

Yes!

BABY NOW OVULATION TEST

Please read this leaflet before you begin the test



Take care to read the test foil pack to ensure you are using the right test. The pregnancy and ovulation tests look the same.

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

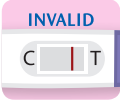
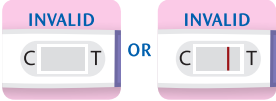
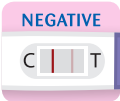
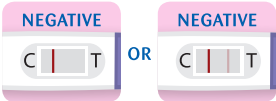
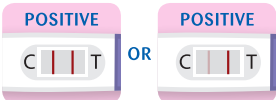
- Your Menstrual Cycle Length is the number of days from the first day of your period (menstrual bleeding) to the last day before the next period starts.
- Find your menstrual cycle length on the first row of the chart above, and read the corresponding number in the second row. This is the number of days after your period to begin testing.
- 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:**



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.

QUESTIONS & ANSWERS



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.

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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. This kit includes a **sperm concentration test** for your partner to check his sperm.

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?

This kit includes two **pregnancy tests** which 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.

Yes!

SPERM CONCENTRATE TEST KIT

RAPID RESULT



Please read all the information in this package insert before performing the test.

The Sperm Concentration Rapid Test is a test to estimate the sperm concentration in human semen. It should be used as an extra aid in identifying reasons why you are having trouble conceiving. **It measures sperm concentration and will indicate whether it is above or below the required concentration for successful pregnancy.**

A low sperm concentration would indicate you have less likelihood of conception. If you get a low result, then see your doctor to discuss what can be done to increase your sperm.

PRECAUTIONS

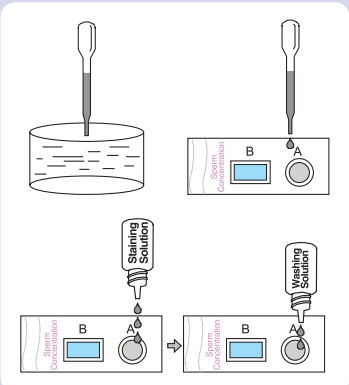
- This kit can only be used to test human semen.
- The kit should be stored at room temperature, avoiding areas of excess moisture. Once opened then use immediately.
- When adding the sperm specimen, staining solution and washing solution, try to avoid any bubbles as this could adversely affect the test results.
- Follow the "time" instructions carefully.

SPECIMEN COLLECTION AND PREPARATION

- Before testing, it is important that you refrain from any sexual activity for 3-7 days. This ensures that the volume and quality of sperm is at its peak and an accurate determination of sperm concentration.
- Shake the collection container to ensure the powder is at the bottom before starting collection.**

DIRECTIONS

- Using masturbation, collect the semen directly into the sperm collection cup.
- Take care not to contaminate the sperm by letting it come in to contact with hands or tissues or any other materials.
- Shake the semen gently in the semen collection cup and allow to stand for 15 minutes at room temperature until the semen liquefies. Do not use semen stored for more than 12 hours.
- Remove the test panel from the foil pouch and lay it horizontally on a flat surface. Using the dropper provided in the foil pouch, dispense one drop of semen into test well marked "A".
- Once the semen is dropped into well "A", add three drops of the blue staining solution to test well "A". Let it soak for **1-2 minutes**.
- Now add two drops of the transparent washing solution to test well "A", and let it soak for **1-2 minutes**, and then read the results immediately.
- Read the colour of test well "A", comparing the colour of test well A to reference well B. The darker the colour of well A, the higher the sperm concentration.



READING THE RESULTS

(Compare the colour of test well A to reference well B)

NORMAL

The colour of test well A is darker than the standard colour of reference well B. **It means that the sperm concentration is greater than 15 million/ml and regarded as normal. The likelihood of conception is high with this concentration.**

ABNORMAL

The colour of test well A is lighter than the standard colour of reference well B. It means that the sperm concentration is less than 15million/ml. This is known as oligospermia (a range that is normally between 5million/ml and 15million/ml). **The likelihood of conception is less with this sperm concentration and further medical consultation is recommended.**

NOTE: If well A is colourless, it means the sperm concentration is less than 5 million/ml or zero. This condition is known as azoospermia.

If you are unsure of the result or you feel the result is abnormal you should repeat the test using the second test that is included in the pack but make sure you do not ejaculate through any sexual activity for 6 days before carrying out the second test. If the second test is also abnormal, you should discuss the results with your doctor or medical professional.

Sperm concentration is just one of the important tests for fertility. But other tests of semen like motility and morphology as well as ovulation in females are also important. For the cases of infertility, it is recommended that other tests are also taken in consideration.

Who can I contact if I have more questions?

For further information or advice on using the **Yes! Sperm Concentrate Test Kit**, 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.

QUESTIONS & ANSWERS

Why is the timing of the tests so important?

The fresh semen is viscous (sticky or gummy), and normal semen needs to be incubated for 30-60 minutes at 37°C to liquefy completely. Only in liquid state, can the semen be used for the test, because the viscous semen cannot completely pass the membrane of the test well. The powder at bottom of the semen collection cup can make the semen liquefy quickly within 15 minutes. If the storage time of sperm specimen is too long, it may cause lysis of sperm (breaking down of membrane of the cell), which may affect accuracy of the results.

How long does the semen and staining solution need to be in the test well?

In general, they may pass the membrane of the test well within several seconds, if they cannot pass the membrane completely after 5 minutes, which shows that the semen has not liquefied completely, or density of the sperm is too high, then you should repeat the test. The reasons of semen non-liquefaction may be that the enzyme in the semen collection cup becomes invalid or the user does not use the semen cup correctly or there is some other cup used for semen collection.

Are the solutions used for test safe?

The concentration of the staining fluid is less than 10ug/ml and therefore is very dilute and will not cause harm.

Does an abnormal result mean I can't have children?

Sperm concentration is only one of several aspects of testing sperm. There are other factors that should be taken into account such as motility. If you get an abnormal response, then see your doctor for them to follow up for you. They may do more tests on your sperm.

What can cause a wrong test result?

Any mistake in collecting the sample, such as having sex just before doing the test, or not following the times required during the test could lead to incorrect results.

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