NEW Predictor® Ovulation test helps you to maximize your chances of conceiving naturally by predicting your 2 most fertile days. Read the instructions for use carefully before performing the test.

**INSTRUCTIONS**

**WHEN TO TEST?**

To find out when to start testing, you need to determine the usual length of your menstrual cycle. This is the number of days from the first day of menstrual bleeding (day 1) to the day before your next menstrual bleeding begins. If you have an irregular cycle length, choose your shortest cycle you have had during the last 3 months. Use the chart below to determine on which day of the menstrual cycle you should begin testing. The day you begin testing is listed opposite the number of days in your cycle. You can test at any time of the day on condition you perform the test around the same time every day. It is better not to use your first morning urine but to use the urine between 10:00 am and 8:00 pm.

Example: Ms Smith has a regular cycle of 28 days and started her period on the 4th. Beginning with the 4th day as day 1, she counts forward 11 days and begins testing on the 14th.

<table>
<thead>
<tr>
<th>LENGTH OF CYCLE (DAYS)</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
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<th>38</th>
<th>39</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY TO START TESTING</td>
<td>5</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
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<td>21</td>
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<td>23</td>
</tr>
</tbody>
</table>

After reading the instructions and when you are ready to perform the test, remove the test stick from the foil wrapper and take off the transparent cap.

Note: This test cannot be used for contraception.

**STEP 1 PERFORM TEST**

1. **Test in your urine stream**
   - Hold the test stick with the absorbent tip pointing downward in your urine stream for 5 seconds only.
   - **OR** Collect a sample of your urine in a clean, dry cup
   - Immerse the entire absorbent tip in the urine for 5 seconds only.

2. **Wait 5 minutes**
   - Put the cap back on and lay the stick on a flat surface with the result window facing up.
   - **Wait 5 minutes until reading result**. Look at the result window to compare the test line to the reference line. The reference line indicates the test is completed and you have conducted it correctly.

3. **READ YOUR RESULT**

   **LH SURGE**
   - **Scenario A**
     - Reference line
     - Test line
   - **Scenario B**
     - Test line

   **MOST FERTILE TIME**
   - Two lines are visible and the color and intensity of the test line is similar or darker than the reference line. The ovulation will occur within the next 24-36h.
   - You should have intercourse within the next 24-36 hours, you increase your chances of becoming pregnant. You can stop testing for this cycle.

   **NO LH SURGE**
   - **Scenario A**
     - Reference line
     - Test line
   - **Scenario B**
     - Test line

   **NOT YET MOST FERTILE TIME**
   - Two lines are visible, but the test line is lighter than the reference line or there is a reference line but no visible test line.
   - You should continue with daily testing until the result shows your most fertile time.

After you have read your result, the test should be discarded. The result can be read up to 1 hour.
**QUESTIONS & ANSWERS**

**How does Predictor® Ovulation work?**
Predictor® Ovulation test is a natural method which helps you maximize your chances of conceiving. It detects the increase of Luteinising Hormone (LH). This sudden, dramatic and brief increase of LH, also called LH-surge, precedes ovulation up to 24-36 hours. If there is sexual intercourse within the first 24 to 36 hours following the LH-surge (on the day before ovulation and on the day of ovulation itself), you are more likely to become pregnant.

**How accurate is the test?**
Predictor® Ovulation test is over 99% accurate in detecting the LH surge in laboratory testing.

**Can the result be interpreted after 5 minutes?**
The test result can be read up to 1 hour.

**I have waited longer than 5 minutes and there is still no line in the result window. Is there anything wrong?**
There should be at least one pink line in the result window at 5 minutes. If not, the test is invalid. This could be due to insufficient urine on the absorbent tip or not laying the test stick on a flat surface with the result window facing up. You should retest with another stick, carefully following all instructions.

**Today’s reference line has a different shade of pink than yesterday. Is something wrong?**
No, variations in the color of the reference line will not affect the test result. Always compare the color of the test line to that of the reference line of the same device on the day the test is performed.

**Once I detect my LH surge, when is the best time to have intercourse?**
Your two most fertile days begin with the LH surge. You are most likely to get pregnant if you have intercourse within 24-36 hours after you detect your LH surge.

**I have used all 7 tests and I did not get a “most fertile period” result. What do I do?**
Since not every woman ovulates mid-cycle, you may not detect the LH surge in the first 7 days of testing. This could mean you have not ovulated yet and you should continue testing with additional Predictor® Ovulation tests.

**Do I have to use all tests?**
No, once you have reached your LH-surge you can stop testing during this cycle.

**I have used Predictor® Ovulation test for 3 months, and have not become pregnant yet. What is wrong?**
Even though you had sexual intercourse during your most fertile days, it can take several months to get pregnant. Consult your doctor if you are not yet pregnant after several months. Since you have been monitoring your LH surge with this test, you will be able to give your healthcare professional a clearer picture of how you have been ovulating.

**I have recently stopped contraception (e.g. the pill), can this affect the result?**
No, this will not affect the test result. However, your cycle might be irregular for the first months. Therefore it might be more difficult to detect the LH-surge. You may want to wait until you have had 2 periods of the same cycle length before start using Predictor® Ovulation test.

**Can Predictor® Ovulation test be used as contraception?**
No, the test is not designed to prevent or help prevent conception. Note that sperm can live up to 72 hours, so if you have intercourse just before you have detected your LH-surge, you can still become pregnant.

**Can any medication affect the result?**
Some hormonal medication can interfere with the test result. When undergoing a hormonal fertility treatment or taking any other hormonal medication, please consult your doctor as to whether and when the Predictor® Ovulation test can be used. Do not use the Predictor® Ovulation test when taking hormonal contraception. Other drugs such as antibiotics or painkillers should not affect the result.

**Any further question?**
Visit our website www.Predictor.eu

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**ABOUT PREDICTOR®**

Launched in 1971, Predictor® became the world’s first home pregnancy test on the market and is a reliable partner for you by offering affordable, trustworthy solutions that cater to the desire of having a healthy baby soon in a natural way.

**THE PREDICTOR® RANGE CONSISTS OF:**

- **Predictor® Express**: Extra fast, Predictor® Express tells you if you are pregnant or not in 1 minute only from the day of your expected period.
- **Predictor® Early**: Thanks to its high sensitivity, Predictor® Early can tell you whether you are pregnant or not up to 6 days before your missed period.
- **Predictor® Early Digital**: Tells you if you are pregnant or not with an unmistakable YES+/NO- result. Extra sensitive, Predictor® Early Digital can detect the pregnancy hormone up to 5 days before your missed period.
- **Predictor® Early + Express**: 1 Predictor® Early to test as early as 6 days before your missed period + 1 Predictor® Express to confirm the result in 1 minute only from the day of your expected period.
- **Predictor® Ovulation test**: Helps to maximize your chances of conceiving naturally by detecting your 2 most fertile days.

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Do not use after the expiration date stamped on the base of the carton. Store in a dry place. Storage temperature 4-30°C. Do not freeze. Do not store above 30°C. For in-vitro diagnostic use only. Not to be taken internally. This stick is for a single use. Dispose of used stick in the bin. Do not flush in toilet. Keep out of reach of children. If opened or tampered with do not use.

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