Ova News®

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OVULATION DETECTION KIT

AN EFFECTIVE WAY TO IDENTIFY YOUR FERTILE DAYS

FOR IN VITRO DIAGNOSTIC USE

Mankind

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EASY GUIDE TO USE

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Please read the detailed instructions inside before testing

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Understanding Ovulation

Ovulation is the process of release of an egg from the ovary.

Egg then travels into the fallopian tube where it is ready to be fertilized.

A baby is conceived when the male sperm successfully fertilizes the female egg, within 24 hours after the release of the egg.

When a woman is about to ovulate, her body releases a large amount of hormone called LH or Luteinizing Hormone.

LH is present in the urine but the levels increase (surge) in the middle of your cycle, causing ovulation.

Ovulation Test

Ovulation test helps women identify the time when they're most likely to become pregnant.

The test works by detecting the LH surge in the ovulation window **(lasts up to 5 days which are from day 12 to day 16 in a 28 day cycle).**

Such a rise or surge in LH levels, signals the ovary to release an egg.

Ovulation is most likely to occur within 12-36 hours following the LH surge.

Why one should use Ovulation Testing Kits?

- Finding out Ovulation is not very easy
- To detect the ovulation window, a gynaecologist conducts a follicular study
- For this, a patient has to visit a gynaecologist every alternate day until a positive result is achieved
- This requires committed visits and can be rather expensive
- On the other hand, ovulation testing kits are an easy way to detect the fertile window easily at home
- Here's how ovulation testing kits like OvaNews can help!

Convenience

- Other ovulation detection methods require you to be committed every day
- Can be done more quickly and conveniently

Easy to use

- Works much like home pregnancy tests
- Multiple test kits in the pack allows you to test several times
- All the steps must be carefully followed

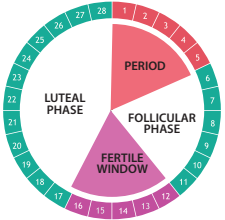
Effective detection

- Ovulation tests are accurate in detecting the LH surge
- Highly effective at predicting ovulation

Availability

- Easily available
- Can be bought easily from any pharmacy
- Doesn't require prescription

Hit & trial approach



Urine Test Kits to Measure Luteinizing Hormone (LH) Levels

- Several ovulation prediction test kits use test devices that show change in the level of LH in the urine
- After LH surge, ovulation usually takes place within 12 to 36 hours
- Urine testing usually begins two days before the expected day of ovulation

In case of Regular Cycle

- For women with 28-day cycles, ovulation usually occurs on days 13 to 15

In case of Irregular Cycle

- If the cycle ranges between 27 to 34 days, ovulation usually occurs between days 13 to 20
- Thus, testing should begin on day 11 and continue until ovulation is indicated or through day 20
- If the cycle ranges between 35-40 days, ovulation usually occurs between days 18 to 28

Chances of detecting ovulation

- 80% chance with 6 days of testing
- 95% chance with 10 days of testing

If ovulation is detected

- It is no longer necessary to continue testing during that cycle

If ovulation is not detected

- Occasionally, ovulation may not occur in a particular cycle. If ovulation is not detected in two or more consecutive cycles, visit a gynaecologist

What is OvaNews?

OvaNews is an ovulation detection kit which helps to identify the most fertile days (called the fertile or ovulation window) in a month and predict the best days to try for pregnancy

Each pack contains:

Urine Container

To collect Urine

Silica Gel

To absorb Moisture

OvaNews Test Device

To perform Ovulation test

Disposable dropper

To add urine in sample well

STORAGE AND STABILITY:
Store at 2°-30°C. Protect from light & moisture. Open the pouch just before use.
Keep out of reach of children.
Not for internal or medicinal use.
For single use only.

