



Pregnancy Test Instruction Sheet

When to test

- The first pregnancy test each month should be done on the day that you expect your period. Additional instructions can be found in your journal.

Preparing the test

- You must assemble the test before sampling your urine or the test will not work properly.
- Remove the test holder and one of the test sticks from the package. Insert the test stick so that the blue arrow on the test stick lines up with the blue arrow on the test holder and it clicks in place. When inserted properly, a “test ready” symbol (see below) will appear in the window of the test holder.
- Only open the test sticks as needed. If a stick remains unwrapped for longer than one hour before use, it may not work properly.
- Although the pregnancy test sticks look similar to the sticks that are used with the fertility monitor, they measure different female hormones. Be sure to store the extra pregnancy test sticks separately to ensure that they are not mixed up with the test sticks for the fertility monitor.

Performing the test

- Pregnancy testing can be done at anytime of day. However, do not consume an excess amount of fluids immediately before performing the test.
- Remove (and discard) the protective cap from the test stick so that the absorbent strip is showing. Hold the absorbent strip of the pregnancy test in your first morning urine stream for 5 to 7 seconds. If you prefer, you can collect your urine in a clean dry cup and insert the absorbent end of the stick in the urine for 15 seconds.
- After 20 to 30 seconds, the “test ready” symbol will start to flash to indicate the test is working. Do not eject the test stick until after the test result is displayed in the window.

Reading and recording the test result

- After one to three minutes, your test results will be displayed. If the window says “error”, you will need to eject the stick and re-test. When you are finished with the test, eject the test stick, throw it away and store the test holder in a clean dry place. Do not throw away the test holder because it will be used with the other test sticks in the kit.
- Be sure to record the result in your journal.

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