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Ovulation Test Strip Instructions:

How the tests works:

The ovulation test strip works by detecting an increase (surge) in the hormone called Luteinising Hormone (LH) in your urine. The LH surge occurs approximately 24-36 hours prior to the release of an egg from your ovaries – a process known as ovulation. You are at your most fertile on the day your LH surge is detected and the day after.

When to start testing:

The day that the LH surge occurs varies from woman to woman and from one cycle to another. To have the best chance of detecting your LH surge with the number of test sticks provided in one pack, you need to know your usual cycle length. To work out your cycle length, count the day your period starts (first day full menstrual flow) as Day 1, and continue counting through to the day before your next period starts. The number of days is your cycle length.

Use the table below to work out the day you should start testing, or you can use our online ovulation calculator at <http://www.getpregnant.co.za>. You can test any time of the day, but it should be at the same time each day, **DO NOT USE FIRST MORNING URINE**. It is important that you have not urinated for at least 4 hours before testing, and you should avoid excessive fluid intake before testing

Length of your cycle	21 or less	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Count the first day of your period as day 1, start testing on the day shown under your cycle length.	5	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

Test Procedure:

- Remove the LH strip from the sealed pouch.
- Immerse the strip into the urine with the arrow end pointing towards the urine. Do not immerse past the MARK line. Take the strip out after 10 seconds and lay the strip flat on a clean, dry, non-absorbent surface.
- Wait for pink coloured bands to appear. The reaction time for the test strip is 5 minutes. For best results interpret the test at 5 minutes. Do not read result after more that 10 minutes.

Interpretation of the results:

No LH Surge: Only one pink coloured band appears on the control region or the test band is lighter than the control band. There is no LH surge.

LH Surge: If two pink coloured bands are visible and the test band is equal to or darker than the control band, then this indicates a LH surge and you are now at your most fertile time. For optimum results you should have intercourse on the day of your 1st positive LH surge test and the day after.

Invalid: No visible line at all. Repeat this test with a new test kit.

Storage and Stability:

The test kit can be stored at room temperature (4 to 30°C) in the sealed pouch to the date of expiration. The test kit should be kept away from direct sunlight, moisture and heat.

