



MFB Fertility, Inc.



Catalog# MFB-01

### HOW DOES IT WORK?

Progesterone is a hormone that helps prepare the female body for conception and pregnancy. Levels of Progesterone in the female body are low in the first half of the menstrual cycle. After the ovary releases an egg (ovulation) the corpus luteum produces high levels of progesterone. Pregnanediol Glucuronide (PdG) is the major urine metabolite of Progesterone. Ovulation Double Check® measures the presence of PdG in urine, which has been shown to directly correlate with the presence progesterone in serum (blood). According to GLOWM (The Global Library of Women’s Medicine), PdG levels in urine typically rise 24-36 hours after ovulation. Due to several factors, ovulation may be irregular and may not occur at the same time each menstrual cycle; therefore, PdG urine testing should be performed each menstrual cycle to “double check” if ovulation has occurred.

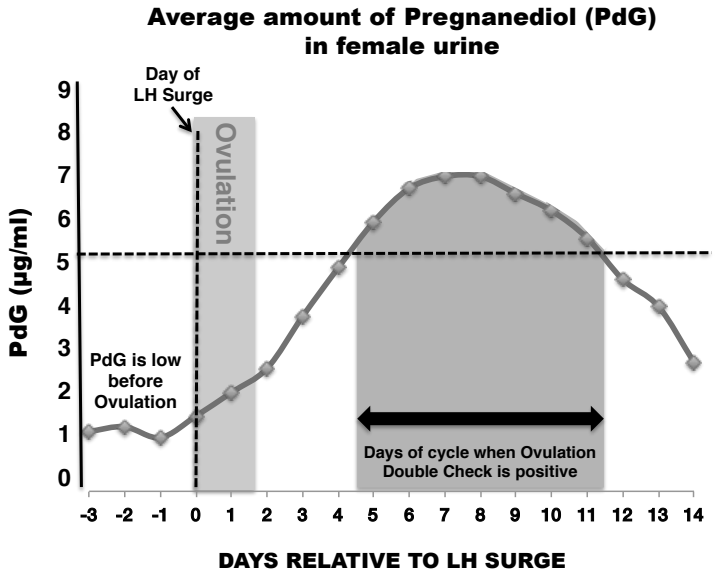
### STORAGE AND STABILITY

1. Store tests at room temperature (68-78°F) in the sealed pouch.
2. Keep away from direct sunlight, moisture, and heat.
3. Do not freeze.
4. Use immediately after opening pouch
5. Pouch contains a test strip and desiccant. Desiccant is for storage purposes only.
6. Test usage after the expiration date printed on pouch may provide invalid results.

### PRECAUTIONS

1. Tests are for external use only. Do not swallow.
2. Discard after use. Test strip cannot be used more than once.
3. Do not use past expiration date.
4. Do not use if pouch is not sealed properly.
5. Keep out of reach of children.
6. Read all instructions prior to use. Improper usage may give invalid results.
7. Ovulation Double Check® should not be used as a form of birth control.
8. Consult a doctor if your menstrual cycles are irregular or long.

Ovulation Double Check® is a single step qualitative test that measures the presence of certain progesterone metabolites in urine that increase significantly after ovulation. For *in vitro* external use only.



### WHEN TO BEGIN TESTING

When you should start using Ovulation Double Check tests will depend on how you currently monitor ovulation. We recommend new users test on day 10 of your cycle to determine your pre-ovulatory PdG levels.

### IF USING OPKs

Ovulation Predictor Kits (OPKs) measure the surge of LH that occurs just before ovulation. You should begin using Ovulation Double Check tests 4-6 days after a positive OPK test result.

### IF MONITORING CERVICAL MUCUS

In the days immediately preceding ovulation, the production of cervical mucus (CM) will be at its highest and the consistency of the mucus will be similar to raw egg whites. You should begin using Ovulation Double Check tests 4-6 days after you see the most fertile egg white mucus.

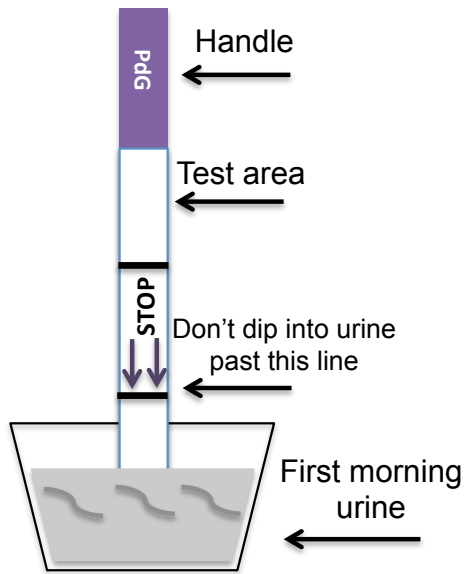
### IF NOT USING OPKs or CM

You may begin testing 10 days before you expect to start your next menses. If you do not know your cycle length, you may begin testing on day 18.

