

Biocard™ Ovulation

An ovulation test for home use

INSTRUCTIONS

Catalog number 3-011-500

Biocard™ Ovulation is a rapid, easy-to-use and reliable home test for the determination of the ovulation time and the most probable time to become pregnant.

Content:

7 tests and instructions for use. Besides the test you need only a watch for timekeeping. Perform the test in a well-illuminated place.

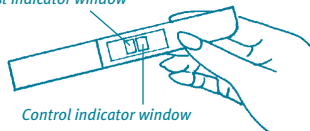
Biocard™ Ovulation is used for the detection of urinary LH-surge (luteinizing hormone). Before ovulation the amount of LH in urine is very low but it rapidly rises 24-36 hours before ovulation. The most probable time to become pregnant is 23 days after an LH-surge. The testing is started according to the length of the menstrual cycle (See Table). Read the instructions for use carefully before use.

Test procedure

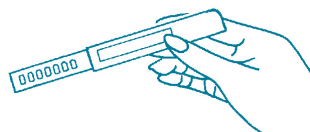
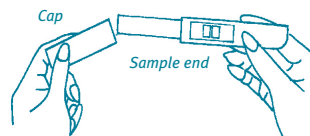
1 Fix the starting day for testing according to the table below. If your menstrual cycle lasts for example 23 days, start the testing in the morning of the 7th day from the beginning of the menstrual cycle. Perform the other 6 tests in the following 6 days.

2 Open the pouch protecting the **Biocard™ Ovulation** Test just before use. Remove the test from the pouch.

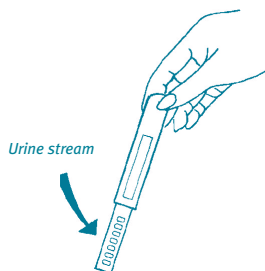
Test indicator window



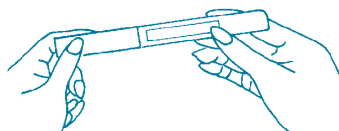
3 Remove the cap off the sample end of the test device. Turn the test so that the perforated side of the sample end is facing you, as shown below.



4 Hold the test as shown in the drawing below and put the perforated sample end of the device under urine stream for a few seconds.



5 Withdraw the device from the urine stream and keep the sample end of the device downwards for 10-15 seconds to let extra urine drops fall down. Do not turn the sample end upwards before reading of the test results.



6 Replace the cap on the device and place the device on a flat surface with the window side up in a well-illuminated place. If you prefer, you can take a urine sample also in a clean cup and dip the perforate sample end of the device in the sample for a couple of seconds. After extra urine drops has felled down replace the cap and read the test result as normal way.

7 Read the result 5-10 minutes after having placed the device on a flat surface.

Reading of the result

Read the result by comparing the intensity of the red colour of the test and control lines (do not compare the width of the lines). In case the test line is absent or if it is weaker (less intensely red) than the control line, your LH-surge has not started.



If the test line is equally red as the control line or if it is even more intensely coloured than the control line, you have detected your LH-surge.



If no lines are formed, you have likely not followed the instructions for use or the test unit has been damaged. In such a case repeat the testing with a new test unit. When you have found your LH-surge, you can stop testing. If you fail to find an LH-surge during the 7-day testing time, perform a new round of tests during the following menstrual period.

Notes and testing limitations

Read the instructions for use before performing a test. Failing to do so may lead to false results. Do not use a test when its foil pouch has been damaged. Do not use expired tests. Use each test device only once. Store the tests in room temperature (+2...+27 °C). There is variation in the level of LH hormone between different hours of the day. The level is at its highest in the morning urine. Therefore, you can obtain the most reliable result using morning urine. **Note:** the ovulation does not necessarily occur during every menstruation period. Pregnancy

and hormonal birth control therapy bring about a false result. Pregnancy, menopause and hormonal birth control therapy bring about a false result.

Biocard™ Ovulation test shall not be used as an aid to contraception.

Biocard™ Ovulation tests shall be used only for *in vitro* detection of an LH-surge in urine according to the instruction for use. Keep out from the reach of children. Test material can be discarded along with the normal household waste.

Frequently Asked Questions

The length of my menstrual cycle is missing from the table. When should I start testing?
Start testing 17 days before your next period should start.

When should I start testing if my menstrual cycle is irregular?

Start testing according to the shortest cycle you have had during the last 6 months. If you won't find the LH-peak you can keep testing with a new kit.

I have been using the pill until recently. Does this affect the test result?

After using the pill your cycle may be irregular for some time before it stabilizes. You should wait until you've had two normal menstrual cycles before you start the testing.

I've been using ovulation tests and I keep getting all positive results, but I still haven't got pregnant?

The rate at which the LH-hormone is removed from circulation differs from person to person. You could try testing a couple of days earlier. Getting pregnant may take several tries, even if both parties are perfectly healthy. However we recommend that you consult your doctor if you won't succeed within 6 months of trying.

Table

The length of the menstrual cycle (days) from the first day of bleeding to the beginning of the following menstrual cycle

Starting day for testing counted from the beginning of the menstrual cycle

21	5
22	6
23	7
24	8
25	9
26	10
27	11
28	12
29	13
30	14
31	15
32	16
33	17
34	18
35	19
36	20
37	21
38	22
39	23
40	24

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