



## **Boots Ovulation Test Instruction Leaflet**

One Month Supply

Please read this leaflet carefully before beginning your test.

**Over 99% accurate**

### **Instructions and Use**

Boots Pharmaceuticals Ovulation Test is a complete system to help you predict the time of ovulation, the time when you are most fertile. The test detects a hormone surge in your urine, telling you that ovulation is likely to occur in the next 24-48 hours. It is during this time that conception is most likely to occur.

### **Contents**

Boots Pharmaceuticals Ovulation Test contains all you need to perform up to 20 tests to determine your most fertile days during one menstrual cycle. You will need to perform one test each day.

### **Storage**

Store in a dry place at 2°C to 30°C and away from direct sunlight. For best results, use the test in temperatures between 18°C to 30°C.

### **When to Start Testing**

#### **Start testing 6 days after your period starts**

Your period starts on Day 1 (full menstrual flow). Count through to Day 6 and this is the first day you should test.

*If you are taking clomifene citrate follow your doctor's instructions as to when to begin testing. Usually, you should begin 3 days after you have taken your last tablet.*

### **Performing the Test**

For best results, perform the test at about the same time each day, between 10.00AM and 8.00PM. Some women have found that their best urine sample is after 12 noon. Reduce your liquid intake and do not urinate for at least 4 hours before you collect your urine. First morning urine may be an acceptable option for women who find it difficult to do a 4-hour hold.

## Instructions

- Be sure to follow each step carefully.
- Have a watch, clock or time available.
- Do not open the test foil pouch until you are ready to start the test.
- Do not touch the area in the Windows of the stick.

## Procedure

1. Remove the test stick from the foil pouch and hold by the textured thumb grip. Use the test immediately.
2. Take the cap off the test stick. Turn the test stick so that the **wick is pointing downwards**.
3. Hold the absorbent wick directly in your urine stream for 5 seconds only. Note: If you prefer, you may collect your urine in a clean dry cup and hold the absorbent wick at least halfway into the urine for 10 seconds only.
4. **With the wick still pointing downwards, replace the cap** and then lay the stick, undisturbed, on a flat surface, with the windows facing up, for 3 minutes. A light pink colour will move across the Result Window as your test works. This will not affect your test result. †
5. You can read your results between 3-10 minutes as described in the next section. To verify a negative result, allow the test to run for the full 10 minutes.

† **To avoid affecting the test result, wait at least 3 minutes before lifting the stick.**

**Wait at least 3 minutes after urinating on the wick before reading your result.** This is a colour comparison test. You must compare the colour of the test line in the Result Window to the control line in the Reference Window to determine if you have a positive or negative result. You are comparing the colour and not the thickness of the lines.

## **READING YOUR RESULT**

### **About Your Result**

#### **LH Surge (Positive Result)**

If the line in the Result Window is the same colour as, or darker than the one in the Reference Window, you will ovulate in 24-48 hours. This time is the best chance for conception. A positive result means your urine contains a high level of LH (Luteinising hormone), a hormone your body makes all the time, but which reaches very high levels just before ovulation. You can assume that you will ovulate within 24-48 hours of your first positive, so plan accordingly. Any unused tests may be saved to use the following month if you are not yet pregnant.

#### **No LH Surge (Negative Result)**

If the line in the Result Window is lighter than the one in the Reference Window, or if there is no line in the Result Window, the result is negative. This means no LH surge has been detected and you should continue daily testing. To verify a negative result let the test run for the full 10 minutes. Do not be disappointed or surprised about a negative result during the first few days you perform the test. Continue testing with the Boots Pharmaceuticals Ovulation Test.

#### **An Invalid Result**

If there is no line in the Reference Window, the result is invalid and a new test should be performed. An invalid result is caused most often by improper test procedure or use of an expired test. The line that appears in the Reference Window is an "Assurance" control that signals that you have performed the test correctly and that the test is working properly. It also serves as a control for the surge level of LH.

### **Questions and Answers**

#### **Q. How accurate is the test?**

**A.** The Boots Pharmaceuticals Ovulation Test has proven over 99% accurate in laboratory studies.

#### **Q. Do I need to use all of the tests?**

**A.** No. You can stop testing when you detect your LH Surge.

#### **Q. Can I use this test to avoid pregnancy?**

**A.** No.

#### **Q. How does the Boots Pharmaceuticals Ovulation Test work?**

**A.** When you are about to ovulate, your body produces a large amount of luteinising hormone (LH) which triggers the release of a ripened egg from your ovary. The Boots Pharmaceuticals Ovulation Test detects the presence of this hormone. Pregnancy is more likely to occur if sperm fertilises the egg within 24-36 hours after its release.

**Q. Do alcohol or common medications affect the test?**

**A.** No, but you should consult your doctor if you are taking hormonal medications.

**Q. What could give me a misleading result?**

**A.** If you are actually pregnant, have recently been pregnant or have reached menopause, you may get a misleading result. This may also be true if you have polycystic ovarian syndrome (PCOS) or are taking certain fertility drugs. If you have a diagnosed fertility problem and/or are taking fertility drugs, ask your doctor if this test is suitable for you to use, and, if so, when to test.

**Q. Will the amount of liquid I drink affect the results?**

**A.** Intake of fluids prior to testing will dilute the hormone in your urine. Best results are obtained if you limit your fluid intake and do not urinate for about four hours before you do a test.

**Q. How long will the coloured lines remain visible?**

**A.** The test should be read within 3-10 minutes for best results. You should discard the test stick once you have read the test.

**Q. What if urine accidentally splashes into the windows?**

**A.** There is a clear splashguard shield to protect the test area from splashing.

**Q. I've done all the tests as instructed, but I've not yet detected my surge. What should I do?**

**A.** The number of test sticks in a Boots Pharmaceuticals Ovulation Test pack is sufficient for most women with regular cycles to detect their LH surge. Some women do not ovulate each cycle and therefore will not see an LH surge in such cycles.

**Q. I am now using the basal body temperature method (BBT). Does this test replace BBT?**

**A.** The shift in basal body temperature primarily indicates that ovulation has already occurred. Boots Pharmaceuticals test indicates ovulation is about to occur.

**Q. Once I see a positive result, when is the best time to have intercourse?**

**A.** Your most fertile time is now. Sexual intercourse within the next 48 hours is advised

**Q. I have had positive results and had intercourse during these fertile days. I think I may be pregnant. How soon can I find out?**

**A.** Boots Pharmaceuticals Pregnancy Test can provide you with results as early as four days before your period would be due.

**Q. I have recently stopped using the Pill. What happens with my results?**

**A.** Your body needs about 2 months to re-establish monthly cycles. Boots Pharmaceuticals Ovulation Test can be used once your cycles are again regular.

## LIMITS OF THE TEST

- Home ovulation test. This device is for self testing. For *in vitro* diagnostic use.
- Not for internal use.
- Do not re-use the Test Stick. Discard with household waste. The test works only when instructions are followed precisely.
- Do not use the Test Stick after the expiration date listed on the box. Do not use if foil wrapper is damaged.
- The test may not be used as a form of birth control.
- Pain relievers, antibiotics and other common drugs should not affect test results. Medication containing hCG or LH may affect the test and should not be used in conjunction.
- Certain medical conditions and medications may or may not affect the reliability of this test for predicting ovulation. These can include pregnancy, post-partum, menopausal symptoms, breast-feeding, birth control pills, some fertility medications and polycystic syndrome (PCOS). Women with medically diagnosed fertility problems should ask their doctor if the product is suitable for them.
- Inconsistent results may be obtained if your urine contains excessive amounts of bacteria.
- Keep out of reach of children.