

# Ovulation Test

## (Quantitative Ovulation Predictor)

### User Manual

Cat.#: PMS2-S

premOm®

#### INTENDED USE

Premom Ovulation Test (Quantitative Ovulation Predictor) offers an integrated solution, including Premom quantitative LH tests and Premom ovulation calculator app that reads LH levels quantitatively by scanning the test results.

Women's hormonal patterns vary greatly from one to another. A quantitative LH level reading can help women identify their peak, high, and low, as well as know the exact increase in LH levels reaching the peak before ovulation.

Premom Ovulation Test (Quantitative Ovulation Predictor) is performed similarly to traditional urine ovulation tests. However, unlike traditional ovulation tests, which simply indicate a positive or negative result, quantitative ovulation test provides a numerical LH range from 0-65 mIU/mL.

Its bold and clear test line with the invariable control line enables the Premom app to provide quantitative LH level readings.

When you upload your test results to the Premom app, you will get a numerical reading and a colored label indicating whether it falls under "Low", "High", or "Peak". The app also generates LH progression chart on the "Charts" page of the app.

See the following Tests and Charts page.

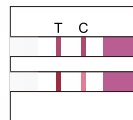


#### HOW DOES IT WORK

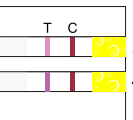
The Luteinizing hormone (LH) in the urine of most women will increase to a peak level right before ovulation occurs. The color intensity of quantitative test lines will change according to an advanced calibration designed by the manufacturer. Unlike traditional ovulation tests, in which the colors of the control and test lines differ according to LH levels, the control lines in quantitative tests typically remain unchanged. See the example below.

#### Example:

##### Qualitative



##### Quantitative



VS

25mIU/mL

45mIU/mL

#### PRECAUTIONS

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

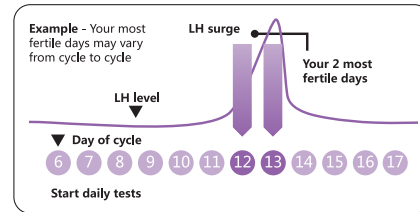
#### STORAGE AND STABILITY

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

#### WHEN TO START TESTING

Use the table below to determine when to start testing. To have the best chance of detecting LH surge, you need to know your usual cycle length. A usual cycle begins

when your period starts (first day of menstrual flow), count it as Day 1, and continues until the day before your next period starts.



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

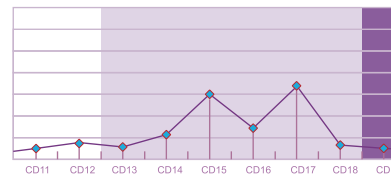
For the first cycle, it is suggested to perform the test right after your period ends and continue testing throughout the entire cycle to find the baseline for LH progression.

After more than one cycle of consecutive testing, you can do less testing and start 5 days earlier than the ovulation day predicted by Premom APP.

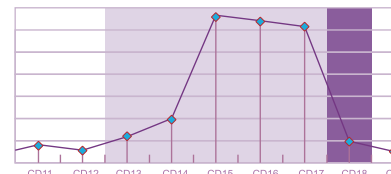
#### \*Note:

1. If your test line is getting darker and you may be closer to ovulation, it is suggested to test more often at this time.
2. Biphasic/multiple peaks and plateaus are possible. Continued testing is important to confirm ovulation did occur.

#### Biphasic/Multiple Peaks



#### Plateau Peak



#### WHEN TO COLLECT URINE FOR TESTING

Unlike pregnancy testing, using first-morning urine is NOT recommended for ovulation testing. Luteinizing hormone (LH) is produced in your body in the morning and reaches its highest concentration in the afternoon. The ideal time to collect a urine sample is in the afternoon, although testing can safely be performed anytime between 10 a.m. and 8 p.m.

Some doctors suggest testing twice a day when you are close to your LH surge day to avoid missing it. This is because the **LH surge can be very short** for some women, known as the **LH rapid onset pattern**. If you choose to test twice a day, test once around noon and again in the early evening.

