

# MySet™ OVULATION

10.05.2005

## An ovulation test for home use.

Rapid, easy-to-use, and reliable ovulation test for the determination of the ovulation time and the most probable time to become pregnant.

Contents: 5 tests and Instructions for Use.

Read the instructions for use carefully before the testing. Besides the test, you need only a watch for timekeeping. Perform the test in a well-illuminated place according to the Instruction for Use.

### INTRODUCTION

MySet™ Ovulation test is used for the detection of a urinary LH (Luteinizing Hormone) surge. Before ovulation the levels of LH in urine are very low, but the levels rapidly rise approximately 24-36 hours before ovulation. The most probable time to become pregnant is 2-3 days after a rise in LH levels. Testing should be started according to the **Table 1** below.

**Table 1. Length of menstrual cycle and the starting day**

**A** = The length of the menstrual cycle (days) beginning from the first day of bleeding to the beginning of the following menstrual cycle  
**B** = Starting day for testing counted from the beginning of the menstrual cycle

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

If the length of your menstrual cycle is missing from the table, you should start testing 17 days before the beginning day of your next periods.

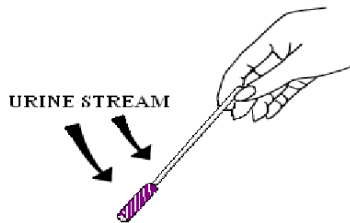
### TEST PROCEDURE

**1. Fix the starting day for testing according to the Table 1. above.** If your menstrual cycle lasts for example 23 days, start the testing in the morning of the 6th day from the beginning of the menstrual cycle. Perform the other 4 tests in the following 4 days.

**2. Open the pouch protecting the MySet™ Ovulation test just before use.** Remove the test from the pouch. The test consists of the **test device** (with one window for the test- and control lines and a sample well) and a **sampling stick** that contains the test reagent.

**3. Use the first urine of the morning as the LH level is at its highest in the morning urine.** Therefore, you can obtain the most reliable result using morning urine. If use morning urine is not possible, reduce your liquid intake for 2 hours before testing. However, it is important to test at about the same time each day. Collect a sample by placing the wider sample end of the sampling stick under your urine stream for some 5 seconds.

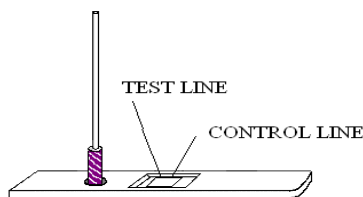
**NOTE!** The urine sample should be collected to the sample stick **only** by placing the stick in the **urine stream**. **Do not immerse the stick to the urine sample if collected in any vial.**



**4. Withdraw the sampling stick from the urine stream and keep the sample end of the stick pointing down for a few seconds and shake once to remove extra drops of urine. Do not turn the sample end of the test stick up at any time.**

**5. Place the Sampling stick in the sample well of the device. Make sure the sampling stick touches the bottom of the well.**

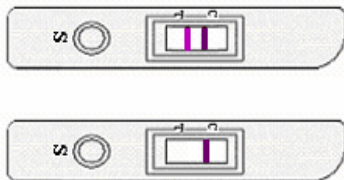
**6. Place the device on a flat surface with the window side up.** Make sure that the test reagent starts to migrate. If this does not happen within a couple of minutes make sure the sampling stick is pressed all the way into the sampling well. If needed, add more sample to the test stick. **Read the result 10 minutes** after having placed the device on a flat surface in a well-illuminated place.



### INTERPRETATION OF THE TEST RESULT

Interpret the result by comparing the intensity of the red colour in the test and control lines (do not compare the width of the lines).

#### NO LH surge



In case the test line is weaker (less intensely red) than the control line or if it is absent, your LH-surge has not started.

#### LH surge



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

If the control line does not form, 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.

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.

If you fail to find an LH-surge during the 5-day testing time, perform a new round of tests during the next menstrual period.

### NOTES AND LIMITATIONS

Read the instructions for use before performing a test. Failing to do so may lead to false results. Do not use a test if its foil pouch has been damaged. Do not use expiry tests. Test packages can be stored at ambient temperature (+2 ... +27 °C), until expiry date. The expiring date is indicated on the outer package and test pouch Use each test device only once.

**Note:** The ovulation does not necessarily occur during every menstruation cycle.

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

Hormonal treatments that contain Clomiphencitrate, alcohol, painkillers, or antibiotics do not affect to the test result. Clomiphencitrate may prolong your menstrual cycle and therefore you should consult your physician for the right testing time.

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

MySet™ Ovulation tests shall be used only for detection of an LH-surge in urine according to the instructions for use.

### FREQUENTLY ASKED QUESTIONS

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

**A.** Start testing according to the shortest cycle you have had during the last 6 months. If you won't find the LH-peak during the first 5 days you can continue the testing with a new kit.

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

**A.** 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.

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

**A.** 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 will not succeed within 6 months of trying.

For more information, please send e-mail to [customer.service@anibiotech.fi](mailto:customer.service@anibiotech.fi)

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