

# BFP<sup>TM</sup> OVULATION TEST

## Test Instructions for BFP<sup>TM</sup> Ovulation Tests

Manufactured for:  
Fairhaven Health, LLC  
Bellingham, WA 98225  
www.fairhavenhealth.com  
info@fairhavenhealth.com  
360.543.7888

### How it Works

Ovulation is the release of an egg from the ovary. The egg passes into the fallopian tube where it is ready to be fertilized. In order for pregnancy to occur, the egg must be fertilized by sperm within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of luteinizing hormones (LH). This is known as an "LH surge" and usually takes place in the middle of the menstrual cycle. LH triggers the release of an egg from the ovary. The BFP Ovulation Test Strip helps you predict the time of ovulation and peak fertility. It is during the fertile time that pregnancy is most likely to occur. The BFP Ovulation Test Strip detects the LH surge in urine, signaling that ovulation is likely to occur in the next 24 to 36 hours. It is important to note that an LH surge and ovulation may not occur in all cycles.

### Before You Begin

BFP Ovulation Test Strips are intended to be used over several days to help you find your most fertile time. Calculate when to start testing using the chart. First calculate the length of your average menstrual cycle. Your menstrual cycle length is the number of days from the first day of your period to the last day before your next period starts. NOTE: If your cycle is irregular, you may want to use your shortest cycle length to determine when to test.

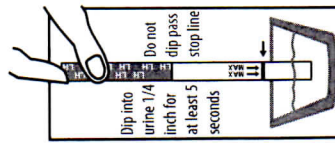
**EXAMPLE:** Your average cycle length is 28 days. Your period started on the 2nd day of the month. The chart shows to start testing on cycle day (CD) 11. Beginning with the 2nd day, count ahead 11 days on the calendar. You would begin testing your urine on the 12th of the month. NOTE: If your menstrual cycle typically exceeds 40 days, or is shorter than 21 days, you should consult your physician as to the proper day to begin testing.

### Limitations of the Test

Read all the information before performing the test. Do not open the foil pouch until you are ready to begin the test. Not every woman ovulates mid cycle, therefore, you may not see a positive result during your first 5 days of testing. Continue testing with the BFP Ovulation Test Strip to detect your LH surge. Some prescription drugs may affect the result such as menotropins for injection (Pergonal®) and danazol (Danocrine®). If you are using Clomiphene Citrate (e.g., Clomid® and Serophene®), consult your physician for possible interference with the test. Some rare medical conditions and/or the onset of menopause can cause elevated LH levels. Some women do not ovulate every cycle and will not see an increase in LH levels during these non-ovulatory cycles.

### Instructions

1. First morning urine should NOT be used with this test. For best results, you should test around the same time each day. You should reduce your liquid intake approximately 2 hours prior to testing.
2. Urinate into a clean, dry cup or container.
3. Remove the test strip from the pouch.
4. Hold the test strip in a vertical position with the arrows pointing downward. Dip the test into the urine approximately 1/4 inch and hold it there for at least 5 seconds. Longer dipping times will not produce false results. Do not dip passed the stop line.
5. Remove the test strip and lay it down flat. Wait 5 minutes.



### Reading Your Results

While you are waiting for your results, you may notice a colored solution moving across the windows. This is normal. You need to wait 5 minutes to read the results. Do not read the results after 10 minutes. To determine your results, compare the color intensity of the test line to the control line as follows:

Positive = LH Surge:

Negative =

No LH Surge:

Invalid:

If 2 lines are visible and the test line is similar to or darker in color compared to the control line, your LH has surged and you will probably ovulate in the next 24 to 36 hours. Once you have detected your LH surge, there is no need to continue testing.

If 2 lines are visible but the test line is lighter than the control line, your LH level has not surged. Also, if no test line is visible and 1 control line is visible, your LH level has not surged. You should continue testing daily. If a control line does not appear, the test is invalid. Insufficient specimen volume or incorrect test performance is most likely the reason for an invalid result. This can be caused by not holding the test strip in the urine for at least 5 seconds or by dipping passed the stop line. If you receive an invalid result, dip the test strip in the urine for an additional 5 seconds and wait 5 minutes. Read the results again. If there is still no control line, the test is invalid and should be discarded. Review the instructions and then, following them exactly, repeat the test using a new BFP Ovulation Test Strip.

### When to Start Testing Chart

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

### Sample 28 Day Cycle

S	M	T	W	TH	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		

CD 1

Begin testing

### Comparison Chart

