Questions and answers

Q. How does the test work?
A. The Babystart® Fertility Test measures FSH (Follicle Stimulating Hormone) and can tell you whether your body is producing excess FSH, signalling that your fertility is decreased or that your body is in the peri-menopause stage.

Q. When can I use the test?
A. It is recommended that you test using first morning urine, as it contains the most FSH and it will give the most accurate result. It can be performed at any time during the month and repeated with the second test one week later.

Q. How will I know the test worked?
A. The appearance of a red line in the control window of the test tells you that you followed the test procedure properly and the proper amount of urine was absorbed. If you do not see a red line in the control window, you should review the procedure and repeat the test with a new test. The test is not re-usable. If you still experience problems, contact FGB Natural Products.

Q. I received a positive result. Can I stop using contraception?
A. No, this is a screening test for raised FSH levels, which is just one aspect of fertility. It is not intended to determine whether you should use contraception or not.

Q. I am not sure that I left the test dipped into the urine sample for long enough. Will I get an accurate result?
A. In order to receive an accurate result, you should leave the test in the stream of your urine or dipped into the urine sample for at least 10 seconds and wait at least 5 minutes before you read the results. If the red line in the control line region fails to develop, you should repeat the test with a new test.

Q. How sensitive is the Babystart® Fertility Test?
A. The Babystart® Fertility Test detects FSH in urine at concentrations of 25mIU/mL or higher.

Limitations
There is the possibility that this test may produce false results. Consult your doctor or healthcare professional before making any medical decisions. Invalid results are most likely caused by not following the instructions properly. Repeat the test with a new eco-strip. If the problem persists, discontinue using the test kit immediately and contact FGB Natural Products.

Precautions
Please read all the information in this instruction sheet before performing the test.
- Store in a dry place below 30°C.
- Do not freeze.
- Do not use if pouch is torn or damaged.
- KEEP OUT OF REACH OF CHILDREN.
- For in-vitro diagnostic use (not for internal use).
- Do not use this product after the expiry date.
- Do not open the test foil pouch until you are ready to start the test.

Also Available

Sperm Test
Male fertility is equally important for successful conception. The Babystart® Sperm Test is a rapid diagnostic test of sperm concentration in semen - to assess if a man’s sperm count is greater or less than the World Health Organisation’s cut-off point for fertility.

Ovulation Test
This simple screening test detects when you may be about to ovulate, based on increases in the LH (Luteinising Hormone) in urine. It is an invaluable tool in pregnancy planning, identifying the most fertile time in the woman’s menstrual cycle for the best possible chance of conception.

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Fertility Test
Detects hormone levels linked to fertility

FertilCheck® for women

Convenient in-stream test
Simple to use
Fertility Test

A simple rapid screening test that measures the hormone FSH (Follicle Stimulating Hormone) concentration in urine. Rising levels of FSH can be associated with reduced fertility.

How does the Babystart® Fertility Test work?

There are many factors which affect a woman’s fertility, including hormone levels. FSH maintains the regular function of a woman’s ovaries and sex hormones therefore is intimately involved with fertility.

FSH levels can be raised in women with irregular periods and will steadily rise as a woman gets older. As menopause approaches, the levels get particularly high and act as an early warning system.

The Babystart® Fertility Test can measure FSH levels to give an indication of whether reduced fertility may be present. This test is especially useful for women with irregular cycles or aged 30 or more.

With this test, a positive result suggests reduced fertility and/or peri-menopause and a doctor should be consulted.

In any case, you should not make any decision of medical relevance without consulting a medical practitioner.

Method & Specifications

The Babystart® Fertility Test is a rapid one step chromatographic immunoassay in midstream eco-strip format for the qualitative detection of FSH in urine to aid in the assessment of a woman’s fertility.

The test utilises a combination of antibodies including a monoclonal FSH antibody to selectively detect elevated levels of FSH.

The test is conducted by immersing the end of the midstream eco-strip in urine and obtaining the result from the red lines.

Directions for use

Please read all the information in this instruction sheet before performing the test.

When is the best time to test?

It is recommended to test using first morning urine, as it contains the most FSH and will give the most accurate result. The test can be performed at any time during the month and repeated with the second test one week later. However it is best to avoid testing mid-cycle in order to avoid influence from fluctuating FSH levels right before or during ovulation.

1. Remove the test from the foil pouch.
2. Remove the cap and place it on the opposite end on the thumb grip to elongate the device to avoid urine splashing on your hand.
3. Hold the test by the thumb grip with the exposed absorbent tip pointing downward directly into your urine stream for at least 10 seconds, until it is thoroughly wet (see diagram A).

Note: Do not urinate on the test window and control window. If you prefer, you can urinate into a clean and dry container, then dip only the absorbent tip of the test into the urine for at least 10 seconds (see diagram B).

4. After removing the test from the urine, immediately replace the cap over the absorbent tip, lay the test on a flat surface with the test and control windows facing upwards, and then begin timing.

Important: Read the result at 5 minutes.

Do not read the result after 10 minutes.

Reading the results

Positive - High FSH

A positive result is indicated by the presence of two red lines in both the test window (T) and the control window (C).

The line in the test window (T) must be the same or darker than the line in the control window (C). See “interpretation of results” for the explanation of a positive result.

Negative - FSH Not Raised

A negative result is indicated by either:

a) The presence of two red lines where the line in the test window is a lighter red than the line in the control window, OR:
b) There is no line in the test window at all.

See “interpretation of results” for the explanation of a negative result.

Invalid test

The result is invalid if no red line appears in the control window (C), even if a line appears in the test window (T).

You should repeat the test with a new test.

Interpretation of results

A negative test result indicates that your FSH levels are not raised. This is a good indication, although not proof, of fertility.

If you do have irregular periods or any menopause-like symptoms, it is still recommended that you see your doctor.

If you see a positive test result you should repeat the test again in 5-7 days.

If both tests are positive then this indicates that you have high FSH levels. If this is so, you should see your doctor or healthcare professional if trying to have a baby.

High FSH levels can also be an indicator of the peri-menopause state and if you have symptoms such as irregular periods, hot flushes, mood swings, insomnia and fatigue, you should discuss your results with your doctor.

If the second test is negative, this indicates that your FSH levels are not raised and again is a good indication, although not proof, of fertility.