect elevated levels of LH and peak fertility. It is during this fertile time that pregnancy is most likely to occur. It is important to note that an LH surge and ovulation may not occur in all cycles.



Accuracy
99%



Test type
Urine



Certifications
CE self-test
| MHRA



Results
5 mins



Kit size
5 Tests

Instructions

When to start testing

The Ovulation Test kit contains 5 tests, allowing you to test over several days to find your most fertile time. Calculate when to start testing using the chart below.

- 1 First, determine your menstrual cycle length. Your menstrual cycle length is the number of days from the first day of your period to the last day before the next period starts.
- 2 Next, determine the days to count ahead after the period to start testing. Find the menstrual cycle length on the first row of the chart below, and read the corresponding number in the second row. This is the number of days after your period to begin testing.
- 3 See the example below to determine which day you should begin testing. First morning urine should not be used when testing for LH. For best results, you should test around the same time each day. You should reduce your liquid intake approximately 2 hours prior to testing.

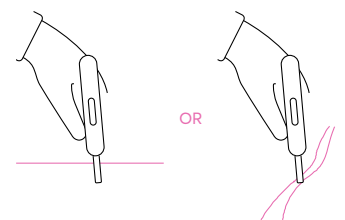
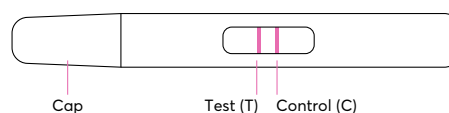
Menstrual cycle length	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Days to count ahead	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Example: My usual cycle length is 28 days. My last period started on the 3rd. The "when to start testing chart" shows that I will count ahead 11 days beginning with the 3rd. When I count 11 days ahead on the calendar, I find that I will collect and test my urine starting on the 13th.

Procedure

Determine the day you will begin testing using the "when to start testing chart".

- 1 Bring the pouch to room temperature before opening it. Remove the midstream test from the sealed pouch and use it within one hour.
- 2 Remove the cap and place it over the thumb grip.
- 3 Hold the midstream test by the capped thumb grip with the exposed absorbent tip pointing downward directly into your urine stream for at least 15 seconds until it is thoroughly wet. (See illustration below)
NOTE: Do not urinate on the result window.
If you prefer, you can urinate into a clean and dry container, then dip only the absorbent tip of the midstream test into the urine for at least 15 seconds.
- 4 After removing the midstream test from your urine, immediately replace the cap over the absorbent tip, lay the midstream test on a flat surface with the result window facing upwards, and then begin timing.
- 5 As the test begins to work, you may notice a light coloured flow moving across the result window. Read the result at 3 minutes. If no result appears, wait one minute longer. Do not read the result after 10 minutes.



Read the results

POSITIVE RESULT

Two coloured lines are visible, and the line in the test line region is the same as or darker than the line in the control line region. This indicates that you will probably ovulate in 24-36 hours.



NEGATIVE RESULT

Two coloured lines are visible, but the line in the test line region is lighter than the line in the control line region, or there is no line in the test line region. This indicates that no LH surge has been detected and daily testing should be continued.



INVALID RESULT

The result is invalid if no coloured 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.

