

# Am I Ready?™ Ovulation Stick Predictor

## How the predictor works

Luteinizing Hormone (LH) plays an important role in the ovulation process. It is present in your urine and its levels increase sharply just before ovulation. This LH surge triggers ovulation, which is the release of an egg from your ovary. The Am I Ready™ Ovulation Stick Predictor is a one step test system for detecting the surge of LH in urine to help you predict the time of ovulation. The ovulation is likely to occur in the next 24-48 hours after the surge. The conception is most likely to occur during this period.

## BEFORE YOU BEGIN:

- Read the instructions carefully and have a watch, clock or timer available.
- Do not open the pouch until you are ready to begin the test.
- Check the expiration date on box or pouch. Do not use if it is expired.

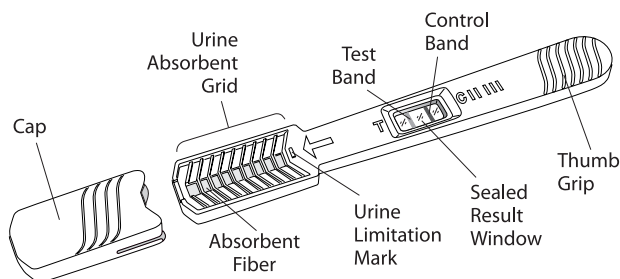
## When To Begin Testing

1. Determine the length of your normal cycle. The length of your cycle is from and including the first day of your period (menstrual bleeding) through the day before your next period starts.
2. Decide the average length of your cycles over the last few months. Use the "When to Begin Chart" to decide when to start testing.
3. Locate your cycle length number from the left column of "When to Begin Chart". On the same row in the right column, you will find the number of days you should count forward from the first day of your period.
4. Mark day one of your period on your calendar. Remember: Day One is the first day of bleeding.
5. Counting Day One as one, count forward the number of days you have found in step 3. When finished counting, mark that day on your calendar.

## Sample Calendar

S	M	T	W	T	F	S
		1	2	3	4	5
6	(7)	8	9	10	11	12
13	14	15	(16)	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Example:** My usual cycle length is 27 days. My last period started on the 7th. From the "When to Begin Chart", I will count 10 days forward beginning with the 7th. When I count 10 days forward on the calendar, I find that I will start my testing on the 16th (see sample calendar).



## When to Begin Chart

Cycle Length	Begin testing this many days from when your period begins
21	5
22	5
23	6
24	7
25	8
26	9
27	10
28	11
29	12
30	13
31	14
32	15
33	16
34	17
35	18
36	19
37	20
38	21
39	22

## Performing the Test

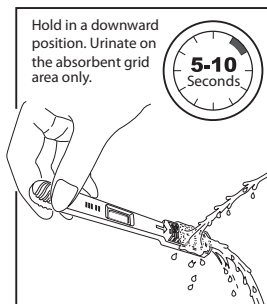
For best results, perform the test about the same time each day, between 10:00 AM and 8:00 PM. You do not have to use your first morning urine. Reduce your liquid intake for 2 hours before collecting urine. Be sure to write down the date, cycle day and time that you collect your urine.

## Testing Results Chart

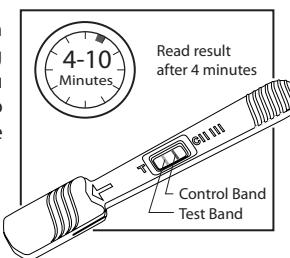
Test Sample	Test Date	Cycle Date	Test Time	Test Result
	May 16th	10	11:30AM	negative
1				
2				
3				
4				
5				
6				
7				

## How To Use the Test

1. The test should be brought to room temperature prior to using, if it was refrigerated.
2. Open the foil pouch immediately before testing. Remove the test stick from pouch. Take off cap.
3. Hold the test by the thumb grip with the exposed Absorbent Grid pointed downward. Urinate only on the Grid Area (below max mark pointed by the arrow) for 5 to 10 seconds until grid area gets wet thoroughly. Do not urinate on the window. Keep grid at pointing down position for several seconds to get rid of the extra urine naturally. Do not shake away the urine trapped on the grid. You may collect the urine in a clean, dry container and dip only the Grid (the area below the urine limitation mark) in the urine for 5 seconds.



4. Replace the cap. Place the test on a clean, level surface with the window facing upward and the Grid side of the test pointing directly at you while you are waiting for the test result. If you wish, you may leave the Grid exposed. As the test begins to work, you will see a light pink color stream moving across the window.
5. The result could be read between 4 -10 minutes after placing the stick on the level surface. To confirm a negative result, allow the test to run a full 10 minutes.



## Read Your Result

Wait at least 4 minutes after placing the stick on level surface. This is a color comparison test. You should compare the color, not the thickness, of the test band to the control band to determine if you have a positive or negative result. A positive result will never disappear. The colored bands may become darker and a tinted background may appear after several hours. Some negative results may later display a darker test band and appear positive. Therefore, you should discard the test stick after the results have been read.

	<b>POSITIVE RESULT</b>	If the test band is the same intensity or darker than the control band, you will most likely ovulate within the next 24-48 hours. This time period is the best time for conception.
	<b>NEGATIVE RESULT</b>	If the test band is lighter than the control band, or if there is no test and in the window, no LH surge has been detected. You should continue your daily testing.
	<b>INVALID RESULT</b>	The control band works as an internal test telling you that it is working properly. If there is no control band, the test should be avoided and a new test should be performed.