



## MIDSTREAM OVULATION TESTS

### INTENDED USE

The Thyme Ovulation test is a qualitative test used to predict when there is a LH surge, and in turn, when you are likely to ovulate.  
For self-testing at home.  
For *in-vitro* diagnostic use only, not for internal use.  
Do not reuse.

### INTRODUCTION

LH (Luteinizing Hormone), present in urine, will increase drastically in the middle of the menstrual cycle. The LH increase triggers ovulation which is when the egg is released periodically from 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.

### PRINCIPLE

When urine is applied to the test device, capillary action carries the sample to migrate along the membrane. When LH in the urine reaches the Test Zone region of the membrane it will form a coloured line. Absence of this coloured line suggests a negative result. To serve as a procedure control, a coloured line will appear at the Control Zone region, if the test has been performed properly. The test detects ovulation with a high degree of certainty. It is a valuable tool in helping 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 various reasons. You therefore cannot presume that ovulation always occurs at the same time after menstruation. Repeat testing in a new menstrual cycle is recommended.

### REAGENTS

The test contains anti-LH particles and anti-LH antibodies coated on the membrane.

### MATERIALS

#### Materials provided:

A foil pouch containing a midstream test and a desiccant. The desiccant is for storage purposes only, and is not used in the test procedure. Instructions for use.

#### Materials required but not provided:

Timer

### WARNINGS / PRECAUTIONS

Do not open the foil pouch until you are ready to do the test.  
Do not use after the expiry date.  
Do not use the test device if the foil pouch has been damaged or opened.  
For single use only – do not reuse.  
Discard the test device after use.

### 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 your menstrual cycle before testing. 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 day period, or until the LH surge has been detected.

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- 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

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

### PERFORMANCE & ACCURACY

Unlike pregnancy tests, where the use of first morning urine is recommended, a urine sample taken at any time during the day can be used. For best results collect your urine at the same time each day.  
The sensitivity of this test is 25mIU/ml.  
100% correlation with commercially available ovulation tests.

