



3341 SW 15<sup>th</sup> Street – Pompano Beach, FL 33069 - USA – (954) 979-3845 Fax: (954) 979-7997  
[www.healthchemdiagnostics.com](http://www.healthchemdiagnostics.com)

# Ovulation Detection Test

## Midstream Wand

### HealthChem<sup>®</sup> Ovulation Detection Test offers:

- Easy Use: Just dip the Test Wand into urine or hold in urine stream for at least 6 seconds.
- Fast Readable Results in as little as 3-10 minutes.
- Sensitive test results detecting concentrations of LH at 25 mIU/ml or greater.
- Precise and accurate laboratory test findings with an accuracy of > 96%.
- Technical Assistance: You can call our toll-free number and talk to a Technical Professional for information about your test or result by calling the HealthChem Toll Free Help Line at 1- 800-482-2907, Monday- Friday. 8 a.m. – 8 p.m. Eastern Time.
- For *in-vitro* diagnostic use only.
- Do not take any part of this kit internally.
- Keep out of reach of children.
- Please read all instructions before performing the test

### HealthChem<sup>®</sup> Ovulation Detection Test

This kit contains enough supplies to determine your LH surge over a period of five days. During each day 1 Test Wand will be used to measure LH. Simply dip the Test Wand into your urine stream or a small container of urine. The result in the form of 2 magenta (reddish) bands should appear in the Result Window within 3-10 minutes. But before you begin, familiarize yourself with the test components shown below. Important: Do not open the foil packet until you are ready to perform the test. The **HealthChem<sup>®</sup> Ovulation Detection Test** is not reusable.

### HealthChem<sup>®</sup> Ovulation Detection Test Contents

Test wand in foil packet.

### How does the HealthChem<sup>®</sup> Ovulation Detection Test Work?

The test will help you to identify the time that you are the most likely to ovulate. The test measures Luteinizing Hormone (LH). The female body makes LH, which causes ovulation to take place. During a woman's menstrual cycle the LH is low, but during the middle part of the cycle, the amount of LH suddenly increases for a brief period. This rapid increase or "surge" in LH triggers the ovary to release an egg. This process is called ovulation.

NOTE: Ovulation usually takes place within 20-44 hours after the detection of your LH surge.

### Urine Collection

Try to perform the test at about the same time each day. **Do not** collect your first morning urine.

### Before You Begin

1. Read this entire pamphlet carefully. Do not open the foil packet until you are ready to perform the test.
2. Select a well-lighted room with a clean, flat surface for performing the test. Make sure you have a timer or clock within view.

3. Hold the test wand in your urine stream for at least 6 seconds or collect your urine in a clean glass container. Then dip the test wand into the container for at least 6 seconds.
4. Do not use the test wand beyond the expiration date printed on the package or on the foil packet.
5. IMPORTANT: When dipping the test wand into your urine to perform the test, be sure to hold the wand so that the urine level does not exceed the wick (the area that was covered by the cap on the Test Wand). The test will not work properly if urine level exceeds wick area. It is better to use a smaller volume of urine than a larger volume of urine.

### Instructions For Testing

Determine the average length of your menstrual cycle over the past few months.

To calculate the length of your menstrual cycle, start from the 1<sup>st</sup> day of bleeding for one cycle, to day before bleeding starts your next cycle. Once you have defined the length of your cycle, See Figure 1 to determine when to begin testing.

\* Example (from chart) to determine when to start testing:

A 27 Day Menstrual Cycle would = 10 Days from the start of your current menstrual cycle.

Then the 10<sup>th</sup> day after beginning your current menstrual cycle would be the 1<sup>st</sup> day to start testing.

Menstrual Cycle Chart			
Cycle Length	Day of Cycle To Start Testing	Cycle Length	Day of Cycle To Start Testing
21 days	Day 4	31 days	Day 14
22 days	Day 5	32 days	Day 15
23 days	Day 6	33 days	Day 16
24 days	Day 7	34 days	Day 17
25 days	Day 8	35 days	Day 18
26 days	Day 9	36 days	Day 19
27 days*	Day 10	37 days	Day 20
28 days	Day 11	38 days	Day 21
29 days	Day 12	39 days	Day 22
30 days	Day 13	40 days	Day 23

NOTE: If your cycle is less than 21 or greater than 40 days, call your physician for further consultation.

(C)

(T)



1. Remove the **HealthChem® Ovulation Detection Test** from the foil packet.



2. Pull off the protective cap from the Test Wand, but do not discard it. Please note the two different sides of the wand.

Test Window (Triangular)      Control Window (Round)

3. Hold the wick in your urine stream and the test wand in a urine container so that it remains upright. The Test Wand should remain in urine for a period of at least 6 seconds. Note: No urine should come in contact with the Result Windows area.



4. Replace the protective cap and place the Test Wand on a flat surface with the Result Windows facing up. Results will appear in as little as 3 minutes. Best results are observed after 5 minutes. **DO NOT READ RESULT AFTER 10 MINUTES.**



5. As the test begins to work, you will see the formation of a magenta (reddish) line in the Control Window (the round window) indicating the test is working properly.

### Reading Your Results

Two magenta (reddish) bands should appear in the Result Windows. The line in the round window is the Control Line. The line in the triangular window is the Test Line. If the color intensity of the Test line is less than that of the Control line, or if there is no line in the Test Window, the result is negative. The test did not detect an LH surge and you should continue testing the following day.

**NEGATIVE TEST RESULT**



Control

Test

If the color of the Test line is darker or equal to that of the Control line, then the test result is a positive indication of an LH surge.

