

BIO TEST

Your reliable home test kits series

Menopause Test Kit

Product Code 9 555 223 208 043

For in vitro diagnostic and self testing use.

Store at (2-30°C)

INTENDED USE

BioTest Menopause Test Kit is a rapid, one-step chromatographic immunoassay for the qualitative detection of Follicle Stimulating Hormone (FSH) in urine to aid in the detection of menopause.

TEST PRINCIPLE

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 and 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 estrogen, it increases its production of Follicle Stimulating Hormone (FSH), which normally regulates the development of a female's eggs. Therefore, testing for FSH can help determine whether a woman is in the perimenopause stage.

PRECAUTIONS & WARNINGS

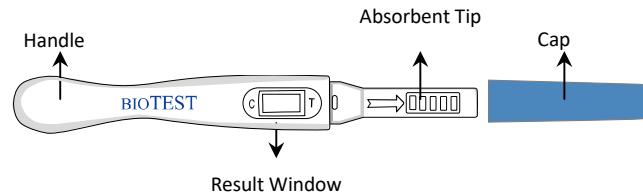
1. Do not use the test after the expiration date.
2. If the package is not completely sealed, do not use the test.
3. The test should be performed in a well-lit area.
4. Use the test device immediately after opening it.
5. Do not touch the result window. This could affect results and may also impose personal hazards.
6. The pouch contains a desiccant pack to absorb humidity. Do not open the pack. Throw it away with the remaining of the test.
7. At the end of the test, wrap every thing you have used in a plastic bag and throw away in the bin. Do not forget to wash your hands properly.

CONTENTS

- Test device
- Desiccant
- Instruction for Use

HOW TO USE THE TEST

If you are still having monthly periods, take the test during the week of your cycle (days 2-7, with day 1 being the first day of menstruation). If you are no longer having regular periods, take the test at any time during the month. We recommend performing the test using first morning urine as it contains the most hormones and will give the most accurate result.



Step 1:

- Read instructions carefully before use.
- It is preferred to perform the test on the first morning urine because the first morning urine contains the highest amount of hCG.
- Check that the pouch is completely sealed then open the pouch.

Step 2:

- Remove the cap from the device.

Step 3:

- Hold the device by the handle with the exposed absorbing tip pointing downwards.
- Place the wick into the urine stream for at least 10 seconds; making sure that the entire tip is wet. (Note: Do not urinate on the result window of the device. 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 10 seconds.)
- Remove the device from the urine stream (if you like, you may replace the cap - replacing the cap will not effect the results).

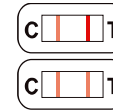
Step 4:

- Place the device on a flat surface with the window facing up. You will notice a pink color moving across the result window indicating that the test reaction is taking place.

Step 5:

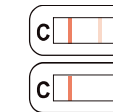
- Read results within 5 minutes. Look for colored bands (lines) to appear in result window.
- Test results should not be read after 10 minutes.

HOW TO READ THE RESULTS



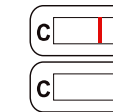
Positive

Two lines (T) is the same as or darker than the one in the control window (C). This indicates that your FSH level is higher than normal and you may be experiencing perimenopause.



Negative

Two lines (T) is lighter than the one in the control window (C), OR there is no line in the test window (T). This indicates that you are probably not experiencing perimenopause in this cycle.



Invalid Result

Reference line fails to appear. The result is invalid if no red line appears in the control window (C), even if a line appears in the test window (T). You should repeat with a new test.

ADVICE

If the result is positive, see a doctor to confirm that you are in perimenopause and to discuss the appropriate steps you should take to keep your body healthy and avoid the health risks associated with menopause, which include osteoporosis, increased blood pressure and cholesterol, and an increased risk of heart disease. **DO NOT stop using contraceptives.** Discuss the condition with your doctor.

If the result is negative, it means there is no increase in the levels of FSH in your urine and you are probably not experiencing perimenopause in this cycle. If symptoms of perimenopause continue or you miss your period, repeat the test with a new test kit after one week. Alternatively, if you are in your early 40s, you should also check using the BIO TEST Home Pregnancy Test Kit for the possibility that you are pregnant.

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