

Contents of Package

- 5 Foil Packages (Test device and Dropper sealed together in foil package)
- 5 Urine collection cups

Materials required but not provided:

- Clock with second hand or timer

Self Test Device
FOR *IN-VITRO* DIAGNOSTIC USE
NOT FOR INTERNAL USE

PLEASE READ CAREFULLY BEFORE BEGINNING TEST

Before You Begin the Test

Do not open the foil package until you are ready to perform the test.

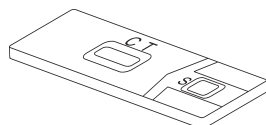
Store refrigerated or at room temperature (3°-30°C).

Keep out of reach of children.

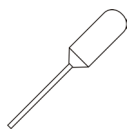
Do not use the test after the expiration date printed on the package.

Allow to reach room temperature (15°-30°C) for 30 minutes prior to testing.

If you have any questions regarding the instructions or your results, please refer to the Question and Answer section on reverse side or call our Technical Support department at 1-800-854-3002 (USA Only) or 1-949-645-2111.



Test Device



Dropper



Urine collection cup

(Test device and Dropper sealed together in foil package)

Intended Use

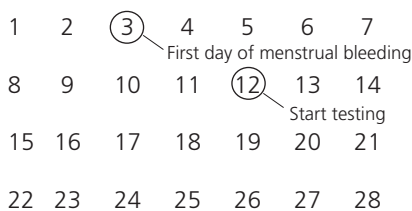
The Fortel® Ovulation Prediction Test is designed to detect Luteinizing Hormone (LH) in your urine. When a woman is about to ovulate, her body releases a large amount of LH. Ovulation usually occurs 24 to 48 hours after this surge of LH. The Fortel® Ovulation Prediction Test detects the LH surge by measuring LH in urine.

When to Start Testing

First, you must determine your cycle length, which is the number of days from the first day of menstrual bleeding to the day before bleeding begins on the next period. Decide the usual length of your cycle over the last few months. Then, taking the first day of bleeding as day 1 (mark it on your calendar), use Table 1 to determine when you should start testing.

Example: If your cycle is normally 26 days, start testing on the 10th day after menstrual bleeding begins.

Days of the Menstrual Cycle:



NOTE: If your cycle is less than 21 days or greater than 40 days, call your doctor for further consultation.

TABLE 1

Your usual cycle length and day of cycle to start testing

Cycle Length	Day of Cycle to Start Testing	Cycle Length	Day of Cycle to Start Testing
21 days	Day 5	31 days	Day 15
22 days	Day 6	32 days	Day 16
23 days	Day 7	33 days	Day 17
24 days	Day 8	34 days	Day 18
25 days	Day 9	35 days	Day 19
26 days	Day 10	36 days	Day 20
27 days	Day 11	37 days	Day 21
28 days	Day 12	38 days	Day 22
29 days	Day 13	39 days	Day 23
30 days	Day 14	40 days	Day 24

Instructions for Use

Urine Collection: Collect your urine about the same time each day. For best results, collect between 10 am and 8 pm. Do not collect your first morning urine after waking up. Collect your urine once a day in the urine cups supplied in this kit or a clean, dry container (plastic or glass). For best results, test your urine on the same day it is collected, however your urine can be stored at room temperature for up to 8 hours and may be refrigerated for 24 hours (do not freeze). If you use refrigerated urine, bring it to room temperature before testing.

1. Remove a testing device (cassette) from its wrapper. (Do not open the foil pouch until you are ready to perform the test.)
2. Fill the urine dropper with urine and hold the dropper vertically above the well "S" of the testing device as shown. Add exactly 3 drops of urine into well "S", allowing each drop to soak into the well before adding the next drop (FIGURE 1).
3. At 5 minutes, read the result by observing the red band next to the "T" and "C" windows. Interpret the result as outlined in the next section. (FIGURES 2, 3, & 4).

