

Yes! MENOCHECK MENOPAUSE TEST

Please read this leaflet
before you begin the test

Menopause is the permanent cessation of menstruation but is usually not scientifically diagnosed until one full year after a woman's menstrual periods have stopped. The period leading up to menopause, and the 12 months following, is known as perimenopause. Many women experience symptoms during this time including hot flushes, irregular menstrual cycles, sleep disorders, vaginal dryness, hair loss, anxiety and mood swings, short-term memory loss and fatigue. The onset of perimenopause is caused by changes in the levels of hormones in the female body that regulate the menstrual cycle. As the body produces less and less estrogen, it increases its production of FSH, which normally regulates the development of a female's eggs.

Therefore, testing for FSH can help determine whether a woman is in the perimenopause stage. If a woman knows she is perimenopausal, she can take the appropriate steps to keep her body healthy and avoid the health risks associated with menopause, which include osteoporosis, increased blood pressure and cholesterol, and increased risk of heart disease.

The **Yes! Menocheck Menopause Test** is a rapid test that qualitatively detects the FSH level in urine specimen at the sensitivity of 25 mIU/mL. The test utilises a combination of antibodies including a monoclonal anti-FSH antibody to selectively detect elevated levels of FSH.

The urine specimen must be collected in a clean and dry container. **A first morning urine specimen is preferred since it generally contains the highest concentration of FSH;** however, urine specimens collected at any time of the day may be used.



WHEN TO START TESTING

1. If you are still having monthly periods, then the first test should be taken during the first week of your menstrual cycle (Days 2-7, with Day 1 being the first day of menstruation).
2. Repeat with the second test 1 week later.
3. If you are no longer having regular periods, the first test should be taken at any time during the month and the second test should be taken 1 week later.

DIRECTIONS FOR USE

Allow the test, urine specimen and/or controls to reach room temperature (15-30°C) prior to testing.

1. Determine the day to begin testing. (See the above section: "WHEN TO START TESTING").
2. Bring the pouch to room temperature before opening it. Remove the test midstream from the sealed pouch and use it within one hour.
3. Remove the cap.
4. Hold the midstream test with the tester pointing downward directly into your urine stream for at least **15 seconds** until it is thoroughly wet. Don't urinate on the test and control window. If you prefer, you can urinate in a clean and dry container, then dip only the absorbent tip of the midstream test into the urine for **15 seconds**.
5. After removing the midstream test from your urine, immediately replace the cap over the absorbent tip, lay the midstream test on a flat surface with the test and control window facing upwards, and then begin timing for **3 minutes**.
6. As the test begins to work, you may notice a light colored flow moving across the test and control window. Read the results at **3 minutes**. If no result appears, wait one minute longer. Do not read the results after 10 minutes.

99% ACCURATE. DETECTS MENOPAUSAL HORMONAL CHANGE.

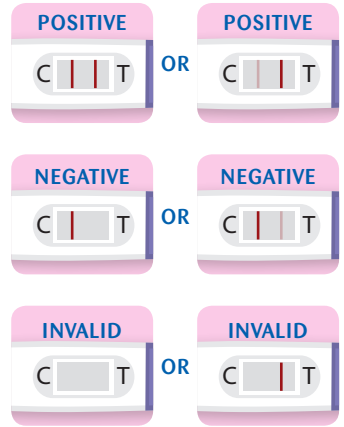
Simple and easy to use. A one-step answer in minutes.

INTERPRETATION OF RESULTS

POSITIVE - Two lines are visible and the line in test line region (T) is the same as or darker than the line in the control line region (C). A positive result means that the FSH level is higher than normal. Record the results and see the chart below to interpret results.

NEGATIVE - Two lines are visible, but the line in the test line region (T) is lighter than the line in the control line region (C), or there is no line in the test line region (T). A negative result means that the FSH level is not elevated at this time. Record the results and see the chart below to interpret results.

INVALID - Control line fails to appear. Insufficient specimen volume or incorrect procedural techniques are the most likely reasons for control line failure. Review the procedure and repeat the test with a new test.



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TEST INTERPRETATION

Review the results of both tests (if applicable) and interpret according to the chart below.

If you are experiencing premenopausal symptoms plus irregular menstrual cycles:

1ST TEST	2ND TEST	INTERPRETATION
Positive	Positive	Most likely in perimenopause. Discuss with doctor methods and therapies to promote good health after menopause. You should NOT immediately discontinue contraception.
Positive	Negative	May be in early stages of perimenopause. You should NOT immediately discontinue contraception.
Negative	Positive	
Negative	Negative	Most likely not experiencing perimenopause this cycle. If symptoms persist, repeat testing in the following month or see your doctor for possible causes for symptoms.

If you are experiencing menopausal symptoms and have had NO menstrual cycle for the past 12 months:

1ST TEST	INTERPRETATION
Positive	Menopause has most likely occurred. Test may be repeated. Discuss with doctor methods and therapies to promote good health after menopause.

Who can I contact if I have more questions?

For further information or advice on using the **Yes! Menocheck Menopause Test**, either contact the pharmacy you purchased the tests from **OR** contact **Smith Biomed (NZ) Ltd** on 0508 BIOMED (246 633). Address all emails to info@smithbiomed.com.

Further product information sheets are available at www.smithbiomed.com

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