

Modern Fertility Ovulation Test

M

Find your 2 most
fertile days.

99% accurate at
detecting LH.¹

Hi there!

This is your guide to the Modern Fertility Ovulation Test – how it works, how to use it, and how to interpret the results. Our test helps you track your daily LH levels, which means it works a little differently than ovulation tests that give you just a “positive” or “negative” result. We’re always here with more support (and science!) if you need it.



**Download the app
to scan and log your
tests:**

modernfertility.com/app

The Modern Fertility App makes it easier to find your 2 most fertile days.

Use your camera to scan and log your test ~like magic~ to build a full picture of your cycle.

Track your LH levels so you can better predict ovulation.

If you're trying for kids, the app helps you time sex or insemination.

If you're not trying for kids, track your cycle and predict your fertile window as an FYI.

How it works

First things first... how does the Modern Fertility Ovulation Test work?

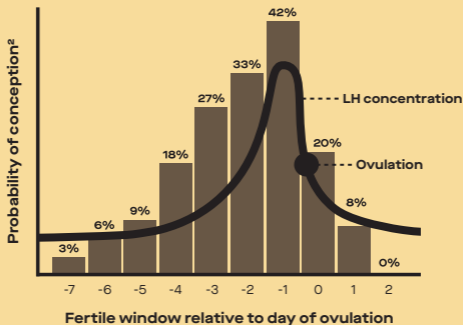
The test detects luteinizing hormone (aka LH) in your urine. If LH is present in your urine, it attaches to the antibodies inside the test. When LH and antibodies meet, the test line darkens — the darker the line, the more LH there is in your urine. Unlike other ovulation tests, you'll be able to match the shade of your test line to the corresponding LH concentration level. (They're kind of like those pH strips you played with in middle school.)

Why LH, you ask?

The brain triggers a large LH surge 24-48 hours before you ovulate, making it an excellent predictor of ovulation. An LH surge prompts the ovary to release an egg that can then be fertilized by sperm. Your “fertile window” is 6 days: 5 days before you ovulate and the day you ovulate. Your 2 most fertile days are the day of and the day after your LH surge.

The most fertile days during each cycle

Research shows that the closer you are to ovulation, the higher your chances are for getting pregnant (until menopause). While everyone has a unique LH pattern, a surge in LH is still one of the best predictors of ovulation.



So... how accurate is the test?

The test can detect LH in urine with 99% accuracy. And since everyone's cycles and LH levels vary significantly, the Modern Fertility Ovulation Test helps you track your unique levels so you can pinpoint your 2 most fertile days.

How to test

Please read through the following info before using the test.

1

Find your first test day.

Begin testing 19 days before the start of your next period. Use the chart under “When should you test?” to help you figure out when that is for your cycle.



2

Test at the same time every day. Either morning or afternoon is okay, but the afternoon will give you the best chance of catching your LH surge. You can also test twice a day to improve your accuracy. Pro tip: Avoid drinking too much water before you test.



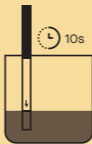
3

Open the wrapper right before use. When you're ready to test, tear open the wrapper and remove the strip. (P.S. Save the wrapper! You'll be using it later.)



4

Pee into a cup and dip the absorbent end of the strip up to the "MAX" line for 10 seconds. Be careful not to dip past the "MAX" line. When you see liquid moving into the results window, you can pull the strip out.



5

Let the test sit for 5 minutes (but no more than 10!) before reading. That's about enough time to listen to "Run the World (Girls)." Just make sure to read the result before 10 minutes pass or the result will be invalid.



6

Compare the test line on the strip with the included color chart to determine your LH. You'll see a control line on the right and a test line on the left. Hold the test line right up to the chart and see which shade it matches. That shade represents your LH concentration.



7

Repeat each day so you can track your LH surge. The darker the test line, the closer you are to your LH surge. Your 2 most fertile days are the day of your LH surge and the day after (which is typically when LH levels reach “High” or “Peak”).

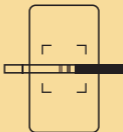


*

The free Modern Fertility App makes it easier to find your 2 most fertile days.

Scan your test with your camera and the app will help you track your LH surge and predict your fertile window.

Download at modernfertility.com/app



When should you test?

Research shows that you're more likely to identify your LH surge if you start testing 19 days before your next period.³

Not sure how to figure out when it's 19 days before your period? We've got you.

