

# Yes! BABY NOW OVULATION TEST

Please read this leaflet before you begin the test

Ovulation is the release of an egg from the ovary. In order for pregnancy to occur, the egg must be fertilized by sperm within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of luteinizing hormone (LH) which triggers the release of a ripened egg from the ovary. This is known as an "LH surge", and usually takes place in the middle of the menstrual cycle. It is during this fertile time that pregnancy is most likely to occur. It is important to note that an LH surge and ovulation may not occur in all cycles.

**The Yes! Baby Now Ovulation Test** detects the LH surge in urine, signaling that ovulation is likely to occur in the next 24-36 hours.

## WHEN TO START TESTING

This kit contains 4 tests, allowing you to test over several days to find your most fertile time. Calculate when to start testing using the chart below.

### WHEN TO START TESTING CHART

Menstrual Cycle Length	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Days to Count Ahead	6	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

1. Your Menstrual Cycle Length is the number of days from the first day of your period (menstrual bleeding) to the last day before the next period starts.
2. Find your menstrual cycle length on the first row of the chart above, and read the corresponding number in the second row. This is the number of days after your period to begin testing.
3. **First morning urine should NOT be used when testing for LH. For best results, you should test around the same time each day.** You should reduce your liquid intake approximately 2 hours prior to testing.



Example:

My usual cycle is 28 days. My last period started on the 3rd of the month.

**The When to Start Testing Chart** shows I will count ahead 11 days beginning with the 3rd. So, I will collect and test my urine on the 13th.

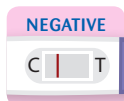
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## DIRECTIONS FOR USE

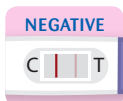
- Determine the day you will begin testing using the "When to Start Testing Chart".
- Remove test from foil wrapper and take off replaceable cap.
- Hold the tester in your urine stream for a full **15 seconds**. Do not allow urine to get on the control or test windows. You can collect your urine in a clean, dry container if you prefer, then place the tester tip in urine for the full **15 seconds**.
- Once you have done this, remove from the urine, replace the cap and lay it down on a flat surface.
- Wait **3 minutes** for the red lines to appear. If no red line appears wait another minute. (Test must be read within 10 minutes).
- **Read the result:**



OR



OR



OR



**POSITIVE** - Two coloured lines are visible, and the line in the Test Line Region (T) is the same as or darker than the line in the Control Line Region (C). **This indicates that you will probably ovulate in 24-36 hours.**

**NEGATIVE** - Two coloured 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). **This indicates that no LH surge has been detected and daily testing should be continued.**

**INVALID** - Control line fails to appear. **The result is invalid if no coloured line appears in the Control Line Region (C), even if a line appears in the Test Line Region (T).** You should repeat the procedure with a new test.

There is the possibility that this test may produce false positive or false negative results. Invalid results are most likely caused by not following the instructions properly. Review the instructions and repeat the test with a new test.

**99% ACCURATE. IDENTIFIES YOUR 2 MOST FERTILE DAYS.**

## **Can I use the Yes! Baby Now Ovulation Test to avoid pregnancy?**

No, the test should not be used as a form of birth control.

## **How accurate is the Yes! Baby Now Ovulation Test?**

A clinical evaluation was conducted comparing the results obtained using the Yes! Baby Now Ovulation Test to another commercially available urine membrane LH test. The in-house clinical trial included 150 urine specimens. The results demonstrated >99.9% specificity and >99.9% sensitivity with an overall accuracy of >99.9%.

## **How sensitive is the Yes! Baby Now Ovulation Test?**

The **Yes! Baby Now Ovulation Test** detects the luteinizing hormone (LH) in urine at concentrations of 40 mIU/mL or higher. When tested against hormones relating to menopause (FSH 1,000mIU/ml), pregnancy (hCG 10,000 mIU/mL), and thyroid (TSH 1,000 µIU/mL) the specimens showed no cross reactivity.

## **Do alcohol or common medications affect the test?**

No, but you should consult your doctor if you are taking any hormonal medication. Also, recent oral contraceptive use, breastfeeding, or pregnancy could affect the test results.

## **Why should I not use first morning urine? What time of the day should I perform the test?**

We do not recommend first morning urine because it is concentrated and may give a false positive result. Any other time of day is suitable. For best results, try to collect your urine at approximately the same time each day.

## **Will the amount of liquid I drink affect the result?**

Heavy intake of fluids prior to testing will dilute the hormone in your urine. We suggest that you limit your fluid intake for about two hours before you perform the test.

## **How long will the lines remain visible?**

The test should be read at 3 minutes for best results. A positive (Surge) result will never disappear. The coloured line(s) may become darker and a tinted background may appear after several hours. Some negative results may later display a faint second coloured line because of evaporation from the test line. Therefore, you should not read the results after 10 minutes. Discard the test once you have read the result.

## **Once I see a positive result, when is the best time to have intercourse?**

Ovulation is likely to occur within 24-36 hours. This is your most fertile time. Sexual intercourse within this time frame is recommended.

## **I am now using the basal body temperature method (BBT). Does this test replace BBT?**

The **Yes! Baby Now Ovulation Test** does not replace the BBT method. The shift in basal body temperature primarily indicates that ovulation has already occurred. The **Yes! Baby Now Ovulation Test** indicates that ovulation is about to occur.

## **I received a positive result and had intercourse during these fertile days but I have not become pregnant. What shall I do?**

There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples many months to achieve a pregnancy and often you may need to use the test kit for 3-4 months before achieving pregnancy. If pregnancy is not achieved after 3-4 months, you and your partner should consult your doctor. Your partner may want to test their sperm concentration using the **Yes! Sperm Concentrate Test Kit**.

## **I have had a positive result and had intercourse during these fertile days. I think I may be pregnant. How soon can I find out?**

The **Yes! Rapid Response Pregnancy Test** can provide you with results as early as 7-10 days after conception. If the result says you are not pregnant and you still think you are then re-test after 3 days. The **Yes! Rapid Response Pregnancy Test** is over 99% accurate if used the day before your next period is due. However, it is an early detection test and can pick up levels of the hormone (hCG) 7-10 days after conception. Hormone levels in women do vary and some women may not have detectable levels of the hormone on the first day they test for it. This is why **at least 2 tests** are included in the pack so if necessary a second test can be used.

Who can I contact if I have more questions?

For further information or advice on using the **Yes! Baby Now Ovulation 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](mailto:info@smithbiomed.com).

Further product information sheets are available at [www.smithbiomed.com](http://www.smithbiomed.com)