



# One Step Ovulation Test Strips

The Fertility2Family One Step Ovulation Test is a fast and easy-to-use method of predicting ovulation; your most fertile window! During this window, pregnancy is most likely to occur. Fertility2Family Ovulation Test Strips detect 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

- Collect urine in a small clean container.
- Do not use a first morning urine sample 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. Allow the sealed LH test pouch and your urine sample to reach room temperature (18-30 degrees).
2. Remove the LH test device from the sealed pouch.
3. Immerse the strip into the urine with the arrow end pointing towards the urine. Do not immerse past the MAX (MAXIMUM) line. Take the strip out after 15 seconds and lay the strip flat on a clean, dry, non-absorbent surface.

## 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. This can be caused by not holding the test strip in the urine for at least 5 seconds or by dipping past the MAX line.

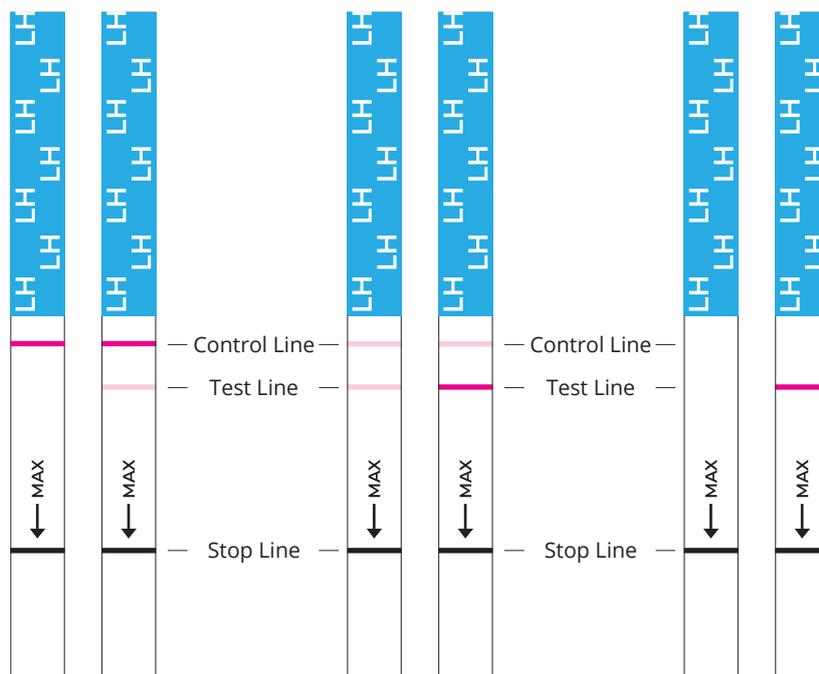
Repeat test with a new test kit.

## Comparison Chart

Negative Test Results

Positive Test Results

Invalid Test Results



## 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 Strip?**

A: In laboratory studies, the Fertility2Family Ovulation Test Strip 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 Strip 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)

**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.

**Q: What type of container can I use to collect urine?**

Any clean container can be used to collect urine. You can purchase specific urine collection cups at [www.fertility2family.com.au](http://www.fertility2family.com.au)

