

**iCare Advanced One Step Ovulation Urine Test  
Cat. No. W2-M**

The iCare One Step Ovulation Urine Test is a qualitative test used to predict when there is a LH surge, and in turn, when you are likely to ovulate.

*For in vitro self test use only. For external use only.*

**HOW DOES IT WORK?**

The LH (Luteinizing Hormone) which is in the urine of normal women will increase dramatically in the middle of the menstrual cycle. The LH increase triggers ovulation which is when the egg is released periodically from Normal fertile women. WHO experts state that LH testing is a reliable way to detect ovulation. Ovulation will occur after 24-48 hours following a positive test.

When specimen is dropped into a midstream, capillary action carries the specimen to migrate along the membrane. When LH in the specimen reaches the Test Zone region of the membrane, it will form a colored line. Absence of this colored line suggests a negative result.

To serve as a procedure control, a colored line will appear at the Control Zone region, if the test has been performed properly. The test strip detects ovulation with a high degree of certainty. It is a valuable tool in helping to achieve pregnancy since it determines the period that the egg and the sperm cells will meet in the best conditions.

Ovulation may be irregular because of circumstances, emotions and other factors in your life. You cannot presume that ovulation always occurs at the same time after menstruation. Therefore, you should test again in each menstrual cycle.

**CONTENT OF THE TEST KIT**

1. One pouch containing a midstream and desiccant. The desiccant is for storage purposes only, and is not used in the test procedures.
2. Leaflet with instructions for use.

**WHAT ELSE DO YOU NEED?**

1. A clean, dry, plastic or glass container to collect the urine.
2. Timer (watch or clock)

**PRECAUTIONS**

1. This kit is for external use only. Do not swallow.
2. Discard after first use. The test midstream cannot be used more than once.
3. Do not use test kit beyond expiration date.
4. Do not use the kit if the pouch is punctured or not well sealed.
5. Keep out of the reach of children.

**STORAGE AND STABILITY**

1. Store at 4° C to 30° C in the sealed pouch up to the expiration date.
2. Keep away from direct sunlight, moisture and heat.
3. DO NOT FREEZE.
4. Preferably open the pouch only shortly before the test

**SPECIMEN COLLECTION AND PREPARATION**

**WHEN TO COLLECT URINE FOR THE TEST?**

Any urine specimen is appropriate for Ovulation Testing.

Urine specimens may be collected in any clean, dry, plastic or glass container.

**WHEN TO BEGIN TESTING**

The length of the menstrual cycle is the duration from your first menstrual bleeding day to the day before the next bleeding begins. Determine the length of menstrual cycle before test. Please refer to the chart below to determine when you should start testing. If your cycle is shorter than 21 days or longer than 38 days, consult a physician. 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.

Cycle Length	Day of Cycle to Begin Testing	
	Cycle Length	Day of Cycle to Begin Testing
21 days	day	5
22 days	day	6
23 days	day	7
24 days	day	8
25 days	day	9
26 days	day	10
27 days	day	11
28 days	day	12
29 days	day	13
30 days	day	14
31 days	day	15
32 days	day	16
33 days	day	17
34 days	day	18
35 days	day	19
36 days	day	20
37 days	day	21
38 days	day	22
39 days	day	23
40 days	day	24

Cycle Chart

Example: If your cycle is normally twenty-six days, the Cycle Chart indicates testing should begin on day 10. The following calendar shows how to determine day 10.

**Sample calendar**

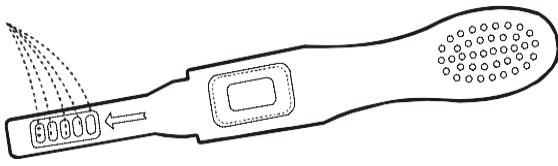
1	2	3 + day1	4	5	6	7
8	9	10	11	12# day10	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

3 + = The first day of menstrual bleeding  
12# = The day to begin testing (Day 10)

**HOW TO DO THE TEST**

1. To begin testing, open the sealed pouch by tearing along the notch. Remove test device--midstream from the pouch.
2. Hold the round end of cover with one hand. Use the other hand to pull out the midstream cap 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. **Do not urinate past the arrow mark.**

