

**PLEASE READ THIS LEAFLET CAREFULLY BEFORE YOU TAKE THIS TEST**

### PRECAUTIONS

- FOR IN-VITRO DIAGNOSTIC USE ONLY (IVD), FOR EXTERNAL USE ONLY.
- Read the directions for use carefully before performing this test.
- Do not use beyond the expiry date given on the foil pouch.
- Do not reuse.
- Keep the test kit out of reach of children.
- Do not freeze. Store at room temperature (2° C to 30° C).
- Keep away from direct sunlight, moisture and heat.
- The test should be used immediately once the foil pouch has been opened.
- The test should not be used for birth control.

### HOW DOES THE TEST WORK?

Ovulation is the release of an egg from the ovary. After the egg is released, it travels down the fallopian tube, where a sperm may fertilize it.

When a woman is about to ovulate, her body releases a large amount of hormone called Luteinizing Hormone (LH). The NOVAtest<sup>®</sup> Ovulation Test Strips help you to detect the sharp increase in LH concentration in urine, also called as "LH Surge" which precedes ovulation.

To maximize your chances of becoming pregnant, have intercourse within the next 24 - 48 hours from the time that NOVAtest<sup>®</sup> Ovulation Test Strip detects your LH surge. It is important to note that an LH surge and consequent ovulation may not occur in all the cycles.

### BEFORE YOU BEGIN

First, you need to determine the length of your normal menstrual cycle. Your menstrual cycle length is from the first day of your period to the day before your next period starts.

If your cycle length is irregular, take the average number of days for the last 3 cycles. If your menstrual cycle typically exceeds 40 days, or is shorter than 21 days, you should consult your doctor.

**Example :** Suppose your menstrual cycle length is 28 days. Your period started on the 4th day of the month. The chart tells you to start testing on day 11. Beginning with the 4th day, count ahead 11 days on the calendar. You should take the test on the 14th of the month.

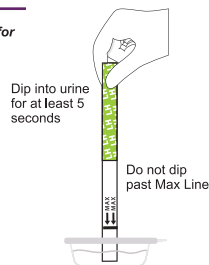
CYCLE LENGTH	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
DAY TO BEGIN TEST	DAY 6	DAY 6	DAY 7	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23

### HOW TO USE?

The best time to take this test is between 10am – 8pm. **The first urine specimen in the morning should NOT be used for this test.** For best result, you should test around the same time each day. You should reduce liquid intake about 2 hours before testing.

- Urinate into a clean, dry cup or container.
- Remove the test strip from the pouch and perform the test immediately.
- Hold the test strip in a vertical position with the arrows pointing towards the urine sample. Dip the test strip into the urine for at least **5 seconds**. Do not immerse the strip past the MAX (maximum) line.
- Remove the test strip from the urine and lay it down on a clean, dry, non-absorbent flat surface.
- Depending on the concentration of LH in the urine, positive results may be observed in as early as 40 seconds. However, to confirm negative results, wait for 10 minutes (complete reaction time).

**Do not read the results after 30 minutes.**



### INTERPRETATION OF RESULTS

#### NO LH SURGE

If only Control Line is visible and no Test Line appears, or if two lines are visible and the Test Line is lighter than the Control Line, it means that the LH surge has not been detected. You should continue taking the test daily at the same time.

#### LH SURGE

If two lines are visible and the Test Line is equal to or darker than the Control Line, this indicates an LH surge. You will probably ovulate within the next 24 to 48 hours. If you have intercourse within 24-48 hours after you detect your LH surge, you will maximize your chances of getting pregnant. Once you have detected your LH surge, there is no need to continue testing.

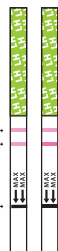
#### INVALID

If the Control Line does not appear, the test is considered invalid. This may be because insufficient urine has been used, or the test strip was immersed past the MAX (maximum) line. You should review the instructions and do a retest with a new test strip.

#### NO LH SURGE



#### LH SURGE



#### INVALID



# QUESTIONS & ANSWERS

- 1.** How accurate is the NOVAtest® Ovulation Test Strip ?

**A :** Laboratory studies have proven that the NOVAtest® Ovulation Test Strip is 99% accurate in detecting the LH surge.

- 2.** Why should I not use first morning urine? What time of the day should I do the test ?

**A :** We do not recommend using first morning urine as a test sample because LH is synthesized in your body early in the morning. Any other time of the day is suitable. The ideal time to take the test is between 10:00 A.M to 8:00 P.M. Always take the test approximately the same time each day.

- 3.** Will the amount of liquid I drink affect the result ?

**A :** We suggest that you reduce your liquid intake around 2 hours before testing, as a diluted urine sample may not contain enough amounts of LH for detection.

- 4.** Can I use NOVAtest® Ovulation Test Strip to avoid pregnancy ?

**A :** No, NOVAtest® Ovulation Test Strips are designed to help facilitate pregnancy. They are not recommended for contraception.

- 5.** Does alcohol, aspirin, or any other common drugs affect the test?

**A :** No, but some hormonal medications can interfere with the results. If you are taking any such hormonal medications, you should consult your doctor to confirm the test results.

- 6.** Once I detect the LH surge, when is the best time to have intercourse?

**A :** To increase your chances of conceiving, it is recommended to have intercourse on the day of the LH surge as well as the following three days.

- 7.** Within what time frame should I read the test results?

**A :** For best results, the test result should be read within at 5 – 10 minutes of taking the test. You should not read the result after 30 minutes.

- 8.** I have used all 7 tests as instructed, but no LH surge has been detected. What should I do?







**A :** This might be due to an irregular cycle or you may have miscalculated the length of your menstrual cycle. You should continue testing with another test kit or start testing earlier in the next month. Some women do not ovulate in every cycle and therefore, will not see an LH surge in the particular month. This may occur occasionally, and it is normal.

- 9.** Does taking my basal body temperature tell me the same thing as NOVAtest® Ovulation Test Strip ?

**A :** Basal Body Temperature primarily indicates that the ovulation has already occurred. The NOVAtest® Ovulation Test Strip will tell you that ovulation is about to occur.

- 10.** I have detected an LH surge and had intercourse during the fertile days, but I have not become pregnant, what should I do?

**A :** There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples many months to become pregnant. If you have been trying for several months without success, you should consult your doctor and let your doctor know how you have been ovulating. This will help your doctor to identify what other factors could be affecting your ability to get pregnant.

 <b>IVD</b>	<b>IN-VIRTO DIAGNOSTIC TEST ONLY</b>	 <b>LOT</b>	<b>BATCH CODE</b>	 <b>USE BEFORE THE EXPIRE DATE</b>
 <b>ATTENTION, SEE INSTRUCTION FOR USE</b>		 <b>DO NOT REUSE</b>		 <b>STORE BETWEEN 2-30 °C</b>



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