

QUICK START GUIDE

When to start testing

To find out when to begin testing, you should determine the length of your menstrual cycle. The length of your cycle is from the beginning of one period to the beginning of the next (count the first day of bleeding as Day 1). Determine the usual length of your menstrual cycle over the last few months. Then, refer to the cycle chart to determine on which day of the menstrual cycle to begin testing.

Cycle length in days	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	>40
Day of cycle to begin testing	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	Consult Doctor

NOTE:

If your cycle length is irregular, i.e. if it varies by more than a few days each month, count your shortest cycle length within the past 6 months. Use the chart to work out the day you should begin testing. However, doing so may require you to test for more than 5 days. For shorter or longer cycles, you should consult your doctor to determine the best time to begin testing.

**DIGITAL
OVULATION TEST**
INSTRUCTIONS FOR USE



Remove the Digital Ovulation Test Stick from the foil pouch. Hold the Test Stick by the blue arrow, **DO NOT** touch the Absorbent Tip.



Insert the Test Stick into the Digital Reader by lining up the Digital Reader and Test Stick blue arrows, until it clicks. A ☺ symbol will appear on the Display Screen. **DO NOT** use until the ☺ symbol is displayed.

NOTE: Do not drink excess liquid or urinate for 2 hours before you start the test.



The Recommended Use:

Urinate into a clean, dry container. Then holding the Test upright, dip only the Absorbent Tip into the urine for 15 seconds.

NOTE: Do not get the Digital Reader Wet. If the Digital Reader should get wet refer to Question 4.



Or Alternative Use:

Hold the Test by the thumb grip with the exposed Absorbent Tip pointing downwards directly into your urine stream for at least 5 seconds until it is thoroughly wet.

NOTE: Do not get the Digital Reader Wet. If the Digital Reader should get wet refer to Question 4.



After removing the Test from your urine, lay the Test on a flat surface with the display screen facing upwards. The ☺ symbol will start blinking in a few moments to show that the test is in progress and results will appear in approximately 3 minutes.

NOTE: Do not eject the test stick while waiting for the results.



If the display screen does not show a blinking clock the test has not worked properly.





DIGITAL OVULATION TEST

INSTRUCTIONS FOR USE

PLEASE READ THIS LEAFLET CAREFULLY BEFORE BEGINNING YOUR TEST



Contents

- 1x Digital Reader
- 5x Digital Ovulation Test Sticks (each in foil pouch)
- 1x Instruction for Use

Reading The Results



YES+

You have reached your most fertile time and expect to ovulate within the next 24-36 hours. Have intercourse at any time during the next 24-36 hours to maximise your chances of becoming pregnant.



NO-

No LH surge was detected; you should test again on the following day at the same time.



?

The result is invalid, an error has occurred. Refer to Question 5.

Questions & Answers

Q1: How does the test work?

A: The Digital Ovulation Test is a semi-quantitative immune-chromatographic urinary luteinizing hormone (LH) test system for the detection of Luteinizing Hormone (LH) in urine as an indication that ovulation is imminent. The test comprises of two components; the Digital Reader and the Test Strip.

Q2: What time of day should I use the test?

A: You may test any time of day however, it should be at approximately the same time each day. You should reduce your liquid intake and should not urinate for at least 2 hours prior to testing.

Q3: I have assembled the test, but the Display Screen has remained blank. What does it mean?

A: Eject the Test Stick & start again from Step 1. Otherwise, please contact our Customer Careline: 0800 0430318.

Q4: What if the Digital Reader gets wet?

A: You should wipe it dry but if it becomes very wet, it may be damaged & you should purchase a new test kit.

Q5: Why have I received an Invalid result?

A: ? symbol indicated that an error has occurred during testing. You should re-test with a new Test Stick. Eject the Test Stick & dispose of it. Wait at least 10 minutes or until the Display Screen is blank.

Q6: I have done a test, but the clock symbol has not started blinking. What does this mean?