### WHEN TO STOP TESTING

A pre-ovulatory negative test followed by a single positive Ovulation Double Check test result is enough to confirm your PdG levels increased over 5ug/ml during your cycle.

## OVULATION DOUBLE CHECK TEST STRIP



### INSTRUCTIONS FOR USE

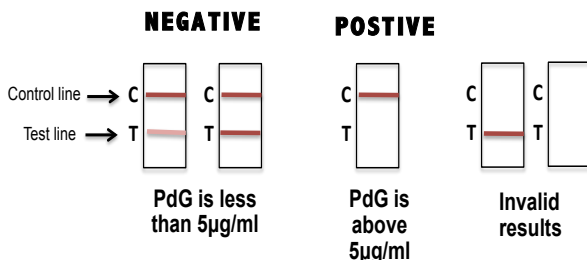
1. Collect first morning urine in a clean, dry plastic or glass container (not provided). First morning urine gives the best results.
2. Remove the test strip from the sealed pouch.
3. Dip the strip into the urine for 5 seconds with the arrows pointing towards the urine. Lay the strip flat on a clean surface.  
*IMPORTANT: Do not dip the strip past the STOP line or the test will not work properly.*
4. Read the results in 5 minutes. Do not read results after more than 10 minutes.

### READING YOUR RESULTS

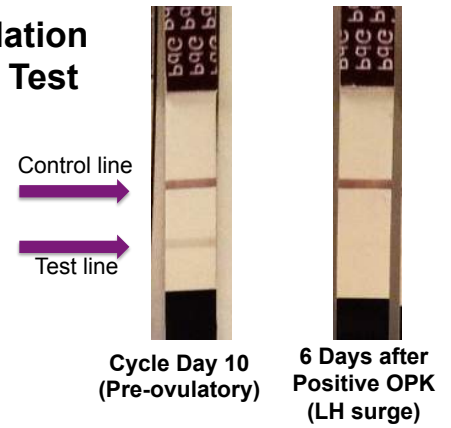
**Low PdG (Negative result):** When two lines appear, PdG levels in the urine are low. Test line can be lighter than the control line. Your urine contains less than 5µg/ml of PdG.

**High PdG (Positive result):** If you see a single line in the control area, the test is positive. There is more than 5µg/ml of PdG in your urine

**Invalid:** Test is invalid if no lines or no control line is seen. Please contact us at [info@mfbfertility.com](mailto:info@mfbfertility.com) if your test fails.



## Example of Ovulation Double Check® Test Results



### Q&A's

1. *Do I need to use first morning urine?* The test is most accurate with first morning urine. For best results, only use first morning urine for testing.
2. *My test has two lines, that is a positive test right?* No, 2 lines is a negative result and 1 line is a positive result.
3. *The test line is lighter than the control line. What does that mean?* If you see 2 lines, one in control area and one in test area, the test is negative for PdG.
4. *I still see a very faint, greyish line in the test line area. Is my test positive?* Yes, occasionally there are compounds in the urine that react with the test line area and create a very slight greyish evaporation line. If your test has no pink color in the test line area, it is considered positive.
4. *Do alcohol or medications affect the results?* Yes, hormonal birth control (pills, patches, rings, etc) and any medication containing natural or synthetic progesterone will affect your results.
5. *I have taken these tests as directed and I never get a positive result, what is going on?* If you never get a positive result, you should consult your physician and inform them of this information.
6. *I got a positive result, does that mean I ovulated?* In our research studies, home users reported positive Ovulation Double Check® results 3-6 days after suspected ovulation. Clinically, positive results were observed when serum progesterone was >10ng/ml.
7. *Do PdG levels always correlate with blood progesterone levels?* Mostly yes, however, our studies show 5-7% of women don't metabolize progesterone into PdG at high enough levels to result in a positive PdG test result.
8. *Who do I contact if I have questions?* Please visit our website [www.mfbfertility.com](http://www.mfbfertility.com) or contact us by email [info@mfbfertility.com](mailto:info@mfbfertility.com) if you have any questions or concerns about this product.