#### CONTENTS OF THE TEST KIT

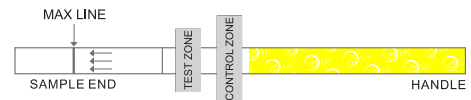
1. One pouch containing a test strip and a desiccant. The desiccant is for storage purposes only and is not used in the test.
2. One user manual.
3. One color chart.

#### ADDITIONAL ITMES NEEDED

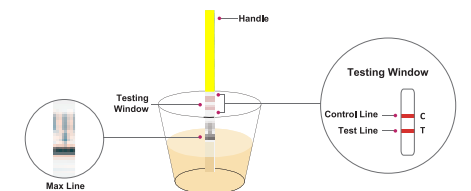
1. A clean, dry, plastic or glass container to collect the urine.
2. Timer (watch, clock, or smartphone).

#### HOW TO PERFORM THE TEST

When immersing the test strip in the urine sample, the urine will saturate the testing area. A colored line will appear in the Control Region if the test has been performed properly.



1. Remove the test strip from the sealed pouch.
2. Dip the white absorbent tip of the test into the urine up to the black "MAX" line without passing it. Keep the tip in the urine until the dye rises into the results window. (Estimated time to dip test: 5-10 seconds)
3. Lay the test strip flat on a clean, dry, and non-absorbent surface.
4. Read the result between 5 and 10 minutes.



#### IMPORTANT:

Do not allow the urine level to exceed the MAX (marker line); otherwise, the test will not perform correctly.

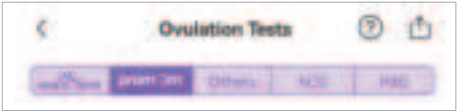
HOW TO UPLOAD TEST RESULTS TO THE APP

You can simply take a photo with your smartphone. When it's convenient for you, access the Premom app's Tests page and click on the "Add test result" button. Select the "Photo Album" option to upload your test result. You can use two fingers to rotate or zoom the photo to adjust and position the test strip within the viewfinder.

Alternatively, you can capture a photo directly within the app by choosing either the "Automatic" or "Manual" options for taking photos.



**Note:** If you're using traditional tests and quantitative tests simultaneously, please ensure that you select the "Premom" test gallery before uploading or scanning the tests to avoid mixing up the results.

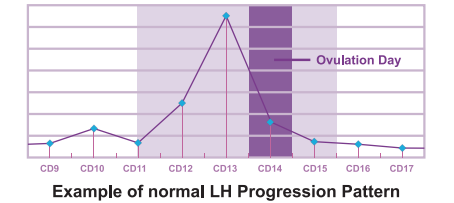


HOW TO READ THE RESULT

Option 1: Automatic Result Reading with the Premom App

The Premom app offers automated result interpretation. It presents results in two ways: a numerical urine LH level within the range of 0-65 mIU/mL, along with a colored label indicating whether it falls under "Low", "High", or "Peak".

If you want to edit a result within the app, you can do it by sliding the test image to the left and then clicking the pencil icon. You can also click "Charts" in the bottom menu to view your LH progression and its pattern.

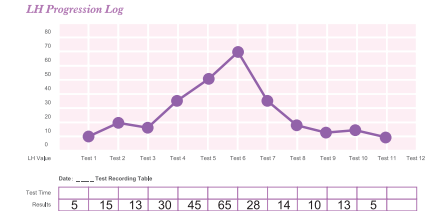


Option 2: Confirming Test Result with the Color Chart

The color chart displays various colored lines with their corresponding values. Each colored line on the chart is used for comparison to your test line. The values represent LH levels through advanced calibration according to the designed testing results. With this reference chart, you can easily estimate the LH level range by comparing your test line to the lines on the Color Chart.

Follow the steps below:

1. Place the test in the window slot of the color chart.
2. Compare the test line to reference colored lines.
3. Log the estimated LH level in your notes like below.



