

# TestCountry Cassette Ovulation Test Instructions

Your cycle length	Start to test on
21 days	Day 5
22 days	Day 6
23 days	Day 7
24 days	Day 8
25 days	Day 9
26 days	Day 10
27 days	Day 11
28 days	Day 12
29 days	Day 13
30 days	Day 14
31 days	Day 15
32 days	Day 16
33 days	Day 17
34 days	Day 18
35 days	Day 19
36 days	Day 20
37 days	Day 21
38 days	Day 22
39 days	Day 23

## When to begin testing:

The first step is to 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 starts. 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 since 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.

## Urine Collection:

1. Do not use first morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
2. The best time to collect your urine is between 10am - 8pm.
3. Collect urine at about the same time each day.
4. Reduce liquid intake about 2 hours before collecting your urine as a diluted urine sample can prevent the test from detecting LH surge.

Please refer to the table →

## Test Procedure

### STEP 1

Allow the sealed LH cassette test pouch, urine sample, and control solution to reach room temperature (18-28°C).

### STEP 2

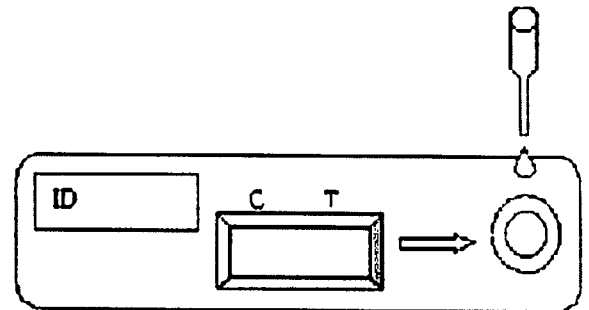
Remove the test from the pouch.

### STEP 3

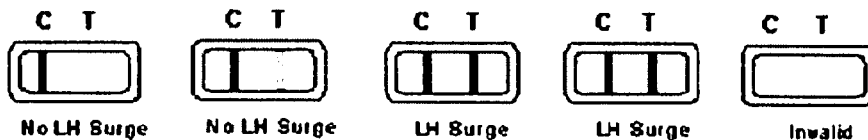
Draw the urine sample to the urine dropper provided. Hold the urine dropper upright about 1/2 inch above the sample well of the device. Add 5 drops of urine to this well.

### STEP 4

Lay the test device on a flat surface with the result window facing up. Wait for colored bands to appear. Depending on the concentration of LH in the test specimen, positive results may be observed in as little as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required. Do not read results after more than 30 minutes.



## Interpretation of results:



**No LH Surge - not ovulating:** Only one color band appears on the control (C) region or the test (T) band appears but is lighter than the control band. This means there is no LH surge.

**LH Surge - possible ovulation:** Two color bands are visible, and the test (T) band is equal to or darker than the control (C) band. This means that one will probably ovulate in the next 24-48 hours. If trying to get pregnant, the best time to have intercourse is after 24 but before 48 hours.

**Invalid - uncertain results:** No visible bands in the control (C) and test (T) regions. Repeat with a new test kit.

## PRECAUTIONS

1. For in vitro diagnostic use only.
2. Use test only once.
3. Do not use test kit beyond expiration date.
4. Always keep away from direct sunlight, moisture, heat and children.

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