

# Zavos LH Predictor<sup>®</sup>

## One Step LH Surge Kit

One Step Cassette Style LH Urine  
Ovulation Test

### INTRODUCTION

One Step LH Urine Ovulation Test is fast and easy-to-use. It is a qualitative test that can predict when there is an LH (Luteinizing Hormone) surge, and in turn when you are likely to ovulate.

### WHEN TO BEGIN TESTING

Your Cycle Length	Start To Test On
21 days	Day 6
22 days	Day 6
23 days	Day 7
24 days	Day 7
25 days	Day 8
26 days	Day 9
27 days	Day 10
26 days	Day 11
29 days	Day 12
30 days	Day 13
31 day	Day 14
32 days	Day 15
33 days	Day 16
34 days	Day 17
35 days	Day 18
36 days	Day 19
37 days	Day 20
38 days	Day 21

First, you must determine the length of your menstrual cycle. This is the number of days from the first day of your menstrual bleeding to the day before your next bleeding begins again. Please refer to the chart to determine when you should start testing. If your cycle is shorter than 21 days, or longer than 38 days, consult your doctor. If you do not know your cycle length, you may begin the test 11 days after your first period since the average cycle length is 28 days. Perform 1 test each day over a 5-day period or until the LH surge has been detected.

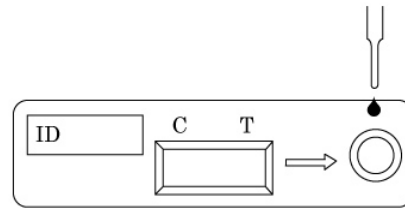
### URINE COLLECTION

- Do not use first morning urine samples as LH is synthesized in your body early in the morning. It will not show up in your urine until later in the day.
- The best time to collect your urine is between 10am - 8pm.
- Collect urine at about the same time each day.
- Reduce liquid intake about 2 hours before collecting your urine as a diluted urine sample can prevent the test from detecting LH surge.

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### TEST PROCEDURE

- Allow the sealed LH Cassette test pouch patient's urine sample and control solution to reach room temperature (18-30C).
- Remove the LH Cassette test device from the sealed pouch.
- Draw urine sample to the urine dropper provided.
- Hold the urine dropper upright about a 1/2 inch above the urine well of the device. Add 5 drops of urine to this well.
- Lay the test device on a flat surface with the result window facing up. Wait for colored bands to appear. Depending on the concentration of LH in the test specimen, positive results may be observed in as short as 40 seconds. However, to confirm negative result, the complete reaction time (10 minutes) is required. Do not read result after 30 minutes.



### INTERPRETATION OF RESULTS

- No LH Surge:** Only one color band appears on the control (C) region or the test (T) is lighter than the control band. There is no LH surge.
- LH Surge:** If two color bands are visible and the test (T) band is equal to or darker than the control (C) band one will probably ovulate in the next 24-48 hours. If one wants to be pregnant, the best time to have intercourse is after 24 but before 48 hours.
- Invalid:** No visible band at all. Repeat test with a new test kit.