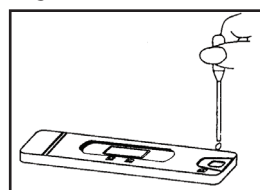


FIGURE 1

Reading and Interpretation of Test Results



FIGURE 2

NO LH SURGE

If the color intensity of the band next to the "T" is less than that of the control band "C", mark "-" (negative) on the Test Results Chart.



FIGURE 3

LH SURGE

If the color of the band next to the "T" is more intense than or equal to that of the "C" band, the urine specimen is likely at the surge level. Mark "+" (positive) on the Test Results Chart.



FIGURE 4

INVALID

When neither the "T" band nor the "C" band appears in the window of the test device, the test is invalid.

Test	Collection Date	Cycle Day	Collection Time	Your Test Results
1				
2				
3				
4				
5				

How to Recognize Your LH Surge

After each test, you must decide if you are having an LH surge.

If your Test Result is positive, you are most likely having an LH surge. Most women will ovulate within 24 to 36 hours after the LH surge is detected. Predicting ovulation in advance is important because the egg can be fertilized only 6 - 24 hours after ovulation. Therefore, you are most likely to become pregnant if you have intercourse the day you see this LH surge and the day after the surge.

If your Test Result is negative, you probably are not having an LH surge. Remember that a red test band that is lighter than the control band shows that there is only a very low level of LH in your urine.

When to Stop Testing

Unless otherwise specified by your doctor, you can stop testing once you have detected your LH surge. The remaining tests may be used for your next cycle. Remember, you may need to test for five days in a row to detect your LH surge.

NOTE: Listed below are some of the things that may have happened if you did not detect an LH surge.

1. You may have collected your urine at the wrong time of the day.
2. The amount of LH in your urine may have been too low.
3. You may have tested too early or too late in your cycle.
4. You may not have had an LH surge during this cycle.

Commonly Asked Questions

How does the Fortel® Ovulation Prediction Test work?

The test measures Luteinizing Hormone (LH), which is always present in your urine. LH increases just before your most fertile day of the month. This increase, or LH "surge", triggers the release of an egg (called "ovulation") from one of your ovaries.

Should I restrict my diet?

No.

Does alcohol, aspirin, or any other common drug affect the test?

No, but you should consult your physician if you are taking hormonal medication.

Can I use the Fortel® Ovulation Prediction Test for contraception (birth control)?

No. Sperm can survive up to 72 hours (3 days), and the test predicts your LH surge only up to 24 to 36 hours in advance. Therefore, if you have intercourse before you discover your surge, the egg can still be fertilized.

Why can't I use first morning urine samples in the Fortel® Ovulation Prediction Test?

If you use first morning samples you may miss the first day of your LH surge. The best time to collect your urine is between 10 AM and 8 PM. Be sure to collect it about the same time each day.

I noticed that today's control band was a different shade of red than yesterday's control band. Should I be concerned?

Variations in the control band will not affect the Test Result. You always compare your Test Result to the Control Band on the day you perform the test.

Who can I call if I have any other questions?

If you have further questions about the Fortel® Ovulation Prediction Test or your results, call 1-949-645-2111 or toll-free 1-800-854-3002 (U.S. residents only) weekdays 9 am - 5 pm PST. Our specially trained staff will be delighted to answer any questions you have about the test.

What are the performance characteristics of the test?

The test showed an accuracy of 98.3%, specificity of 98.5%, and sensitivity of 95.9% when compared to 947 clinically confirmed samples.

IMPORTANT MESSAGE FROM BIOMERICA

The Fortel® Midstream Pregnancy Test is Ultra-Sensitive.

It can detect pregnancy up to 50% earlier than similar tests. Buy one today!

To increase your chances of a healthy pregnancy for you and your baby, you should consider the following:

- Maintain a well-balanced diet
- Stop smoking and alcohol consumption

From conception through the first three months of pregnancy is the most critical time for fetal development. You need to see your doctor immediately for proper care and nutrition counseling.



MDSS GmbH
Schiffgraben 41
D-30175 Hannover
Germany



BIOMERICA, INC., 17571 Von Karman Avenue, Irvine, CA 92614 USA



REF 1251



CE 0459