

Babystart Ovulation Testers

The test kit will contain five test sticks and an instruction leaflet.

What are the test sticks for?

The test sticks are basically a reliable biochemical test that works on a urine sample and is used in the same way as a pregnancy test. The test provides an accurate way of detecting the most fertile days of a woman's menstrual cycle. The test works by measuring levels of Luteinising Hormone (LH) in the urine, since this is the hormone that triggers ovulation. During a normal menstrual cycle, the level of LH will suddenly increase or surge at about the middle of the cycle, just before ovulation occurs - this will indicate a woman's most fertile time.



A Positive Test result indicates;

- That you are likely to ovulate within the next 24-36hrs.
- That NOW is the best time to have intercourse if you wish to become pregnant.

A repeated Negative Test result indicates;

- That you should consult your doctor and explain that you have not detected an LH surge during your menstrual cycle.
- Don't forget you can email us for some advice as well

If you have regular menstrual cycles and you follow these instructions the 5 tests supplied will last you for one cycle. If you run low on sticks you can order another 5 test pack online.

Alternative:

- i. If in doubt about the usual length of your cycle you can start testing at day 8 of your cycle and keep testing until you see a positive result. This will give you lots of security since you should see a result but you will use up the sticks provided quickly.

How do you use the Test?

1. Remove the test stick from the foil packet and discard the freshness packet.
2. Hold the test stick by the thumb grip, point the absorbent tip downward and urinate on the absorbent tip for at least five seconds. (Note: if more convenient, you may urinate into a clean cup then immerse the absorbent tip into the urine for at least five seconds).
3. Wait five minutes before reading the result.
4. The formation of a pink/purple line in the control window indicates that the test is working properly. (Note: if a line does not appear in the control window, the test is invalid).
5. A pink/purple line in the large test window indicates a positive result and means that there is an LH surge, ovulation is taking place and that the user is at her most fertile period. No line (the absence of a line) in the test window indicates that there is no LH surge, ovulation is not taking place and the user is not at her most fertile time.

When do you use the Test ?

The key thing is to start testing yourself about 2-3 days before you expect to ovulate. The notes below help to identify when to start testing;

- i. Determine the usual length of your menstrual cycle. This is the number of days from the first day of menstrual bleeding (day 1), to the day before you next start bleeding (usually day 28). Use the following calculation and a calendar to help you;
- ii. Subtract 17 days from your normal cycle length (ie $28 - 17 = 11$) and start testing on that day. If your cycle is normally 28 days long then you will start testing on day 11 and then continue testing once a day until you see a positive result.

Alternatively you can use the [babystart ovulation calendar](#) to help you with the calculation.

This formula is valid for women with cycle lengths of 24-35 days. If in doubt consult contact us by email.

The babystart™ ovulation test is the most accurate and reliable test to indicate when the woman is at her most fertile time.

Any Questions ? Just [email us](#) now.. we will be pleased to help

