



## Distinct Ovulation Test (LH) Frequently Asked Questions (FAQ)

**Q: Can I use the Distinct Ovulation Test to avoid pregnancy?**

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

**Q: How accurate is the Distinct Ovulation Test?**

**A:** A clinical evaluation was conducted using the Distinct Ovulation Test. The clinical trial included 150 urine specimens. The results demonstrated >99.9% specificity and >99.9% sensitivity with an overall accuracy of >99.9%.

**Q: Do alcohol or common medications affect the test?**

**A:** No.

**Q: Can hormonal medication or other conditions affect ovulation results?**

**A:** Consult your physician if you are taking any hormonal medication. Also, recent oral contraceptive use, breastfeeding, or pregnancy could affect the test results.

**Q: Should I use first morning urine? What time of the day should I perform the test?**

**A:** 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, collect your urine at approximately the same time each day.

**Q: Will the amount of liquid I drink affect the result?**

**A:** 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.

**Q: How long will the lines remain visible?**

**A:** The test should be read at 5 minutes for best results. The result lines will never disappear. The colored line(s) may become darker and a tinted background may appear after several hours. You should not read the results after 10 minutes.

**Q: Once I see a positive result (LH Surge), when is the best time to have intercourse?**

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

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

**A:** The Distinct Ovulation Test does not replace the BBT method. The shift in basal body temperature primarily indicates that ovulation has already occurred. The Distinct Ovulation Test indicates that ovulation is about to occur.

**Q: I received a positive (LH Surge) result and had intercourse during these fertile days but I have not become pregnant. What does this mean?**

**A:** There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples months to achieve a pregnancy and often you may need to use test kits for 3-4 months before achieving pregnancy. If pregnancy is not achieved after 3-4 months, you and your partner should consult your physician.

**Q: I have had a positive result (LH Surge) and had intercourse during these fertile days. I think I may be pregnant. How soon can I find out?**

**A:** Our Distinct Pregnancy Test can provide you with results as early as the first day of your missed period.

**Q: I see the two result lines, one in the test region, one in the control region. Does this mean an LH Surge was detected?**

**A:** Not necessarily. A positive result (LH Surge) is indicated only when the Test line is darker than the Control line.



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