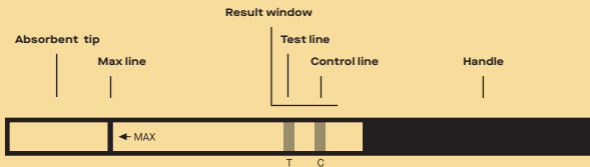
- Start with day 1 of your period (your first day of full flow).
- Next, determine your cycle length. Your cycle length is the total number of days from day 1 until your next period starts. It may take you a full cycle to count your cycle length, and that's totally okay.
- Once you have the full length of your cycle, subtract 19 from the number to find your best day for testing. (If your cycle length is 28 days, you'll want to start on day 9.)
- When you know your start day, test your LH levels for 10 days straight to find your LH surge. We recommend testing one additional day after your surge to confirm that you've found your peak LH level.

Cycle length in days	Day of cycle to start testing
21 or less	2
22	3
23	4
24	5
25	6
26	7
27	8
28	9
29	10
30	11
31	12
32	13
33	14
34	15
35	16
36	17
37	18
38	19
39	20
over 40	19 days before your next period

Reminder: Test at the same time every day. You can always test twice-a-day. Avoid peeing 2 hours before testing.

See Q2 and Q3 if you have irregular cycles.

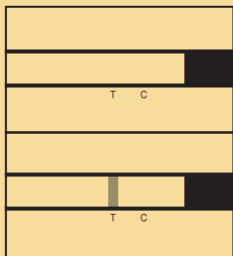
Reading the results



How do you determine your LH concentration?

Match the test line on the strip to the included color chart — each shade represents a corresponding LH concentration. These strips are like the ~mood rings~ of ovulation. If the shade of the test line (“T”) is between two adjacent shades, take the middle value of the two shades — or the value that matches most closely.

While the concentration numbers the test uses map to low, high, and peak levels for most people with ovaries, you may have a unique LH pattern. What that means: The lowest and highest points of your LH pattern might not align perfectly with what’s on the chart. You can identify your unique LH pattern by tracking your concentrations over time.



Invalid results

If a control line doesn't appear in the results window, the result is invalid. (Even if a test line appears — it's invalid.) Try again with another test. If you don't get a valid result, please contact us (see Q8).

How do you know when your LH is surging?

For most people with ovaries, low, high, and peak LH levels correspond with the following concentrations (in milli-international units per milliliter, or mIU/mL):^{4,5,6}

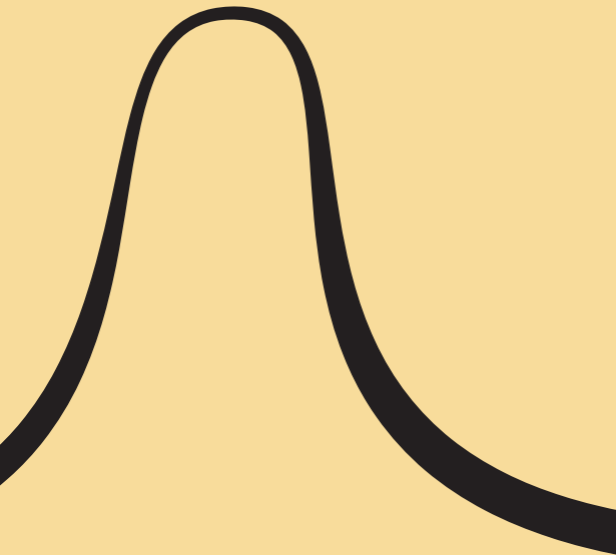
Low (<25 mIU/mL): Your LH concentration is at or near its baseline level. Test again the next day.

High (25-45 mIU/mL): Your LH concentration is nearing a surge or already surging. Most people at this concentration will ovulate within 24-48 hours. During this time, there's a higher chance of getting pregnant.

Peak (≥45 mIU/mL): Your LH concentration is nearing its highest levels. You can use your highest concentration to determine your surge level for future cycles.

If you want to get extra sciencey, you can track your LH levels using the LH tracking log on the back of this guide. (This can be especially helpful if you have an LH concentration that remains above or below 25 mIU/mL.)

Using your log, you can identify your baseline LH concentration (the average LH concentration early in your cycle) and then look for a surge. Researchers define the surge as 2.5x the baseline concentration, or 30% of the highest concentration you've found in previous cycles.^{7,8}



Answers to all the things

Q1: Can the test still be useful even if you're not trying to get pregnant?

Absolutely! Since you can use the test to track your LH pattern, it's a great tool for increasing awareness about your unique menstrual cycle and your most fertile days. That said, here's an important disclaimer: This test is not birth control. Sperm can live for up to 5 days after ejaculation, so even if you're avoiding sex (with a partner who has a penis) during your LH surge, getting pregnant is still possible.

