

BIO TEST

Your reliable home test kits series

Ovulation Test Kit

Product Code 9 555 223 208 036
For in vitro diagnostic and self testing use.
Store at 2 - 30°C

INTENDED USE

BioTest Ovulation Test Kit is a one-step immuno-chromatographic screening test designed for the detection of Luteinizing Hormone (LH) in urine for the professional and self-testing (home use) to detect the signal for ovulation.

TEST PRINCIPLE

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. In order for the pregnancy to occur, the egg must be fertilized by sperm within 24 hours after its release. Just before ovulation, the body produces a large amount of Luteinizing hormone (LH) which triggers the release of a ripened egg from the ovary. This is known as an 'LH surge' and usually takes place in the middle of the menstrual cycle. It is during this fertile time that pregnancy is most likely to occur. The BioTest Ovulation Test Kit detects the LH surge in urine, signalling that ovulation is likely to occur in the next 24 – 36 hours. It is important to note that an LH surge and ovulation may not occur during every menstrual cycle.

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 TESTS

The BioTest Ovulation Test Kit contains 3 tests, allowing you to test over three days to find your most fertile day.

BIOTEST CHART

Length of your cycle (days)	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Start testing this many days after your period began	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

Calculate the length of your average Menstrual Cycle. Your Menstrual Cycle Length is the number of days from the first day of your period (menstrual bleeding) to the last day before your next period starts. If your cycle is irregular, you may want to use your shortest cycle length.

Using the BioTest Chart, work out the day you should begin testing.

If your menstrual cycle is 28 days, you should begin testing 11 days after the first day of your last period.

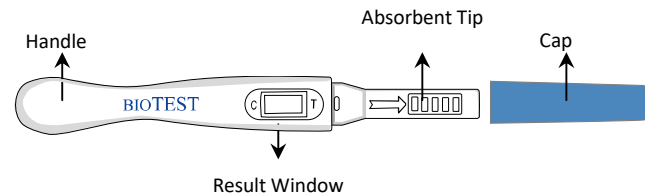
For example, if the first day of your period is on the 3rd then you should begin testing on the 13th of the month. The 13th is 11 days from the 3rd (first day your period starts)

S	M	T	W	T	F	S
	1	2	(3)	4	5	6
7	8	9	10	11	12	(13)
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Example

Determine the time to test. First Morning Urine should not be used when testing for LH. For the best results, you should test around the same time each day. You should reduce your liquid intake approximately 2 hours prior to testing.

Bring the pouch to room temperature before opening it. Remove the BioTest Ovulation Test Kit from the sealed pouch and use it as soon as possible.



Remove the Cap and hold the test with the exposed Absorbent Tip pointing downward directly into your urine stream for 10 – 15 seconds until it is thoroughly wet. See diagram above. Note: Do not urinate on the Result Window.

After removing the midstream test from your urine, immediately replace the Cap over the Absorbent Tip. Lay the test on a flat surface with the Result Window facing upwards, and wait for 3 minutes for the lines to appear.

As the test begins to work, you may notice a light red flow moving across the test and Result Window. If there is no result in 3 minutes, wait 1 minute longer. Do not read the result after 10 minutes.

HOW TO READ THE RESULTS

Positive
If two lines are visible, and the line in the TEST window (T) is the same as or darker than the one in the CONTROL window (C). This indicates that you will probably ovulate in 24-36 hours. This is your most fertile day.

Negative
If two lines are visible, but the line in the TEST window (T) is lighter than the one in the CONTROL window (C) or if there is no line in the TEST window (T). This indicates that no LH surge has been detected and daily testing should be continued.

Invalid
CONTROL (C) line fails to appear. Insufficient specimen volume or incorrect procedural techniques are the most likely reasons for a control line failure. Review the procedure and repeat the test with a new test kit.

RESULT TABLE

Record your result here for easy reference.

	Date	Time	Result
Test 1			
Test 2			
Test 3			

IFU-BT-LH-M.v3.2017

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