Steps to use OvaNews

1. Calculate the length of menstrual cycle
2. Determine start day of testing
3. For how many days, testing should be continued in a month?
4. Collect the Urine Sample
5. Place 3 drops of Urine in the Sample Well
6. Read results

Step 1: Calculate the length of menstrual cycle

- Menstrual cycle length is the number of days from the first day of the period (menstrual bleeding) to the last day before the beginning of the next period
- Knowing your menstrual cycle length is the 1st step to using OvaNews
- The cycle length has to be calculated in a different way for those with regular and irregular periods

We will understand both the scenarios in detail below :

Scenario 1: When Periods are Regular

Count the number of days from the first day of the previous period and a day before the start of the current period

Let's look at the Following Example

The first day of the last period was 17th October

The first day of the current period is 14th November

The last day of the last cycle is 13th November

From the above example, the length of menstrual cycle is 28 days.

Step 1: Calculate the length of menstrual cycle

Scenario 2: When Periods are Irregular

- In case of **Irregular Periods,** calculate the average length of last 3 menstrual cycles.
- To calculate the menstrual cycle length, you need to know the start date of your period for past 4 months
- Start counting on the first day of your period and count until the A DAY BEFORE the first day of your next period (i.e. last day of the current cycle)
- **Do this calculation in the table provided below using the dates of 4 months**
- The average of these will give you the menstrual cycle length

Month details	Month 1	Month 2	Month 3	Month 4
Start date of the period				
	Cycle Length 1= _____	Cycle Length 2= _____	Cycle Length 3= _____	

Note: To get the length of one menstrual cycle, include the first days of 3 cycles in the counting

Now calculate the average of all the 3 cycle lengths to determine the day of testing with the help of following formula:

Average Cycle Length = $\frac{\text{Cycle length 1 + Cycle length 2 + Cycle length 3}}{3}$

Let's look at the Following Example

The first day of the Month 1 period was 15th August	The first day of the Month 2 period is 19th September	The first day of the Month 3 period is 12th October	The first day of the Month 4 period is 21st November

AUGUST

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			

SEPTEMBER

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	

OCTOBER

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					

NOVEMBER

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			

☐ Date of last day of the particular cycle or a day before the start (day 1) of the next cycle

☐ Day 1 of the period

Month details	Month 1 (Aug)	Month 2 (Sep)	Month 3 (Oct)	Month 4 (Nov)
Start date of the period	15	19	12	21
	Cycle Length 1= 35 days	Cycle Length 2= 23 days	Cycle Length 3= 40 days	

Average Cycle Length = $\frac{35+23+40}{3}$ =32.66 =33 days

Step 2: Determine start day of testing

- Once you have worked out the length of your menstrual cycle, refer to the chart below to determine on which day you should begin testing

Menstrual Cycle Length	Start Day of the testing*
24	7
25	8
26	9
27	10
28	11
29	12
30	13
31	14
32	15

Menstrual Cycle Length	Start Day of the testing*
33	16
34	17
35	18
36	19
37	20
38	21
39	22
40	23

*Include the day 1 of the current menstrual cycle while counting

For a 28-day cycle, testing should start from the 11th day	For a 29-day cycle, testing should start from the 12th day

From the 1st day of the period

Let's look at the Following Example

- If you have a cycle of **28 days** and your period starts from the 5th on the calendar, (For e.g., 5th April) then the start day for testing with OvaNews would be the 15th April (Corresponding to the 11th day of the cycle)
- If you have a cycle of **29 days** and your period starts from the 6th on the calendar, (For e.g., 6th April) then the start day for testing with OvaNews would be the **17th April** (Corresponding to the 12th day of the cycle)

APRIL

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

- Day 1 of Period (28-day cycle)
- Day 1 of Period (29-day cycle)
- Day 11 (Start Testing for 28-day cycle)
- Day 12 (Start Testing for 29-day cycle)

Step 3: For how many days, testing should be continued in a month?

