

Accu-Clear®

THESE INSTRUCTIONS ARE FOR ACCU-CLEAR® OVULATION TEST WHICH IS IN A BLUE FOIL POUCH.

PLEASE READ INSTRUCTIONS CAREFULLY BEFORE PERFORMING THE TEST.

OVULATION TEST

BEFORE YOU BEGIN

1. The unopened test can be stored at room temperature (up to 30°C/ 86°F). Do not freeze.
2. Do not open foil pouch until sample is collected and ready to be tested.
3. Do not use if the foil pouch is torn or not sealed.
4. Do not use the test if past the expiry date.
5. Do not drink too much water or other beverages before testing.

SAMPLE COLLECTION AND PREPARATION

(Refer to questions 2 and 13)

WHEN TO COLLECT URINE FOR THE TEST:

1. The best time to collect urine is between 10am and 8pm. For best results try to collect urine at approximately the same time each day.
2. First morning urine is not recommended, but any other time of day is suitable.
3. Refer to WHEN TO START CHART to determine the day to start testing.

WHEN TO START CHART

Cycle Length	Start To Test On	Cycle Length	Start To Test On
21 Days	Day 6	31 Days	Day 14
22 Days	Day 6	32 Days	Day 15
23 Days	Day 7	33 Days	Day 16
24 Days	Day 7	34 Days	Day 17
25 Days	Day 8	35 Days	Day 18
26 Days	Day 9	36 Days	Day 19
27 Days	Day 10	37 Days	Day 20
28 Days	Day 11	38 Days	Day 21
29 Days	Day 12	39 Days	Day 22
30 Days	Day 13	40 Days	Day 23

If your cycle length is more than 40 days start testing 20 days before you expect your next period.

HOW TO COLLECT URINE

1. Collect your urine sample in a clean, dry plastic or glass container.
2. Do not mix urine samples collected at different times.
3. The urine does not require any special pre-treatment.

CONTENTS OF THE TEST KIT

This test kit contains multiple pouches. Each pouch contains one test and a desiccant. *Note: The desiccant is for storage purpose only and is not used in the test procedure.*

WHAT ELSE YOU NEED

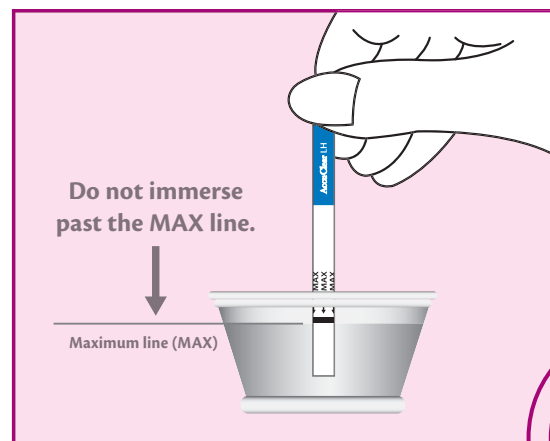
1. A timer (watch or clock).
2. A clean, dry container to collect your urine sample.

HOW TO DO THE TEST

(Refer to questions 14 and 15)

IMPORTANT: As a basic guideline, it is recommended to test once a day until a positive result is obtained.

1. Remove the test from the pouch and use it as soon as possible. *Note: Do not touch any part of the test apart from the colored handle.*
2. With the arrows pointing toward the urine sample, place the test vertically in your urine sample for at least 10-15 seconds.
3. Remove the test from the sample and **lay it flat** on a clean, dry, non-absorbent surface.
4. Read your result between 10 and 20 minutes after sampling. (Refer to question 7)



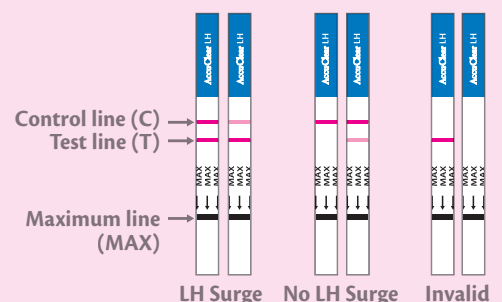
HOW TO READ YOUR RESULT

IMPORTANT: Pay attention to the position of the control line (C) and test line (T). To determine your result, you must compare the color intensity of the test line (T) to the control line (C).

