

One Step LH Urine Ovulation Test (Strip)

INTRODUCTION:

Ovulation is the release of an egg from the ovary. The egg then passes into the fallopian tube where it is ready to be fertilized. A baby is conceived when the male sperm successfully fertilizes the female egg. When a woman is about to ovulate, her body releases a large amount of a hormone called L.H. (Luteinising Hormone). L.H. is always present in your urine but the levels increase (surge) in the middle of your cycle, causing you to release an egg from the ovary.

INTENDED USE:

The **One Step Ovulation Test** is an immunochromatographic in-vitro assay for the qualitative and semi-quantitative determination of the human luteinizing hormone (LH) in urine to predict the time of ovulation in women. The test detects the sharp increase in LH concentration in urine, the so called "LH surge" which precedes ovulation. Conception is most likely to occur within 36 hours following the LH surge.

WHEN TO BEGIN TESTING:

First, you must determine the length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding to the day before your next bleeding begins again, count the first day of bleeding as day 1. Calculate what the usual length of your menstrual cycle has been over the last few months. Once you have worked out the length of your cycle refer to the chart to determine on which day of your menstrual cycle you should begin testing.

SPECIMEN COLLECTION:

Once you have identified what day you should begin testing you should then begin to collect your urine on a daily basis.

1. Do not use first morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
2. The best time to collect your urine is between 10am - 8pm. Pick a regular time that suits you best.
3. Collect urine at about the same time each day. Reduce liquid intake about 2 hours before collecting your urine as a diluted urine sample can prevent the test from detecting LH surge.

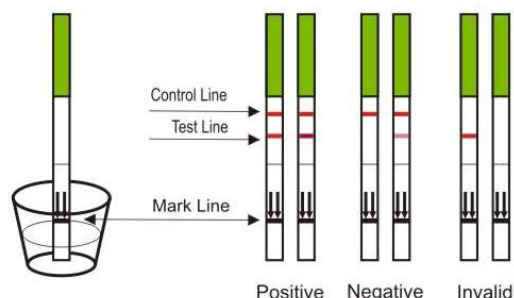
BEFORE YOU BEGIN:

1. Read the instructions thoroughly before you begin.
2. Do not open the foil pouch until you are ready to begin the test.
3. Make sure you have a watch, clock or timer ready.
4. Allow urine samples and test kit to reach room temperature before testing (approx 20 mins).

TEST PROCEDURE:

1. Determine the day to begin testing.
2. Collect urine sample in a clean and dry container.

3. To begin testing, open the sealed pouch and remove the strip. Do not remove the strip until you are ready to begin testing.
4. With the arrows pointing downwards towards the urine, place the test strip vertically (straight) into the urine sample, for at least 10 seconds. **DO NOT** allow the urine to go above the MAX (maximum) level line.
5. Remove the strip from the urine and place on a clean, dry surface. For best results you should read the results at 10 minutes.
6. Wait for coloured bands to appear. Depending on the concentration of LH in the urine specimen, positive results may be observed in as short as 40 seconds. However, to confirm negative results, the complete reaction time of 30 minutes is required.



INTERPRETATION OF RESULTS:

After each test, you must decide if you are having a L.H. surge.

To determine your result you must compare the colour intensity of the test band to the control band. The control band is used to compare the test band against and also confirms that you have completed the test correctly.

Positive for L.H. surge

If two colour bands are visible and the test band is of **equal or greater colour intensity (darker)** than the control band, this is a positive result and a good indication that the L.H. surge is occurring. You should ovulate within the next 24-36 hours. Sexual intercourse is advised at anytime after the first positive test.

Negative for L.H. surge

If two bands are visible but the test band is of a less intense colour (paler) than the control band or cannot be seen, this means the L.H. level is at or near its normal level and that the surge is not in progress. You should continue with daily testing.

Invalid result

If no control band appears within 5 minutes, the result is invalid and should be ignored. A visible control line is needed in all cases to confirm a proper test result. Repeat test with a new test kit.