If we consider previous example…

- Testing should be continued every day with OvaNews till **20th April** at the same time for 6 days continuously (For a 28 day cycle)
- Testing should be continued every day with OvaNews till **22nd April** at the same time for 6 days continuously (For a 29 day cycle)

APRIL

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

- Day 1 of Period (For 28-day cycle)
- Day 1 of Period (For 29-day cycle)
- Day 11 (Start Testing for 28-day cycle)
- Day 12 (Start Testing for 29-day cycle)
- Continue testing for 28-day cycle
- Continue testing for 29-day cycle

Why is it important to continue testing for 6 days?

OvaNews Kit comes with six test devices → You may need to test for 6 consecutive days from the start day of testing, to detect surge in LH levels. → Hence, you may need to test for at least 6 days to detect a surge in LH.

In case of negative results in 5 days, testing should be done for 6 consecutive days from the start day of testing

This is because the fertile window can be highly unpredictable, even in regular menstrual cycle.

Hence, testing consecutively for 6 days will help you to identify the fertile window for conception.

Testing should be done for 6 consecutive days from the start day of testing between 10 AM to 8 PM every day

Step 4: Collect the Urine Sample

Collect your urine sample in a clean and dry container given in OvaNews kit. Do not collect the first urine of the morning.

You can store the urine if you want to do the test later. The urine can be stored at room temperature for up to 8 hours or in refrigerator for up to 24 hours. Do not freeze. (For best results, test the urine on the day of collection.)

Note the time while collecting the urine sample

Stop drinking water 2 hrs prior testing to get concentrated urine to detect LH

Decide the time of urine collection and perform the test every day at the same time.

Step 5: Place 3 drops of urine in the Sample Well (S)

Using the disposable dropper add three drops of urine into the sample well marked as "S"

Step 6: Read results

Observe the development of the visible pink-coloured bands in the result window ("C & T" region) within 5 to 10 minutes.

One pink line at C	Two pink lines at C & T	No pink lines	One pink line at T	Light pink line at T as compared to C
Your fertile days have not started. No LH surge has been detected. Test again next day at the same time.	Line at T is equal or darker than C. Your fertile days have started and will last up to 5 days.	Test is invalid. It is recommended to repeat the test with another device.	Test is invalid. It is recommended to repeat the test with another device.	No LH surge has been detected. Test again next day at the same time.

Note: Results after 10 minutes may not be accurate.

Do's and Don'ts while doing the test

Do's	Don'ts
Do follow the procedure carefully	Do not drink large amounts of fluid approximately 2 hours before using the test
Keep the urine sample ready before opening the kit	Do not touch the test window This could affect results
Place the test device on a clean and leveled/flat surface	Do not reuse the test device
If positive results are not found even after using 2 OvaNews packs i.e 12 kits, consult your gynaecologist	Do not use this, if pregnancy is suspected or while taking birth control pills or if woman is in menopause
Ask your gynaecologist if you need to stop taking certain drugs before using this test	Avoid trapping air bubbles in the sample well (S)
Open the sealed pouch just before use	Do not interpret the results after 10 minutes
Stop testing once positive results (2 dark pink lines) for that cycle are seen	Do not use after the expiration date
Discard the test device immediately after use	This test is not to be used as a form of determining pregnancy
Bring all the reagents and specimen to room temperature before use.	Do not collect the first urine of the morning
	Do not use if the pouch is torn or damaged

Frequently Asked Questions (FAQs)