For example, if the test line matches the darkness of the colored line labeled 10, record it as 10. If the color is between two consecutive colors (such as 10 and 25), select a value that closely matches the color within this range, like 23. See the picture below.

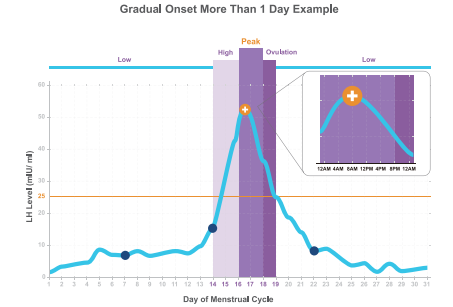


- If no color band appears in the control region, the test result is invalid.

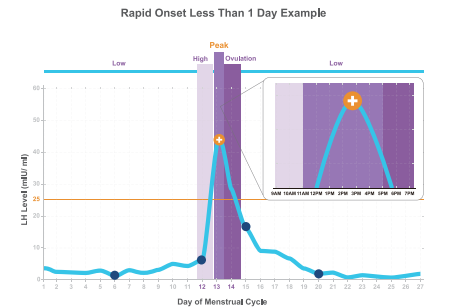
Repeat with a new test strip. If the test still fails, please contact us for assistance.

Types of Patterns Found in the LH Progression Chart

1. Gradual LH Surge: women with a gradual surge pattern will have elevated LH levels for 1-6 days.



2. Rapid LH Surge Pattern: Women with a rapid surge pattern will have elevated LH levels for only a few hours to one day. In this case, it is recommended to test at least twice a day as the predicted ovulation day approaches.



**\*Note:** In both cases, whether it's a gradual or rapid onset, the test with the last, darkest test line indicates your peak.

**\*Note:** It is recommended to keep testing until your darkest test line becomes lighter and remains faint to CONFIRM that you have indeed reached your peak. The Premom app will adjust to recognize your highest test as your peak.

Three main causes of a missed LH peak:

1. Short or rapid LH surge
2. Low LH surge
3. LH surge later than average

Some women's surge levels are below 25 mIU/mL. This is considered "low LH surge." If this is the case for you, your LH peak is still your darkest test line among your results.

QUESTIONS & ANSWERS

1. Can I use ovulation tests with water or other liquids?

No, it is designed to test the urine sample only, not water or any other liquid. The test result will be unreliable if testing the liquid other than urine.

2. Do I need to compare the colors of the T line with the C line?

No, this is not required for the Quantitative Ovulation Predictor Kit.

3. Can the test result be interpreted after 10 minutes?

It depends. The actual test result itself will be invalid after 10 minutes. However, if you take a test photo within 10 minutes, you can interpret the test result via the Premom app at any time.

4. Do alcohol or common medications affect the test?

No, but you should consult your physician if you are taking any medications.

5. Will the amount of liquid I drink affect the result?

Yes, it is suggested to limit your fluid intake for about two hours before collecting the urine. Heavy intake of fluids prior to testing will dilute the hormone in your urine.

6. Once I find the peak, when is the best time to have intercourse?

Ovulation is likely to occur within 24-36 hours. This is your most fertile time. Sexual intercourse is advised within this time frame.

LIMITATIONS

1. The test 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 irregular or unusually long cycles are experienced.

MEANING OF SYMBOLS ON PACKAGE

- ☀ Keep away from sunlight
- 🌡 Store between 39°F - 86°F (4°C - 30°C)
- ☔ Keep dry
- ⊗ Do not re-use
- 📄 For *in vitro* diagnostic use
- 📖 Consult instructions for use
- Σ Contains sufficient for <n> tests

**\*NOTE:** As we are constantly improving and updating the Premom app to offer the best user experience for our customers, the interface may be different from the illustrations included but all features mentioned should be still available and similar.

Questions or comments?  
Please call toll-free:  
1-855-822-6999 M-F 9 a.m.-5 p.m. CST  
E-mail: [support@premom.com](mailto:support@premom.com)  
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