

# One Step Midstream Style LH Urine Test

The Test One Step LH Urine Ovulation Test is fast and easy-to-use. It is a qualitative test that can predict when there is a LH(luteinizing hormone) surge and in turn when you are likely to ovulate.

## When To Begin Testing

First, you must 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 begins again. 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 the test 11 days after your first period since the average cycle length is 28 days. Perform 1 test each day over a 5 days period or until the LH surge has been detected.

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

## URINE COLLECTION

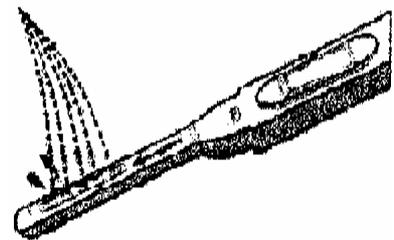
1. Do not use first morning urine samples as LH is synthesized in your body early in the morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
- 2.the best time to collect your urine is between 10 am-8pm
- 3.Collect urine 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.

## TEST PROCEDURE

- 1.Allow the sealed LH test pouch, patient's urine sample and control solution to reach room temperature(18-30°C), open the sealed pouch bytearing along the notch. Remove the test from the pouch..

2. Hold the round end of cover with one hand. use the other hand to pull out the test device and expose the absorbent.

3. point the absorbent tip downward; place the absorbent tip in urine stream for at least 10 seconds to be thoroughly wet. Otherwise, you can collect your urine into a clean cup and dip half of the absorbent pad into the urine for at least 10 seconds.



- 4.Re-cap the device and wait for color band to appear. Depending on the concentration of hCG, positive result may be observed in as short as 40

seconds. However, to confirm negative results, the complete reaction time (10 minutes) is required. Do not read results after 15 minutes.

## INTERPRETATION OF RESULTS

**No LH surge:** Only one color band appears on the control region or the test band is lighter than the control bandthere is no LH surge.

**LH Surge:** if two color bands are visible and the test band is equal to or darker than the control band, one will probably ovulate in the next 24-48 hours. If one wants to be pregnant, the best time to have intercourse is after 24 but before 48 hours.

**Invalid:** No visible band at all. Repeat test with a new test kit.

## STORAGE AND STABILITY

Stored at normal room temperature (4-30°C) up to the expiration date. The test midstream should be kept from direct sunlight, moisture and heat. Do not freeze. Shelf life is 18 months.