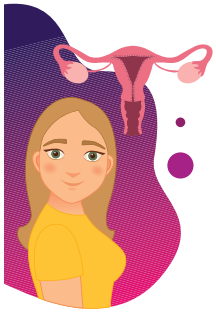
Q1	When counting the monthly cycle length, do I count the day it started to the first day when the next period starts? Should I include the 1st day of period in the counting? How do I know if my periods are regular or irregular?
Ans	Irrespective of whether your cycle is regular or irregular, counting should be done such that 1st day of your last period and the day before the 1st day of your current period should be considered. This becomes the duration of your cycle. In case of irregular periods, count the duration of cycle (in the same manner as regular cycle) of consecutive 3 months and take an average (mean) of it. This will be the average duration of your monthly cycle.
Q2	After I use all 6 kits in one pack and still do not get a positive result, then what should I do? Test for how many days?
Ans	Test for 6 days in your next cycle with a new OvaNews pack.
Q3	Do I test again the next day after getting a positive result?
Ans	No. One should stop testing after getting positive results.
Q4	After I use this product for 2 to 3 months but do not get a positive result, then what should I do?
Ans	Consult a gynaecologist
Q5	After I get a positive result but still, I do not conceive, then what should I do?
Ans	Try testing for ovulation for the next 2-3 months and accordingly plan the intercourse. If still you do not conceive, consult a gynaecologist.

Frequently Asked Questions (FAQs)

Q6	Who should not use this?
Ans	OvaNews kit should not be used in pregnant women or who suspect pregnancy or while taking birth control pills or if the woman is in menopause. OvaNews should not be used as a means of contraception or birth control.
Q7	If I have a thyroid problem, then can this kit help me predict my ovulation days?
Ans	Although Hypothyroidism or Hyperthyroidism does not impact functionality of LH detection kit, if you feel that something is not proper, patients can consult their gynaecologist for more information.
Q8	If I have PCOD/PCOS, then will this kit be able to predict my ovulation days accurately?
Ans	Yes. If ovulation occurs, this kit will detect it even if a woman has PCOS/PCOD. Some women with PCOS/PCOD might get negative results due to suspected anovulatory cycles or irregular periods. In such cases, consult your gynaecologist for more information.
Q9	If I get a positive result after 10 minutes on the kit, then is that correct?
Ans	Any result appearing after 10 minutes should not be interpreted and are to be considered invalid.
Q10	What time of the day should I carry out the test?
Ans	Testing should be done for 6 consecutive days from the start day of testing between 10 AM to 8 PM every day.

Signs & Symptoms of ovulation that help to detect the most fertile time

Observe these symptoms also along with the device to judge your ovulation days



NAUSEA

ABDOMINAL PAIN & BLOATING

INCREASED LIBIDO

INCREASED VAGINAL DISCHARGE

CHANGE IN SMELL

CERVICAL CHANGES

SENSITIVE BREAST

MINOR BLEEDING

CHANGE IN BASAL BODY TEMPERATURE

Some terms to know

01	**LH Surge:** Days or time in the menstrual cycle when luteinizing hormone or LH levels are maximum and can be detected in the urine with the help of home ovulation testing kit.
02	**Monthly or menstrual Cycle:** The monthly or menstrual cycle is a term used to describe the sequence of events that occur within a woman's body as it prepares for the possibility of pregnancy each month. **Regular Cycle:** A normal or regular menstrual cycle is considered to begin on the first day of a period. The average cycle is 28 days long; however, a cycle can range in length from 21 days to about 35 days.
03	**Irregular Cycle:** If the menstrual cycle is shorter than 24 days or more than 38 days long, or if the length differs notably from month to month, these are irregular periods.
04	**Fertile window:** The fertile window is the period when your fertility peaks. It is the best time to have unprotected intercourse when you're trying for baby. The fertile window lasts for up to six days.

Some terms to know

05	**Basal body temperature:** The body temperature of a woman, immediately upon awakening, before any activity. A rise in temperature (about 0.5 °F) may be evidence of ovulation. A drop in temperature may be evidence of imminent menses or miscarriage.
06	**Libido:** Libido is a person's sex drive or the desire for sex.
07	**Ovulation:** Ovulation is the process of release of an egg from the ovary. The egg passes into the fallopian tube where it is ready for fertilization. The egg released during ovulation needs to be fertilized by a sperm within 24 hours after its release in order for pregnancy to occur.

A fact to know

After determining the start day of testing, the test should be done at a same time everyday and water should be avoided 2 hours before sample (urine) collection so as to get concentrated urine that might contain detectable levels of LH.