



easy home Ovulation Test Strip User Manual

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easy home Ovulation Test Strip



INTENDED USE

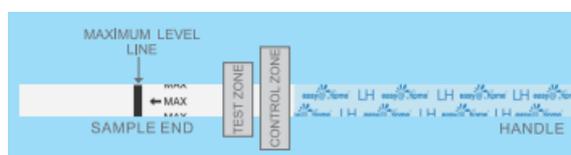
- Easy@Home Ovulation (LH) Test strip is a qualitative test that is designed to help predict when a woman will experience a surge in luteinizing hormone (LH). The test detects the surge in LH to identify the most fertile days of a woman's menstrual cycle.
- For in vitro diagnostic use.
- It is intended for over-the-counter use.
- Please read all the information in this Insert before performing the test

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, which is when a woman's ovary releases an egg. WHO experts state that LH testing is a reliable way to detect ovulation. The LH surge occurs about 24 to 48 hours before you actually ovulate. A positive LH test result may indicate that you are entering your most fertile period of your cycle.

The ovulation test contains antibodies which specifically react with LH. When the strip is immersed in a urine specimen capillary action carries the specimen to migrate along the membrane. When the luteinizing hormone (LH) in the urine reaches the test zone region, a colored line will appear in the test line region.

If the test has been performed properly, a colored line will appear at the control zone region. 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.



CONTENTS OF THE TEST KIT

1. One pouch containing a test strip and a desiccant. The desiccant is for storage purpose only and is not used in the test.
2. Instructions for use.

ADDITIONAL ITEMS NEEDED

1. A clean, dry, plastic or glass container to collect the urine.
2. Timer (watch, clock or smartphone)

PRECAUTIONS

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

STORAGE AND STABILITY

1. Store at 39°F to 86°F (4°C to 30°C) in the sealed pouch up to the expiration date.
2. The test should be used immediately after opening.
3. Keep away from direct sunlight, moisture and heat.
4. DO NOT FREEZE

COLLECTION AND STORAGE OF SPECIMENS

WHEN TO COLLECT URINE FOR THE TEST

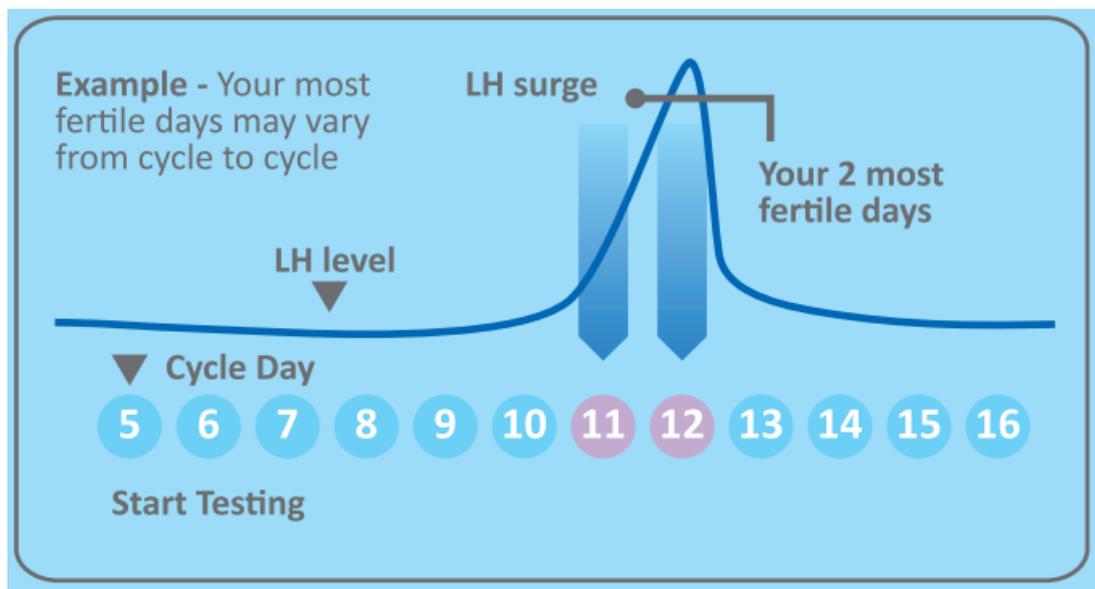
Any urine specimen is appropriate for ovulation testing.

HOW TO COLLECT THE URINE SAMPLE

This test is designed to have urine collected in a clean container just prior to testing. Urine may be collected in any clean, dry, plastic or glass container.

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 your menstrual cycle before testing. Count the first day of bleeding 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, start testing from cycle day 5 until the LH surge has been detected.



