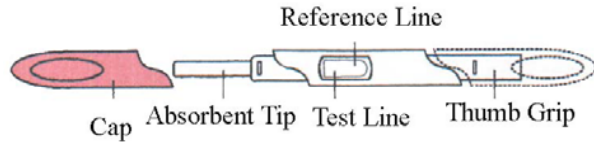




# BabyStart Ovulation Tester



This simple test is designed to detect an increase in the hormone LH (Luteinising Hormone) in your urine. This increase in LH indicates that you will ovulate during the next 24-36 hours and therefore you are at your most fertile time.

Ovulation is controlled by hormones and just before ovulation takes place your body suddenly increases its production of LH which causes ovulation to occur. This is called the LH surge. The BabyStart Ovulation Tester works by detecting this LH surge and therefore predicts the time of ovulation reliably. A simple-to-read colour change in the test results indicates this surge.

### Why should you use this test?

Proof of ovulation is usually the key to a woman's fertility. So if you want to know if you are ovulating or you want to know the best time to have sexual intercourse to maximize your chances of becoming pregnant this simple test is good for you. In more than 99% of cases a positive result is proof of ovulation that even a doctor would trust. However, recent research has shown that in some cases an increase in LH does not result in ovulation. If you have any doubts then you will need to consult your doctor for specialist medical advice and further tests.

### When should you use the test?

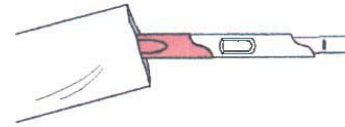
**When trying to conceive, you should use the test every month and have intercourse when you see the positive result.** We recommend the following method for identifying the best time to test your urine for the LH surge. This is intended to help reduce the total number of days you will have to test your urine each month. This will reduce the number of tests that you have to buy each month and will save you some money!

### When to start testing.

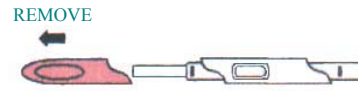
First calculate the usual length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding (day 1) to the day before you next start bleeding (usually day 28, although this can vary from woman to woman). Then subtract 17 days from your normal cycle length. e.g.  $28 - 17 = 11$ . This formula is valid for a woman with regular cycles and tells you which day of your cycle to start testing your urine. In this typical example the woman would start testing on day 11 of her menstrual cycle. Keep testing once a day, every day, until a positive result is obtained. If you are in doubt about when to start testing, please e-mail our HelpLine.

## EASY TO USE

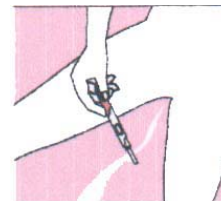
1. Remove the test stick from the foil packet, just before use and discard the freshness pack.



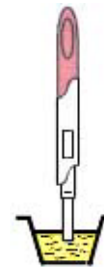
2. Remove the pink cap and place it over the other end of the test (Thumb Grip).



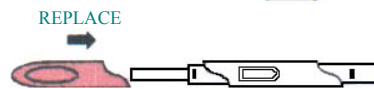
3. Hold the test stick so that the absorbent tip is pointing downwards in your urine stream for 10 to 15 seconds. The sample tip will automatically collect the correct amount of urine. **Note: Do not urinate onto the test and reference windows.**



If you prefer, you can collect the urine into a clean, dry cup or container. In this case, dip the absorbent tip into the urine for 10 to 15 seconds. Make sure that the entire absorbent tip is wet.



4. After removing the test from your urine, replace the cap over the absorbent tip.

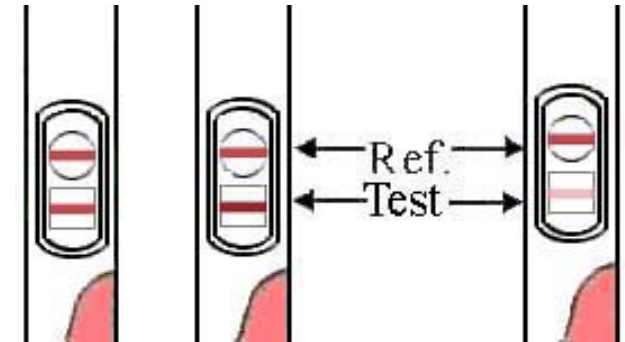


5. Lay the test stick down on a flat surface with the window on top and **Wait 3 minutes before reading the result. If no result appears wait one minute longer. Do not read the results after 10 minutes.**

You may test at any time of the day, at your convenience. However, you should perform the test at approximately the same time each day. You do not need to use all the tests each month, you can stop testing as soon as you see a positive result.

## READING THE RESULT

When reading the result, hold the device with the cap pointing down or towards you, as shown below:



### POSITIVE

If two lines are visible and the test line is the same or darker than the reference line, you have detected your LH surge and you will probably ovulate in the next 24 – 36 hours.

### NEGATIVE

If two lines are visible, but the test line is lighter than the reference line, or if there is no test line, you have not detected your LH surge and should continue with daily testing

### IMPORTANT – Please Note:

1. Do not use after expiry date.
2. Store in a dry place at room temperature.
3. Do not read the tester after 10 minutes have passed.
4. The tester is for external use only.
5. Keep out of reach of children.
6. Do not open foil packet until ready to use the test. A tester that has been exposed for more than a day or has become wet should not be used.
7. The tester is 99% accurate. However, if in doubt, you should consult your doctor. In any case, you should not make any decisions of medical relevance without first consulting your doctor.
8. You should avoid drinking excessive amounts before your test time to avoid dilution of LH in your urine.
9. These factors may affect the test result: if you have recently become pregnant, have reached the menopause or are on medications or injections containing hCG or LH.