

Ovulation Test Instructions

WHEN TO OVULATION TEST

- Step 1: Determine the average length of your cycle.
 - Cycle length = first day of bleed (day 1) until the day before the next bleed.
 - Ovulation may be irregular
- Step 2: Check the graphic to determine when to begin ovulation testing.
- STEP 3: Test. The ideal time for an ovulation test is in the afternoon, though testing may take place from 10am to early evening.



If you can't determine your cycle length, start ovulation testing from day 10.

HOW TO TEST

- Limit liquid intake for 2 hours before testing
- Collect urine in a clean vessel
- Immerse the strip into the urine for 3 seconds (up to the line, do not dip past MAX line)
- Lay the strip flat
- Read the results at 5 minutes



HOW TO READ THE RESULTS

- The top line on the strip is the control line. This will almost always be dark.
- Positive = two lines AND the test line is as dark or darker than control line.
- Negative = no test line OR test line is lighter than control
- Invalid test = one line only.