

PREGMATE OVULATION TEST INSTRUCTIONS

INTENDED USE

Luteinizing Hormone (LH) is one of the hormones produced by the pituitary gland. It is secreted at very low levels throughout your menstrual cycle. Once a developing egg follicle reaches a certain size, LH secretion surges to high levels. This **hormone surge** is what **triggers ovulation 24-48 hours later**.

LH surge is important because it initiates the beginning of ovulation. **Ovulation** is the release of a mature egg from the ovary. It signals the **beginning of your fertile period**. A **positive result** indicates the presence of a high amount of LH or **LH surge**. The amount of LH in your body will begin to decrease after ovulation so you'll only get a positive result during that crucial fertile period. Once the egg is released it is only viable for about 24 hours. After that your fertile window is over. This makes it very important to be able to **identify this best time to conceive**.

Ovulation may be irregular because of conditions, emotions and other factors in your life. You can't presume that ovulation always occurs at the same time after menstruation. Therefore, you should **test again in each menstrual cycle**.

WHEN TO BEGIN 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 menstrual cycle before test. Please refer to the chart below to determine when you should start testing. If you do not know your cycle length, you may begin the test 11 days after your first period since the average cycle length is 28 days.



Example: If your cycle length is normally 26 days, the chart indicates testing should begin on day 10.

QUESTIONS AND ANSWERS

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 the most fertile time. Sexual intercourse is advised within this time frame.

Will the amount of liquid I drink affect the result? We suggest that you limit your fluid intake for about two hours before you collect your urine. Because heavy intake of fluids prior to testing will dilute the hormone in your urine.

Can test results be interpreted after more than 5 minutes? No. Test results must be read at 5 minutes. Though a positive result should not change for several days, a negative result may change to a false positive within minutes after the end of the testing period. It is always best to read the results at the 5 minute testing period and then discard the test to avoid confusion.

Can any medication or medical condition affect the result? Certain medical conditions and medications can adversely affect the performance of the test: for example if you are actually pregnant, have recently been pregnant, have reached menopause or have polycystic ovarian syndrome (PCOS) you may get a misleading result. This may also be true if you are taking fertility drugs containing Luteinizing Hormone or (hCG) Human Chorionic Gonadotropin (such as Pregnyl® and Profasi®). Clomiphene citrate (Clomid®) does not affect the tests, but may affect the length of your cycle and, therefore, when you should be testing.

What time of the day do I test?

Any urine specimen is appropriate for ovulation testing. The ideal time for ovulation test is in the afternoon, though testing may take place from 10am to early evening.

TEST PROCEDURE

Immerse the strip into the urine for 3 seconds

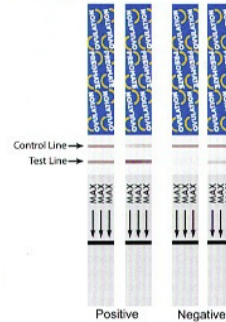


READ RESULTS IN 5 MINUTES

Positive (LH Surge): Two lines are visible, and the test line is equal to or darker than the control line.

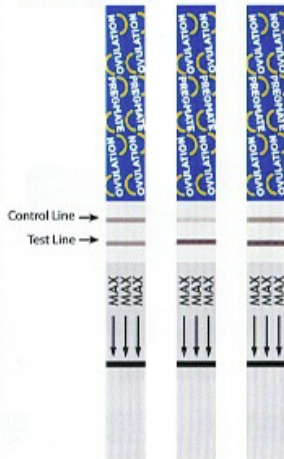
If trying to get pregnant, make love over the next 2 days following the first positive result to maximize your chances of becoming pregnant.

Negative (No LH Surge): No test line or test line is lighter than the control line.



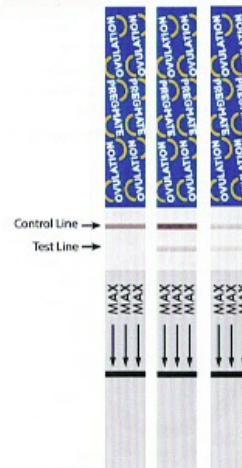
A positive test may look like...

POSITIVE (LH Surge): If two lines are visible, and the test line is equal to or darker than the control line, one will probably ovulate in the next 24-48 hours.



A negative test may look like...

NEGATIVE (No LH Surge): Only one line appears in the control region or two lines appear, but the test line is lighter than the control line.



Scan the QR code to view the instructions online