- Otherwise, you can collect your urine into a clean cup and dip half of the absorbent pad into the urine for at least 3 seconds.
4. Re-cap the device and wait for color bands to appear. Read the result in five minutes. **Do not read results after more than 5 minutes.**

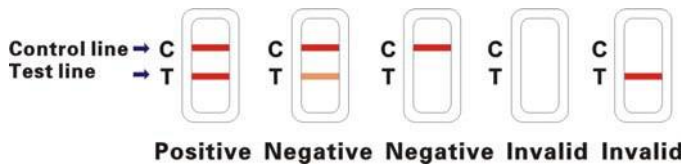


### HOW TO READ THE RESULTS?

**No LH Surge:** Only one color band appears on the control region, or the test band appears but is lighter than the control band. This means there 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 trying to get pregnant, the best time to have intercourse is after 24 but before 48 hours.

**Invalid:** No visible band at all. Repeat with a new test kit. If test still fails, please contact the distributor or the store where you bought the product, with the lot number.



### LIMITATIONS

1. The test works only when the test procedures are precisely followed.
2. This test may not be used as a form of birth control.
3. Consult a doctor if irregular or unusually long cycles are experienced.

### QUESTIONS & ANSWERS

1. *There is much difference between the control lines of two tests. Is this a concern?* No. Variations in the color of the control band will not affect the test result. It is only effective to compare the color of the test band to that of the control band of the same device on the day the test is performed.
2. *Can test results be interpreted after more than five minutes?* No. Test results must be read at 5 minutes. Though a positive result should not change for several days, a negative result may change to a false positive within minutes after the end of the testing period, which would not be an accurate reading. It is always best to read the results at the 5 minute testing period and then discard the test to avoid confusion.
3. *How long should I continue to perform the test?* At least 5 days or until the LH surge has been detected.
4. *A pink background color and vertical streaking appeared in the result area during the testing period. Is this a concern?* No. Each urine sample will vary in its chemical makeup, as will the humidity of the air in testing chamber (room). Such variations in physical conditions can cause the vertical streaking and/or the pink-rose background color but will not affect the test results. As long as the control band appears within five minutes, the test is working properly.
5. *Do alcohol or common medications affect the test?* No, but you should consult your physician if you are taking any medication.
6. *Once I see a positive result, when is the best time to have intercourse?* Ovulation is likely to occur within 24-48 hours. This is your most fertile time. Sexual intercourse is advised within this time frame.
7. *I am now using the basal body temperature method (BBT).*

*Does this test replace BBT?* The rising in basal body temperature primarily indicates that ovulation has already occurred. This test indicates that ovulation is about to occur.

8. *I have received a positive result and had intercourse during these fertile days. I have not become pregnant. What shall I do?* Many factors can affect your ability to become pregnant. Often you may need to use the test kit for 3-4 months. You and your partner should consult your physician if pregnancy is not achieved after 3-4 months.
9. *Will the amount of liquid I drink affect the result?* We suggest that you limit your fluid intake for about two hours before you collect your urine. Because heavy intake of fluids prior to testing will dilute the hormone in your urine.

### MEANING OF SYMBOLS ON PACKAGE



Keep away from sunlight



Store between 4°C and 30°C



Keep dry



Do not re-use



Authorized Representative :  
Qarad b.v.b.a.  
Volmolende 13  
B-2400 Mol, Belgium



PRODUCT OF JAL  
MEDICAL SINGAPORE

**JAL Medical**  
Singapore's Emerging Diagnostics & Medical Device Manufacturer  
SINGAPORE | TAIWAN | SOUTH AFRICA | USA | CHINA  
Emerging Global Manufacturer of:  
• Blood Glucose Monitoring Systems & Accessories  
• Blood Diagnostic Test Kits

**Selected Products:**  
World Health Organization WHO  
CE

435 Orchard Road | 02, Winma Atika  
Singapore 238877  
+65 6701 8245  
+65 6701 8301  
jal@jal-medical.com  
www.jal-medical.com