



Distinct Ovulation Test Procedure & Results Interpretations

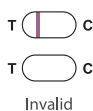
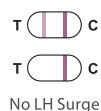
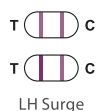
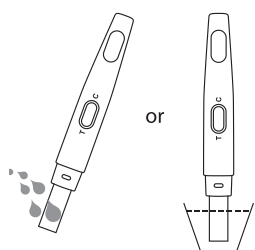
Determine the Day to Start Testing

1. Calculate the length of your average menstrual cycle.
 - This is the number of days from the first day of your period to the last day before your next period starts.
 - If your cycle is irregular, you may want to use your shortest cycle length.
2. Use the chart below to determine when to start testing. Day 1 is the first day of your period (first day of your cycle). The "**Begin Testing**" row shows on what day into your cycle you should start testing.

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

Using the Distinct Ovulation Test

1. Bring pouch to room temperature before opening. Remove the Ovulation Test from the pouch and use it as soon as possible.
2. Remove the cap.
3. Hold the test by the Thumb Grip with the exposed Absorbent Tip pointing downward directly into your urine stream for at least 5-10 seconds until it is thoroughly wet. (See illustration) Note: Do not urinate on the results window. If you prefer, you can urinate into a clean and dry container, then dip only the Absorbent Tip of the test into the urine for at least 10 seconds. You must dip over 3/4 of the Absorbent Tip into the urine sample.
4. After removing the test from the urine, immediately replace the cap over the Absorbent Tip, lay the test on a flat surface with the results window facing upwards, and then begin timing.
5. As the test begins to work, you may notice a light colored flow moving across the results window. Read results at 5 minutes. If no result appears, wait 1 more minute. Do not read the result after 10 minutes.



Positive (LH Surge)

Two colored lines appear. The line in the Test Line region (marked with the letter of T) is the same as or darker than the line in the Control Line region (marked with the letter of C). This indicates that the LH surge has been detected and you will probably ovulate in 24-36 hours.

Negative (No LH Surge)

Two colored lines appear, but the line in the Test line region is lighter than the line in the Control Line region, or there is no line in the Test line region. This indicates that no LH surge has been detected and daily testing should be continued.

Invalid

The result is invalid if no colored line appears in the Control Line region, even if a colored line appears in the Test Line region. You should repeat the test with a new test midstream.



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