A: The test has not been done correctly. Eject the Test Stick & dispose of it. Wait at least 10 minutes or until the Display Screen is blank. You should test again, using a new Test Stick & following the directions carefully.

Q7: I have done a test, but the Display Screen is blank. What is wrong?

A: It can either mean that you have not applied enough urine to the Test Stick or missed the result display time. You should re-test with a new Test Stick. Eject the Test Stick & dispose of it. Wait at least 10 minutes or until the Display Screen is blank.

Q8: How long will my results show on the Display Screen?

A: Test Results "NO-" displays for 10 minutes and then goes blank. Test Results "YES+" (LH Surge) displays for at least 60 minutes.

Q9: I have done the test as instructed, but I have not yet detected my surge. What should I do?

A: This kit contains 5 Digital Ovulation Test Sticks, which is sufficient to detect the LH surge of most women's regular cycles. However, extended testing may be needed for women whose cycles vary by more than 3 Days. Additionally, some women do not ovulate during each monthly cycle. If an LH surge is not detected after several months of testing, you should contact your doctor.

Q10: If the Digital Ovulation Test can determine when I am fertile, can I use it for contraception and birth control?

A: This test predicts LH for 24-36 hours in advance of your surge, yet Sperm can survive for up to 72 hours (3 days). As a result, you may still become pregnant if you test and have intercourse before you discover your surge.

Q11: Do any medical conditions or drugs affect the test?

A: Certain medical conditions may adversely affect the reliability of this test for predicting ovulation. For example, pregnancy, postpartum, post-abortion, polycystic ovary syndrome (PCOS), ovarian cysts, the onset of menopause, untreated hypothyroidism, and medically diagnosed fertility problems can all have adverse effects on the test results. In addition, some prescription drugs, and medications containing hCG or LG may all affect the results. Women with such conditions or under such treatments should consult their doctors before using this product.

Q12: Can I reuse the Digital Reader for my next cycle?

A: No. You must use a new Digital Reader for each cycle. The reason for this is because once activated and stored the device may lose power and the test may not operate as required.

If you have any questions about the instructions or your result, call our Helpline: 0800 0430318

Limitations

- Certain medical conditions may adversely affect the Ovulation Test for example; pregnancy, postpartum, post-abortion, polycystic ovary syndrome (PCOS), ovarian cysts, the onset of menopause untreated hypothyroidism, and medically diagnosed fertility problems can all have adverse effects on the test results. Women with such conditions should consult their doctor before using this product.

- The Ovulation test is only intended for the detection of LH in hCG-free samples.

- Common painkillers should not affect the result. However, some prescription drugs or medications containing LH or hCG may affect the result. Women under such treatment should consult their doctor before using this product.

- After using oral contraceptives, your cycle may be irregular and take some time to stabilise again. You may wish to wait until you have had two or more normal menstrual cycles before starting to use the Digital Ovulation Test.

- Do not take any medical decisions based on the results of this test without consulting your doctor.

- The Digital Ovulation Test Sticks are not reusable.

Warnings

- Keep out of the reach of children.
- For in vitro diagnostic use only.
- Not to be taken internally.
- Do not eat the desiccant in the test foil.
- Open the test foil pouch when ready to begin testing.
- Do not touch the absorbent tip of the Test Stick.
- Do not use if pouch is torn or damaged.

- Dispose of Test Sticks with domestic waste.
- Dispose of the Digital Reader battery in accordance with Directive 2012/19/EC or local Waste Disposal Regulations.
- This device is for self-testing.

Storage

- Do not use the test after the printed expiration date.
- Store in a dry place at 4-30°C. Do not freeze.

	Attention see instructions for use		Store between 4-30°C
	Tests per kit		Do not reuse
	For in vitro use only		Lot Number
	Use by		Manufacturer
	Dispose in accordance with Directive 2012/19/EC		
	CIGA Healthcare Ltd Kilcran House, Kildowney Rd, Ballymena, BT44 9EY, UK	Website: suresign.com Email: info@suresign.com REF: IFU SDLH108-30 REV: 01/18	
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