Q2: How do you know when to start testing if your cycle is different every month?

If your cycle lengths vary, you can use the length of the shortest cycle from the last 6 cycles to figure out when to start testing.

Q3: Does the test work if you have irregular cycles?

Yep! Since you're testing based on your unique LH pattern, you can still detect your surge if your cycles are irregular. That said, it's always a good idea to check in with your doctor if your cycles are irregular — especially if they're under 21 days, over 36 days, or if you've been diagnosed with a condition like polycystic ovary syndrome (PCOS). Talking with your doctor can help you figure out when (or if) you're ovulating each cycle.

Q4: Can you take the test if you've recently stopped taking hormonal birth control?

Yes, but it could take a few months for your regular menstrual cycles to resume. (Pro tip: Use the test to better understand your cycles post-birth control!)

Q5: What if you're having trouble identifying your LH surge?

You might not ovulate every month, or you might ovulate later than you expect. If you can't identify your LH surge

in the first cycle, when your next one comes around, try testing twice a day. If you continue having trouble, reach out to your doctor to discuss your unique LH levels and get more information.

Q6: Is there anything that could impact your test results?

- Drinking too much water before you test can dilute your urine and result in a lower LH concentration. Try again later.
- A recent miscarriage or pregnancy (including a chemical pregnancy, or pregnancy loss very soon after embryo implantation), breastfeeding/ chestfeeding, menopause, or certain health conditions (like PCOS and thyroid disorders) can cause irregular LH levels.
- Certain medications, like oral contraceptives (aka “the pill”) or fertility drugs, can affect both your periods and your LH levels.
- And... a friendly reminder: It’s important to check your result after 5 minutes. After 10 minutes, the shade of the test line will continue to change and the result will be invalid.

Q7: If you're using the test to try to conceive and haven't gotten pregnant yet, when is it time to check in with your doctor?

Whether you're using the test while trying to get pregnant or not, if you're under 35, the clinical recommendation is to talk to your doctor after a year — if you're over 35, talk to your doctor after 6 months. If your cycles are irregular and you're trying to get pregnant (with or without the test), check in whenever it feels right for you.⁹

Q8: What should you do if the control line doesn't appear?

If you don't see any lines or only see the test line after 5 minutes, there might not have been enough urine to get a result or you could have a faulty or expired test. If that happens, discard the test and try again with a new one. Please also send us a photo of the faulty test and wrapper (with the lot number and expiration date visible) at support@modernfertility.com.

Q9: Can you still use a test if it's expired?

Unfortunately, no. Make sure to use a new test for an accurate result.

**Have
questions
or just
want to
chat?**

Text or email us
support@modernfertility.com
1-877-756-6337
Mon-Fri 9am-5pm
Pacific Time



**Connect with others
and get support for all
of your fertility
Q's in the Modern
Community.** Join at
modernfertility.com/meet

**We've
got you.**

Important details

References

1 99% accurate at detecting LH concentrations based on laboratory studies with blinded participants.

2 L. Faust, et al. Fertility and Sterility, 2019.

3 K.R. Blake, et al. Hormones and Behavior, 2016.

4 S. Johnson, et al. Clinical Chemistry and Laboratory Medicine, 2015.

5 R.A. Leiva, et al. Front Public Health, 2018.

6 R. Stricker, et al. Clin Chem Lab Med, 2006.

7 S.J. Park, et al. Fertility and Sterility, 2007.

8 A. Direito, et al. Fertility and Sterility, 2013.

9 W. Kuohung, et al. Evaluation of female infertility. UpToDate, 2019.

Precautions

Use the test before the expiration date (located on the wrapper).

Don't take the test out of its wrapper until you're ready to test, and don't use the test at all if the wrapper is damaged or torn.

Keep out of reach of children.

Don't use the test as birth control.

Don't reuse a test.

The test kit is for external use only.

For in vitro diagnostic use only.

Storage

Store at 40°F - 86°F (4°C - 30°C) in the sealed pouch up to the expiration date.

Keep away from direct sunlight, moisture, and heat.

Don't freeze the test.

Distributed by

Modern Fertility
450 Alabama Street
San Francisco, CA 94110
Made in China

Last revision date: 2021-04-08

Document control number:
MF-207D

LH tracking log

Determine your LH concentration using the included color chart — then record the date of the test and log your LH concentration by filling in the circle with the corresponding concentration. Track your LH concentration daily to identify your LH surge, which will typically be when your concentration increases for 2 or more circles (e.g., 10 to 25 or more).