Cycle Chart

Cycle Length/Day of Cycle to Begin Testing

- **21 days:** day 5
- **22 days:** day 6
- **23 days:** day 7
- **24 days:** day 8
- **25 days:** day 9
- **26 days:** day 10
- **27 days:** day 11
- **28 days:** day 12
- **29 days:** day 13
- **30 days:** day 14
- **31 days:** day 15
- **32 days:** day 16
- **33 days:** day 17
- **34 days:** day 18
- **35 days:** day 19
- **36 days:** day 20
- **37 days:** day 21
- **38 days:** day 22
- **39 days:** day 23
- **40 days:** day 24

Example: If your cycle is normally 26 days, according to the Cycle Chart, testing should begin on day 10 of your cycle. To determine day 10, count 10 days from the first day of your menstrual bleeding (cycle day 1). For example, if your first day of menstrual bleeding was January 3, then day 10 would be January 12. You would start testing for ovulation on January 12 and continue until the LH surge has been detected.

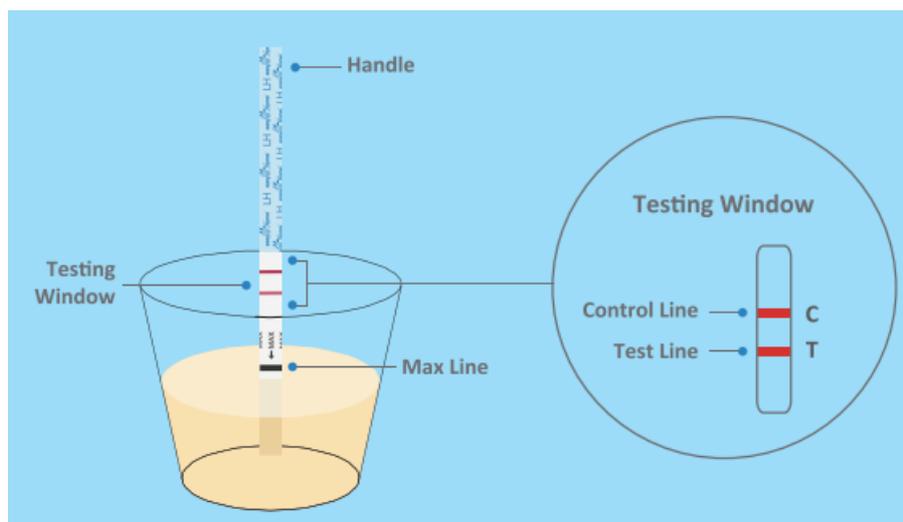
Sample Calendar

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)

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 and keep the tip in the urine for at least 5 seconds (until the dye rises into the testing window)
3. Lay the test strip flat on a clean, dry, and non-absorbent surface.
4. Read the results in 5 minutes. Do not read the results after 5 minutes.



The test strip and urine sample should be at room temperature (5~6°F or 15-30°C) before performing the test to ensure accurate results.

HOW TO READ THE RESULTS?

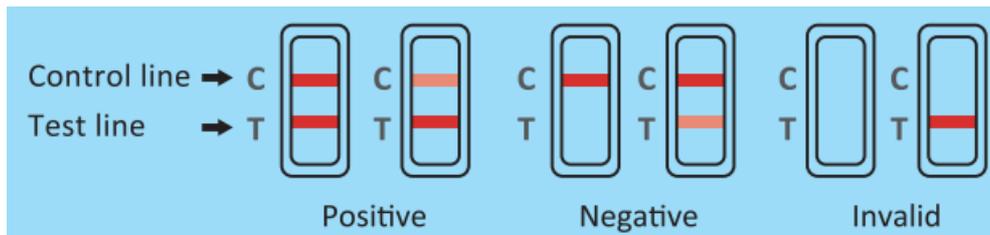
- Negative (No LH Surge)
- Only one color band appears in the control region, or the test band appears but is lighter than the control band.
- This means there is no LH surge

Positive (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 strip. If test still fails, please contact us for assistance.



LIMITATIONS

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

QUESTIONS & ANSWERS

1. Is It a concern If there Is a bis difference between the control Ones of twa different ovulatlan IIIsts?
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?
No. Test results must be read at 5 minutes. Although 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 at the 5-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 the testing chamber. 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. 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.

10. Can I use first morning urine for testing?

Unlike pregnancy testing, the FMU (first morning urine) is

NOT recommended to use for ovulation testing. Luteinizing hormone (LH) levels usually start to rise in the early morning and may not be easily detectable in the first morning urine.

The ideal time to collect : urine sample is from 10 am to 8 pm, although testing can safely be performed at any time.

NOTE: It is suggested to test 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.

MEANING OF SYMBOLS ON PACKAGE

	Keep away from Sunlight		Do not re-use
	Store between 39°F and 86°F		Keep Dry

Questions or comments?

- **Address:** Easy Healthcare Corporation 360 Shore Dr., Burr Ridge, IL USA 60527 Made in China
- **Please call toll-free:** 1-855-822-6999 M-F 9 a.m.-5 p.m. CST
- **E-mail:** support@premom.com
- www.premom.com

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