POSITIVE RESULT: Two lines are visible and the test line (T) is equal to or darker than the control line (C). (Refer to question 3)

NEGATIVE RESULT: Only one line appears in the control line position (C), or the test line (T) is lighter than the control line (C). (Refer to question 4)

INVALID RESULT: At 10 minutes, if no lines have appeared, or a line has appeared in the test line position (T) but not in the control line position (C), the result is invalid. The test should be repeated using a new test. (Refer to question 6)



OVULATION TEST

QUESTIONS & ANSWERS

1. How does the Accu-Clear® Ovulation Test work?

Luteinizing hormone (LH) periodically changes during a woman's menstrual cycle. Accu-Clear® Ovulation Test works by detecting the increase (surge) in LH in your urine. The LH surge occurs approximately 24-36 hours prior to the release of an egg from your ovary – a process known as ovulation. You are at your most fertile on the day your LH surge is detected and the day after.

2. When can I test with Accu-Clear® Ovulation Test?

Before you start testing work out the length of your menstrual cycle. This is the number of days from the first day of menstrual bleeding to the day before the next bleeding begins. If the length of your cycle each month only differs by a few days, then simply take the average number of days in the last 3 months. If your cycle is more irregular, you may want to use your shortest cycle length when reading the chart.

Using the length of your cycle refer to the 'WHEN TO START CHART' to work out when to start testing. Count from the first day of your last period and start testing on the day shown.

3. If the result is positive, what should I do?

This means your LH surge has been detected and ovulation is likely to occur within 24-36 hours. You are at your most fertile time and having sex on the day of your positive result and the day after improves your chances of getting pregnant.

4. If the result is negative, what should I do?

This indicates that no LH surge has been detected and you should continue daily testing.

5. Can any medication or medical conditions affect the result?

(a) Your result may be affected during or after:

- pregnancy
- the onset of menopause
- the use of birth control pills

(b) Medication containing hCG or LH may affect the result and should not be taken while using this ovulation test.

6. How do I know the test has worked?

The appearance of a control line (C) tells you that you followed the test procedure correctly and the test has worked.

7. How long will the result last?

To confirm negative results the complete reaction time of 10-20 minutes is required. A positive result will not change after the test is completed at 10 minutes. However, in order to prevent any incorrect results, the test results should not be read after 30 minutes.

8. Does alcohol or common medications affect the test?

Results should not be affected by alcohol, or by taking pain relievers, antibiotics and other common drugs. However, if you are taking any medication, or you get unexpected results, you should consult your doctor.

9. I have identified my LH surge and had sex during these most fertile days but haven't become pregnant. Why is this?

Many factors can affect your ability to become pregnant. We recommend you see your doctor if you are under 35 years and haven't become pregnant after trying for 12 months.

If you are over 35 years you should see your doctor after trying for 6 months, and if you are over 40 years see your doctor straight away.

10. I've not detected my LH surge. Why is this?

Your LH surge may be too low to be detected, or you may not have ovulated this cycle. This is not unusual but we recommend you see your doctor if you do not detect your LH surge for 3 consecutive cycles. If you miss a test you may not see your LH surge so remember to test as advised.

11. I think I have become pregnant, what should I do?

Try using one of our Accu-Clear® Pregnancy Tests to confirm if you are pregnant, which are over 99% accurate at detecting pregnancy from the day of the expected period. If you are pregnant you should see your doctor who can advise what steps to take next. The earlier you see your doctor, the better it is for your own health.

12. I am currently using the basal body temperature method (BBT). Does this test replace BBT?

The rise in basal body temperature indicates that ovulation has already occurred. This test indicates that ovulation is about to occur so you can have sex to maximize your chances of getting pregnant.

13. Will the amount of liquid I drink affect the result?

We suggest that you limit the amount you drink for about 2 hours before you collect your urine. Drinking an excessive amount before testing may dilute the hormone in your urine.

14. How long should I continue to test?

At least 5 days or until the LH surge has been detected.

15. Do I need to use all the tests?

No. You can stop testing when you see a positive result and have detected your LH surge. Save the remaining tests to use in your next cycle if necessary.

PRECAUTIONS

1. For *in vitro* diagnostic use (not for internal use).
2. Each test is intended for single use only. DO NOT REUSE.
3. Discard with normal household waste.
4. Test should be stored between 36°F-86°F (2°C-30°C).
5. Keep out of the reach of children.
6. For home use.
7. It is recommended to use the same lot of tests in one cycle.

LIMITATIONS

1. Must not be used to determine fertility.
2. Must not be used for birth control.

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