**POSITIVE TEST RESULT**

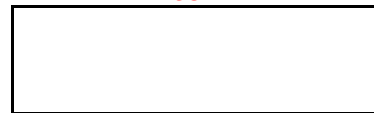


Control (C)

Test (T)

If both a Test Line and a Control Line do not appear in the Result Windows of the test wand, the test is invalid. This is probably due to either improper testing procedure or the test wand may have deteriorated. Please call our HealthChem Help Line 8:00 a.m. to 8:00 p.m. Monday-Friday Eastern Time at 1-800-482-2907.

**INVALID TEST RESULT**



Control (C)

Test (T)

### If You Have A Question

If you have a question about the instructions or your test results, please call the HealthChem Help Line for assistance at 1-800-482-2907 between 8:00 a.m. to 8:00 p.m. Monday-Friday Eastern Time. Please have the Product Lot Number which appears on the package available when you call the toll-free number. Our technical staff will gladly answer your questions.

### Storage

The contents of the test kit should be stored at room temperature (68-85°F). The test kit and its contents should be kept out of the reach of children.

### What The Results Mean

After each test, you must decide if you are having an LH surge.

1. If your Test Result is positive, your level of LH has increased. You are likely to ovulate sometime in the next 20-44 hours. This is when you are most likely to become pregnant!
2. If your Test Result is negative, you probably are not having an LH surge. Continue testing the next day.

### Reasons Why You May Not Detect An LH Surge:

1. Urine may have been collected at the wrong time of day. First morning urine should not be used when testing for LH.
2. The amount of LH in your urine may be too low.
3. You may have tested too early or too late in your cycle.

### When To Stop Testing

Unless otherwise specified by your physician, you can stop testing once you have detected your LH surge. The remaining tests may be used, if needed, for your next cycle.

### Accuracy

Precise and accurate laboratory test findings with an accuracy of > 96%.

### Limits Of The Test

1. You must follow the directions carefully to get accurate results.
2. Do not open a foil pouch until you are ready to perform each test.
3. The results of the test cannot be used as an aid to contraception.

4. Consult your physician if you have irregular or unusually long cycles.
5. You should not use this test if you are pregnant, menopausal, or after hCG therapy (injection).
6. Do not use this kit after the expiration date listed on the package.
7. Never reuse a Test Wand.

### **Question and Answer Section**

#### **Q. Can I use the Ovulation Detection Test for contraception?**

A. No. The use of the test will not prevent pregnancy.

#### **Q. Why can't I use the first morning urine sample?**

A. If you use the first morning sample, you may miss the real first day of your LH surge because your urine is concentrated during sleep and the concentrated urine may give a false positive result. The best time to perform the test is between 10 a.m. and 8 p.m. Be sure to collect your urine about the same time each day.

#### **Q. I noticed that today's CONTROL LINE was a different shade of magenta (reddish) than yesterday's Control Line. Should I be concerned?**

A. No. Variations in the Control Line will not affect the Test Result. You should always compare your Test Line to the Control Line only on the day you perform the test.

#### **Q. Do I need to use all 5 tests?**

A. No, you can stop testing when you detect your LH surge and save the remaining tests to use, if needed, next month.

#### **Q. What could interfere with my Test Results?**

A. If you are pregnant, have recently been pregnant or have reached menopause, you may get a misleading result. This may also be true if you are taking drugs, such as Danocrine, or injections containing hCG (e.g. A.P.L. or Profasi) or LH (e.g. Pergonal), all of which affect the outcome of this test, so check with your doctor before testing. Alcohol, aspirin, Clomid (Clomiphene Citrate) and any common drug should not affect result.

#### **Q. Will oral contraceptives affect the results?**

A. After using the Pill, your cycle can be irregular. You may need to use more than one test kit each cycle or you may want to wait until you have had 2 normal menstrual cycles before starting to use the test. However, you should follow your doctor's advice as to when you should try to conceive.

#### **Q. Can I be sure of getting pregnant by using the Ovulation Detection Test?**

A. No. Since so many other factors can influence conception, knowing when you are fertile may not be enough. It is important to know that the LH surge and ovulation may not occur each month. Menstrual bleeding is not always a sign that you have ovulated.

#### **Q. I've used all 5 tests as instructed, but have not yet detected my LH surge. Why not?**

A. The 5 tests contained in the kit are sufficient for many women with regular cycles. However, if your cycle is irregular, you may need to use additional kits to predict the time of peak fertility. Ten days of testing will detect an LH surge in about 90% of women. You should be aware that it can normally take couples many months to conceive. If after several months you have had no success, consult your physician.

#### **Q. How do I know that the test has worked correctly?**

A. You should see 2 magenta (reddish) bands in the result area. The first line is the Test Band, which measure your LH, and the 2<sup>nd</sup> line is the Control Band that tells you the test is working properly. NOTE: You may not see a Test Band if your LH level is too low. If you do not see a control Band please call HealthChem Help Line for assistance at 1-800-482-2907 between 8:00 a.m. to 8:00 p.m. Monday-Friday Eastern Time.

#### **Q. How soon can I find out if I'm pregnant?**

A. You can find out as early as the first day of your missed period with the **HealthChem®One-Step One Minute™ Pregnancy Test**. The test is a unique home pregnancy test in that it requires only one simple step that can give you an accurate result in just 1 minute. You should contact your physician if the result is positive.

**Manufactured in the USA by HEALTH-CHEM DIAGNOSTICS LLC**  
**US FDA AND ISO APPROVED FACILITY**  
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