

Instructions from BabyHopes.com



BabyHopes.com MidStream LH Professional One-Step Ovulation Test Information

How The Test Works

The MidStream One Step Ovulation Test will help you find the time when you are most able to become pregnant. Luteinizing hormone is always present in human urine. LH increases dramatically just before women's most fertile day of the month in a process commonly referred to as the "LH Surge" This LH increase triggers ovulation, which means an egg is released from woman's ovary. Because the egg can be fertilized only 6 to 24 hours after ovulation, detecting ovulation in advance by testing for the LH surge is very important for women seeking pregnancy.

The best times to test are between 11am and 3pm and 5pm and 10pm. If you want to make sure that you catch your surge, you may want to test twice a day, once in the earlier time frame and the other in the later time frame. Please keep in mind that while you may have the initial surge of LH earlier in the day if testing via blood tests, you will not get a positive result on the ovulation test until 4-5 hours later when the surge actually reaches your urine.

Before You Begin

- Do not open the foil packet until you are ready to perform the test.
 - Do not use the **MidStream LH One-Step Ovulation Test** beyond the expiration date printed on the package.
 - Store tests at room temperature (below 86 degrees F). Do not freeze.
 - Early morning testing is **not recommended** as most women experience a blood LH surge but it does not show up in the urine until later in the day.
 - The best times to test are between 11am and 3pm and 5pm and 10pm.
 - Some women have found that their best sample is after 12 noon.
 - **Test at the same time each day.**
 - Reduce your liquid intake for 2 hours before testing, since drinking excessive amounts of liquids can dilute the LH in your urine.
 - Select a well-lit room with a clean, flat surface for performing the test.
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When to Begin Testing

You may test at any time of the day, preferably after 10am and before 8pm. If you are testing twice a day, testing at least 8 hours apart will help catch shorter Lh surges. You should test at approximately the same time each day. Reduce your liquid intake for 2 hours before testing.

To find out when to begin testing, determine the length of your normal cycle. The length of your cycle is from the beginning of one period (the day of first bleeding) to *the day before* the beginning of the next. Count the first day of bleeding or spotting as day one (1). If your cycle length is irregular, that is, if it varies by more than a few days each month take the average

number of days for the last 3 months. Use the chart shown to work out the day you should begin testing. The day you begin testing is posted opposite the number of days in your normal cycle.

Length of Normal Cycle (Total days)	Start testing this many days after your last period began.	Length of Normal Cycle (Total days)	Start testing this many days after your last period began.
21	5	31	14
22	5	32	15
23	6	33	16
24	7	34	17
25	8	35	18
26	9	36	19
27	10	37	20
28	11	38	21
29	12	39	22
30	13	40	23

For example, if your period normally begins every 28 days, you should begin testing eleven (11) days after the beginning of your last period.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9 *	10	11	12	13	14
15	16	17	18	19 (s)	20	21
22	23	24	25	26	27	28
29	30	31				

Note in the calendar above: If the ninth (9th) in the calendar above is the first day (day one *) of menstrual bleeding, then the 19th, or day eleven, of your cycle is the day to begin testing (s).

Instructions



- Note the expiration date stamped on the package is valid and remove the MidStream LH Test Stick from the foil pouch.
- Take the cap off the Test Stick and put aside.
- Point the absorbent tip downward, place the absorbent tip in urine stream for at least 5 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 5 seconds.
- Re-cap the device and wait for color bands to appear. Depending on the concentration of LH, 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 30 minutes.

Interpretation of the Test

Wait for colored bands to appear. Depending on the concentration of LH in the test specimen, positive results 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 the results after 30 minutes as this type of test is designed for rapid determination only.

Positive Result

If two color bands are visible and the test band is nearly equal to or darker than the control band, then ovulation will likely occur within 24-48 hours. Unless your partner has fertility issues, having intercourse for the next two or three nights will help the sperm be where it needs to be for fertilization of the egg when it is released.



Negative Result

The presence of a purple Control Band and a lighter colored, or fainter, purple Test Band means that the LH surge has not been detected. The presence of only one purple color band (Control Band) within the Results Window also indicates that the LH surge has not occurred.

Invalid Result

If, after performing the test, no purple color band is visible anywhere within the Results Window, the result is considered invalid. The directions may not have been followed correctly or the test may have deteriorated. You have to repeat the test by using a new MidStream LH test.

