



# Midstream Ovulation Test

The Fertility2Family Midstream Ovulation Test is a fast and easy-to-use method of predicting the time of ovulation and your most fertile window! During this window, pregnancy is most likely to occur. The Fertility2Family Midstream Ovulation Test detects the Luteinizing Hormone (LH) surge which occurs 12 to 48 hours prior to ovulation, signaling the best time to have intercourse to achieve pregnancy.

## When to Begin Testing?

First, you must determine the length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding to the day before your next bleeding begins again. Please refer to the chart to determine when you should start testing.

If your cycle is shorter than 21 days or longer than 38 days, consult your doctor. If you do not know your cycle length, you may begin testing 11 days after your first period, as the average cycle length is 28 days. Perform 1 test each day over a 5- day period or until the LH surge has been detected.

Your cycle length (days)	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Start to test on (day)	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

## Urine Collection

- Do not use first morning urine samples as LH is normally made in your body early in the morning.
  - The best time to collect your urine is between 10am-8pm.
  - Collect urine at approximately the same time each day.
- Reduce liquid intake approximately 2 hours before collecting your urine as a diluted sample can prevent the test from detecting your LH surge.

## Test Procedure

1. Remove the test stick from the foil wrapper.
2. Remove the cap to expose the absorbent tip, avoiding contact with the absorbent end.
3. Hold the stick by the thumb grip with the exposed absorbent tip pointing downward. Urinate onto the absorbent tip only until it is thoroughly wet.
4. Recap the device and lay the test stick down on a flat surface with the window facing up.

## Interpretation of Results

While you are waiting for your results, you may notice a coloured solution moving across the windows. This is normal. Positive results may be observed in as short as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required. To determine your results, compare the colour intensity of the test line to the control line as follows:

### Negative (No LH surge):

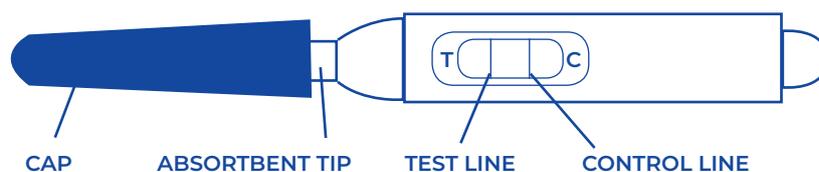
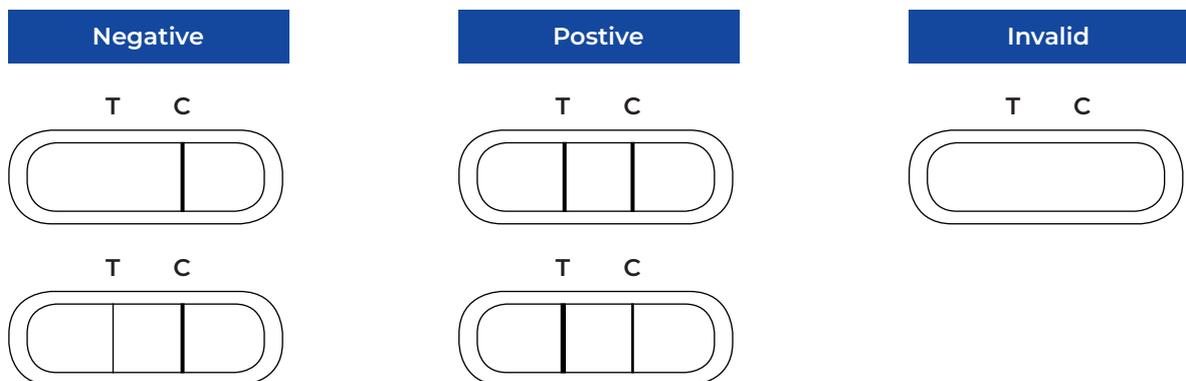
Only one colour band appears on the control region or the test line is lighter than the control line.

