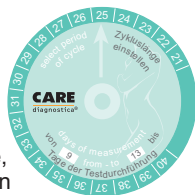


Test period

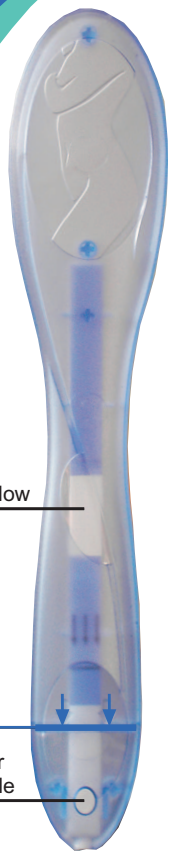
Using the disc provided, set the pointer to the length of your last monthly cycle. The dates on which the test should be conducted will appear in the small window of the inner part of the disc.



Example:
With a 25-day cycle, this period begins on the 9th day after the start of menstruation and should be continued until the 13th day or until a positive result is obtained.

Once the test period has been established, a test should be performed as described in these instructions, every day at the same time until a positive result is obtained. Where previous menstrual cycles have been irregular, please use the shortest cycle of the past six months in order to determine the test period.

Note:
This is an immunological test for the detection of human luteinizing hormone (hLH) in urine. The test materials used (e.g. antibodies) are potentially infectious substances, although they present no hazard provided that all test components are used in accordance with these instructions.



Result window

Maximum fill level

Opening for urine sample

Ovulation Test

Please read both sides of these instructions carefully before performing the test.

This test should not be used as a substitute for proper contraception!

Do not open the foil pack until you are ready to perform the test.

How to perform the test

Directly



Hold the end of the test stick under a light flow of urine for about 3 seconds.

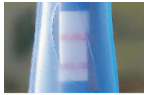
Using a container



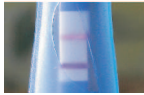
Dip the test stick in the collected urine sample for about 3 seconds, observing the **maximum fill level**.

Put the test stick aside onto the foil pack and evaluate your test result after **5 minutes**, referring to the information overleaf.

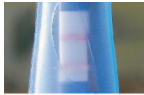
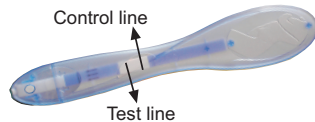
Evaluation



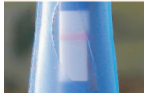
If two purple lines appear in the result window and the **lower line is the same shade or darker than the upper line**, this means that you are in your **fertile days**.



You do not need to test on any subsequent days of this cycle and can keep the remaining test sticks for your next cycle (if needed).



If two purple lines appear in the result window and the **upper line is significantly darker shade than the lower line**, this means that the test has been performed correctly but your **fertile days have not yet started**. The same applies where there is only one line.



In this case you will need to perform further tests over the following few days until you have obtained a positive result.

The test is considered invalid if the result field shows no purple line after 5 - 10 minutes, if only the test line appears or if the whole result field turns purple. Possible reasons for an invalid result could be: testing error (for example, low urine volume), damaged foil packaging or incorrect storage. If this happens, please retain all test materials and contact CARE diagnostica.

The test result cannot be evaluated reliably after more than 10 minutes.

Discard the test stick and the packaging material with your normal household waste after your test result has been evaluated.

This test should not be used as a substitute for proper contraception!

■ CARE diagnostica Produktions- und Vertriebsges. m.b.H.
Roemerstrasse 8, 25113 Moellersdorf, AUSTRIA
mail@care.co.at, www.carediagnostica.com

Information

This test is an aid to family planning. It provides you with reliable indications as to whether, and when, ovulation takes place. Ovulation is the moment at which a mature ovum (egg cell) is released from one of the ovaries into the oviduct where it will be available to be fertilized for only a few hours. Ovulation is triggered by a sudden surge of the hormone hLH (human luteinizing hormone) at midcycle.

The hLH level in urine lies between 3 and 15 IU/l (International units per litre) in women of childbearing age and increases up to 200 IU/l about 24 hours before ovulation. This test helps detect a rise in hLH.

Since sperm cells normally survive for several days inside a woman's body and need some time to migrate towards the ovum, this rise in hormone levels also marks the start of the phase in which sexual intercourse is most likely to lead to fertilization of the ovum.

Since, however, conception is influenced by many factors, it is not possible to assume that you will definitely become pregnant. An increase of hLH in urine indicates that ovulation will take place very likely. The absence of an increase in hLH does not, however, always indicate that no egg cell will be ovulated. If, despite proper usage, you fail to become pregnant over a period of several months or you are not able to detect any rise in hLH within three consecutive cycles, please consult your doctor.

For most women with regular menstrual cycles, five testing sticks are sufficient. If your cycle is irregular, you may need a further test pack.

Urine of pregnant women or urine of women in menopause may lead to an incorrect test result. Similarly, medication containing hLH or hCG may distort the test result.

Test components: Box, 5 foil pouches with test stick and desiccant each, test disc, instruction for use. In addition, you will need: a watch with a second hand to perform the test and, optionally, a clean container for your urine



Keep out of reach of children. Do not use test after the expiration date. Store between 39 and 86 °F (4 and 30 °C). Do not dismantle test stick. For external use only. In-vitro-diagnostic device for self-testing.