Function of the Control Band:

The Control Band is used as a reference and built in quality control check. If the Test Band is darker or similar to the Control band, the test result is considered positive. If the Test Band is lighter than the Control Band, the test result is considered negative. The Control Band is also used for procedural control to check whether the test reagents are working properly and that a sufficient amount of urine sample has been applied to the absorbent wick.

How to Recognize the LH Surge:

After reading the results of each test, you must decide if you are having your LH surge. If your test result is positive, you are probably experiencing your LH surge. A LH surge can last from one to three days depending on your cycle and other biological factors. If you have technical questions or you cannot determine a LH surge after several months, you should seek professional advice. If your test result is negative, you are probably not having your LH surge. Remember that a pink/rose test band lighter than the control band shows that there is only a very low level of LH in your urine.

When to Stop Testing: Unless otherwise specified by your doctor, stop testing once the LH surge is detected.

Limitations of the Test

- The MidStream LH One-Step Ovulation Test is not reusable.
- The test works only if the instructions are followed precisely and an adequate amount of urine sample has been exposed to the wick. Although the MidStream LH One-Step Ovulation Test is highly accurate and sensitive in detecting ovulation, an extremely low incidence of false results (positive when no ovulation exists or negative when ovulation exists) can occur.

- The MidStream LH One-Step Ovulation Test should not be used for contraception.
 - **Some prescription drugs, such as menotropins may affect the test result. Certain rare medical conditions or the onset of menopause can cause elevated levels of LH. Some women do not ovulate every cycle and they will not see any increase in the level of LH hormone during these non-ovulating cycles. Women with Poly Cystic Ovary Syndrome (PCOS) may not get reliable results from ovulation tests. Please check with your doctor if you are unsure.**
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Questions & Answers

Q: How accurate is the MidStream LH One-Step Ovulation Test?

A: The MidStream LH One-Step Ovulation Test has been shown to be over 99% accurate in laboratory testing and 99% accurate in consumer testing.

Q: When can I do the test?

A: After you determine the best day to start testing based on your monthly cycle, you can do the test any time on that day. Testing with first morning urine is not recommended. Testing between 10 am and 8pm is a good time frame, with many REs suggesting testing at 10am. Test at about the same time each day. Reduce your liquid intake for 2 hours before testing.

Q: What if no band appears in the Control Window?

A: If no band appears in the Control Window after 5 minutes, the result is invalid and you should repeat the test with LH One-Step Ovulation Test Stick.

Q: I have tested for five days and I did not see a surge. What do I do?

A: Since every woman does not always ovulate at mid-cycle, you may not detect the LH surge in the first five days of testing. This could mean you have not ovulated yet and you should continue testing with additional MidStream LH One-Step Ovulation Tests.

Q: I have tested for 8 days or more and I still did not see my LH surge, what is wrong?

A: About 90% of ovulating women with regular cycles will see their surge during 8-10 days of testing. If you do not, it could mean that you have not ovulated this month or that you have missed your surge if you are testing just once a day. If you are having a short cycle this month, it is possible that you have ovulated before you started testing. If you are having a long cycle this month, you may not have ovulated yet. You may continue testing or test again next month. Don't worry, it is normal to have an occasional short or long cycle, or to have a cycle without ovulating.

Q: I have used the ovulation test for three months, and each month I have seen a surge and have had intercourse that day or night. I have not become pregnant yet. What is wrong?

A: First, it is important to remember that it can take normal, healthy couples many months to become pregnant. There are many factors that can affect your ability to become pregnant even if you have been able to have intercourse during your most fertile days. If after several months you have no success, consult with your physician or healthcare provider.

Q: What could interfere with my test result?

A: If you are already pregnant, have recently been pregnant, or have reached menopause you may get a misleading result. Some prescription drugs, such as menotropins for injection and danazol may affect the results you see. Please consult your physician if you have any questions about prescription drug interactions.

Q: Will oral contraceptives affect the result?

A: After using the pill your cycle may be irregular and may take some time to stabilize again. You may wish to wait until you have had two normal periods before starting to use the MidStream LH One-Step Ovulation Test.

Q: If the MidStream LH One-Step Ovulation Test can determine my most fertile time, why can't I use it for contraception?

A: Sperm can survive up to 72 hours, and this test predicts your LH surge only up to 24 to 36 hours in advance. Therefore, if you have intercourse before you discover your surge, the egg can still be fertilized.