### Positive (LH Surge):

If two colour lines are visible and the test line is equal to or darker than the control line, you will likely ovulate in the next 12-48 hours.

### Invalid:

If a control line does not appear, the test is invalid. Insufficient specimen volume or incorrect test performance is the most likely reason. Repeat test with a new test kit.



## FAQs

**Q: The Test Line is not as dark as the Control Line, am I ovulating?**

A: Unlike pregnancy tests, ovulation tests are not considered to be positive unless the test line is as dark as the control line.

**Q: What should I do if I have a very light Test Line on my ovulation Test?**

A: This may mean you are coming up to your LH surge, or coming down from it. It is possible to get a very light line on your test at any stage during your cycle. It is only considered positive if it is as dark or darker than the control line.

**Q: Will the amounts of liquid I drink affect the result?**

A: Yes, a large intake of fluids prior to testing will dilute the hormone in your urine. It is recommended you limit your fluid intake about two hours prior to performing the test.

**Q: How long will the line remain visible?**

A: Test results should be read at 5 - 10 minutes for best results. A positive result will never disappear. The color of the line may become darker and a tinted background may appear after several hours. Some negative results may later display a faint test line due to evaporation from the testing zone. Therefore, you should not read the results after 10 minutes and discard the test once you have read the result.

**Q: Once I see a positive result, when is the best time to have intercourse?**

A: Ovulation is likely to occur within 12 to 48 hours. As this is your most fertile time, sexual intercourse is recommended if you are trying to conceive.

**Q: How accurate is the Fertility2Family Ovulation Test?**

A: In laboratory studies, the Fertility2Family Ovulation Test has been proved to be greater than 99% accurate.

**Q: I am using a basal body temperature (BBT) thermometer to determine ovulation. Do Fertility2Family Ovulation Tests replace the need for BBT tracking?**

A: The shift in BBT primarily indicates ovulation has already occurred. Whereas the Fertility2Family Ovulation Test indicates that ovulation is about to occur, and thus we recommend using these two methods in conjunction.

You can buy your Basal Body Temperature Thermometer at [www.fertility2family.com.au](http://www.fertility2family.com.au)

**Q: How do I know if I am pregnant?**

A: Complete a Fertility2Family Pregnancy Test. These tests are so sensitive you can begin testing from 7 days before your period is even due! You can buy Fertility2Family Pregnancy Tests at [www.fertility2family.com.au](http://www.fertility2family.com.au)

Although testing can commence immediately after ovulation, the detection of pregnancy becomes more reliable at or after the first day of the missed period.

**Q: I received a positive result and had intercourse during these fertile days, but I have not become pregnant. What shall I do?**

A: There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples many months to achieve a pregnancy. We recommend continuing the use of Fertility2Family Ovulation Tests and if pregnancy is not achieved within 6 to 12 months contact your doctor.

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Each pouch contains one test stick and one desiccant.

## STORAGE & STABILITY

Stored at normal room temperature (4-25°C) up to the expiration date.

The test midstream should be kept from direct sunlight, moisture and heat. Do not freeze. Shelf life is 18 months.

## WARNINGS & PRECAUTIONS

- As with all diagnostic tests, a definitive diagnostic should not be based on the result of a single test, but should be made by a physician after all clinical and lab findings have been evaluated.
- Read directions for use carefully before performing this test. Pay attention to the position of the Test and Control line.
- Do not use beyond the labeled expiry date.
- Do not reuse the test devices. Discard product after single use.
- Do not touch the membrane located within the test panel.
- Do not use if pouch is damaged or open.
- The device should be used immediately after opening the pouch.  
Prolonged exposure to ambient humidity will cause product deterioration.
- Treat urine samples and used devices as if they are potentially infectious. Avoid contact.
- Discard desiccant safely.
- Some medications can affect the result of the test. Please consult your healthcare professional if you are taking any medications.

### Sensitivity to LH - 25mIU/ml

