

PrimaTime

Ovulation test

Fast and simple

● PRESENTATION :

This box contains everything necessary to make the test :

- 5 aluminum foil pouches including 1 test-card, 1 dropper and 1 desiccated bag.
- 5 cups for urine.
- Instructions for use.

● PRINCIPLE :

During the monthly cycle, a small quantity of the “LH” hormone is secreted, but in the middle of the cycle, the “LH” level increases very fast. When “LH” peak has been reached, ovulation will occur in the following 24 to 48 hours.

Ovulation means that ovum has been released from ovary.

The ovum can be fertilized in the following 12 to 24 hours.

This period is the most favorable to the conception. The highest chance to be pregnant is within the 48 hours following the “LH” peak.

● STORAGE AND STABILITY :

The box must be stored between 4 and 30 °C. The test must be realized before the expiry date.

● HOW TO RECOGNIZE THE “LH” PEAK ?

If the result is positive, it means that the “LH” peak has appeared.

The “LH” peak is from 1 to 3 days long.

The highest probability for the ovulation to start is within 24 to 48 hours following the peak appearance.

If the result is negative, it means that the “LH” peak has not yet appeared.

● WHEN ENDING THE TEST ?

You must end the test as soon as the result is positive. The non-used test-cards may be kept for another cycle, but using a second box could be necessary in case of irregular cycles (the detection can sometimes last from 6 to 10 days).

IMPORTANT : sometimes the peak cannot be detected because :

- 1) The “LH” concentration is too low to be correctly detected.
- 2) The test has been made too late or too early in the course of the monthly cycle.
- 3) The test was stopped before the “LH” peak appearance and should have been continued a few days.
- 4) The “LH” peak did not happen during the monthly cycle.

● WHEN STARTING THE TEST ?

The duration of a monthly cycle is the number of days between the first day of your period and the first day of the following. In case of irregular cycles, take in consideration the period of the shortest cycle of the last 3 months.

Then, follow this table to fix the day for starting the test.

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

▶ **Example :** For a 26 days cycle, the table indicates that the test must start on the 10th day.

● “LH” PEAK, OVULATION, AND PREGNANCY :

The highest chance to be pregnant is within the 24 or 48 hours following the “LH” peak appearance.

Consequently, you must have sexual intercourse within the following 2 days.

● PRECAUTIONS :

- 1) Follow attentively instructions for use.
- 2) Open the aluminum foil pouch just before making the test.
- 3) Do not use the test as a contraceptive
- 4) In case of irregular or unusually long cycles, ask for advice to your doctor.
- 5) Pregnant or menopausal women’s urine can not be used for making the test; it can give improper results.
- 6) Do not use the test after the expiry date.
- 7) A test-card must not be used more than one time. Throw it away after use.

If the cycle has less than 21 days or more than 40 days, ask for advice to your doctor.

MONTHLY CALENDAR

Following calendar shows how to decide on the 10th day :

1	2	3 Day 1	4	5	6	7
8	9	10	11	12 Day 10	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

3 = First day of the period

12 = Starting test day (day 10)

● QUESTIONS AND ANSWERS :

1) Should we follow any special diet before making the test?

No, alimentation (or food) has no influence on the result.

2) Do alcohol, aspirin or any other medicines have any influence on the result ?

No, but some treatments made with hormones could interfere. In this case, ask for advice to your doctor.

3) Can I use the test as a contraceptive ?

No, the test has not been made for this purpose. It has not to be used for.

4) To day, the “C” control band coloration is quite different than yesterday. Is it a problem or not ?

No, a variation of the “C” control test coloration has no influence on the result. Always compare the “T” test band and the “C” control band coloration the day you are using the test.

● HOW TO GET URINE ?

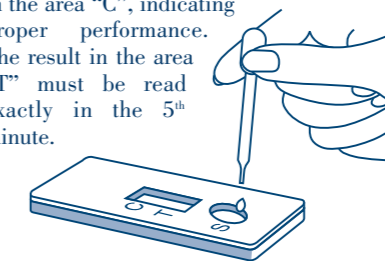
- Get your urine once a day, in the same time.
- Get the urine in one of the included cups in this box.
- Urine may be stored at a room temperature (15-30 °C) during 8 hours.

● TEST PROCEDURE :

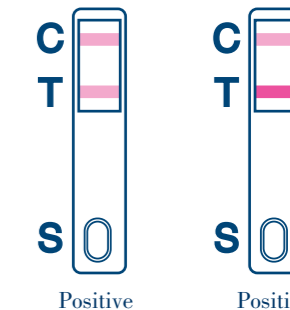
- 1) Check the urine sample and the test-card are lent at a room temperature.
- 2) Open the aluminum foil pouch, which contains the test card, and place it on a flat, steady surface.
- 3) Use the dropper to put exactly **5 drops of urine** in “S” hole, holding the dropper in an upright position.

Ensure that you are not putting bubbles instead of urine.

- 4) After 3 to 5 minutes, a pink color line appears in the area “C”, indicating proper performance. The result in the area “T” must be read exactly in the 5th minute.

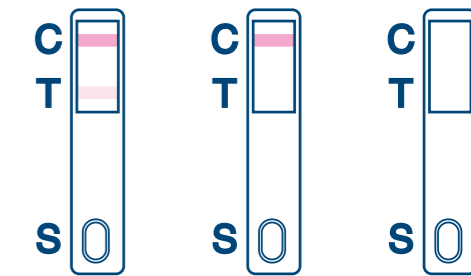


● INTERPRETATION OF RESULTS :



Positive

Positive



Négative

Négative

Insignificant

5) Can the result be read after 5 minutes ?

No, the result must be read at the 5th minute. A positive result will not change even after a few days. On the contrary, a negative result can become a positive result in case of the result’s reading comes more than 5 minutes after using the test.

6) A pink-mauve streak appears during the test. Is it a problem or not ?

Each urine is different in its chemical composition; It is the same for humidity level of the place where you are making the test. Such conditions can entail a streak that will not change the final result. If the “C” control band appears within the first 5 minutes, it means that the test has been made correctly.

7) Today, I have just obtained a positive result for the first time; which is the best moment to be pregnant ?

To increase your chances to be pregnant, we recommended having sexual intercourse during the day when the peak has appeared and the following day.



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IN VITRO AUTO-DIAGNOSTIC TEST



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