

PdG Urine Test Strip

INSTRUCTIONS FOR USE

PLEASE READ ALL INFORMATION IN THE INSTRUCTIONS FOR USE BEFORE USING THE TEST! FOR OVER THE COUNTER USE.

REF See Box label

What are Progesterone and PdG?

Progesterone is a type of estrogen released by the ovaries. After ovulation in normal women, levels of progesterone rise in the body, usually peaking within 7 - 10 days. When the ovary is not functioning properly, progesterone is not produced enough to provide a suitable endometrial environment for ovulation, resulting in difficulty in conception.

Pregnanediol-3-Glucuronide (PdG) is the main urine metabolite of progesterone and is positively correlated with blood progesterone levels. PdG Urine Test Strip can detect whether the PdG level in urine is elevated, PdG levels can be measured for several consecutive days to assess ovarian function and determine ovulation.

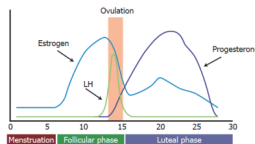
Why do I need to take a PdG Test?

Serum progesterone measurement is the most commonly used method to evaluate the luteal function of ovary. However, because the progesterone changes constantly during the luteal phase, a single progesterone value cannot accurately evaluate the luteal function. In addition, the current method of determination of progesterone is cumbersome and expensive, and multiple blood collection brings trauma and inconvenience to the subjects. Using PdG Urine Test Strip can help women more accurately track ovulation and conception. If conception occurs, the PdG will remain elevated. If conception does not occur, the PdG test will return to negative before menstruation.

How does it work?

Progesterone and PdG are low in the beginning of a cycle and intend to increase after ovulation, also called peak fertility. It may take up to 5 days after peak fertility to build up enough PdG to get a positive test result. You may monitor the date of peak fertility via ovulation predictor test - LH testing. Ovulation predictor kits (OPKs) are at-home tests that you can use to determine your ovulation date. Please keep in mind that progesterone and PdG levels may vary from woman to woman, even from one cycle to another, so it is important to keep tracking your PdG level each cycle.

Ovulation Cycle Phases



When should I use PdG Tests?

It is **highly recommended to use PdG Test 5 days after the positive result achieved with OPKs.**

If you do use ovulation tests, please start testing 5 days after your positive OPK test result and continue to test until you get a positive PdG result. It is recommended new users to also test on any pre-ovulatory day, 3 Days Past Ovulation (3 DPO), and 7 DPO in their first cycle to observe the rise of PdG across the cycle.

If you don't use ovulation tests, follow the below Chart to start tracking your PdG test results until positive result achieved before next period.

Note: Day 1 of the menstrual cycle is the first day of menstrual bleeding. The cycle concludes the day before the next menstrual bleed. Refer to the chart below to determine when to start testing.

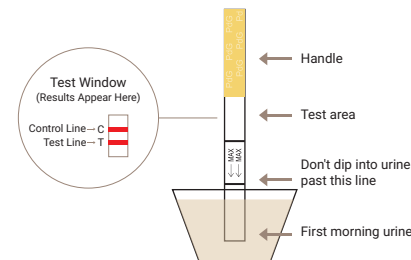
	Cycle Length	Day of Cycle to Begin Testing
	26	14
	27	15
	28	16
	29	17
	30	18
	31	19
	32	20
	33	21
	34	22
	35	23
	36	24
	37	25
	38	26
	39	27
	40	28
	41	29
	42	30

Cycle Chart

How to use the test?

Test should be performed at room temperature 59°F- 86°F (15°C - 30°C).

1. Collect the urine in a clean, dry plastic or glass container (not provided). First morning urine is recommended because it gives the best results.
2. Open the sealed pouch by tearing along the notch. Remove the test strip from the pouch.
3. Immerse the strip into the urine specimen with the arrow pointing towards the urine. Take the strip out after at least 5 seconds. Make sure that the urine level is not above the "MAX" line printed on the front of the strip.
4. Lay the strip flat on a clean, dry, non-absorbent surface.
5. Read the result at 5 minutes. **Do not read after 10 minutes.**

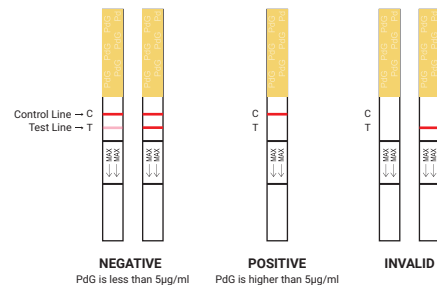


How to read results?

Low PdG (Negative result): When two lines appear, the result is negative, indicating that the PdG level is 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 Control line but no Test line, the result is positive, indicating that the PdG level is high. 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 the distributor or the store where you bought the product, with the lot number.



Storage and stability

1. Store at 35°F - 86°F (2°C - 30°C) in the sealed pouch up to the expiration date.
2. **DO NOT FREEZE.**
3. Keep away from direct sunlight, moisture and heat.
4. Preferably open the pouch only shortly before the test.

Limitations of the test

1. For external use only. Do not swallow.
2. Discard after use. Test strip cannot be used more than once.
3. Do not use test kit beyond expiration date.
4. Do not use the kit if the pouch is punctured or not well sealed.
5. Keep out of reach of children.
6. Do not read result after 10 minutes.
7. This product should not be used as a form of birth control.
8. Consult a doctor if your menstrual cycles are irregular or long.
9. PdG in women's urine after ovulation varies person to person.
10. Different forms of prescription progesterones and over-the-counter (OTC) progesterone creams may cause false positive results.

Matters needing attention

1. Please read the instructions carefully before use and strictly follow the instructions. Otherwise, the test results will be affected.
2. The test strips of this product are disposable in vitro diagnostic reagents, please use within the validity period, do not reuse.

3. Test at the same time every day for best results.
4. It is recommended to use the same batch of reagents in the same detection cycle.
5. Don't drink too much water or other beverages before testing.
6. Aluminum foil bag contains desiccant, should not be taken internally, not for testing process.
7. All samples and products after use should be treated as sources of infection.
8. If this test is removed from the refrigerator, it should be restored to room temperature before opening the package for use.

Frequently asked questions

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, two lines indicate a negative result. One Control line indicate 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 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 line. If your test has no pink color in the test line area, it is considered positive.

5. Do alcohol or medications affect the results?

Yes. Alcohol, hormonal birth control (pills, patches, rings, etc) and any medication containing natural or synthetic progesterone can affect your results.

6. 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.

7. I got a positive result, does that mean I ovulated?

In our research studies, most home users reported positive results 3 - 6 days after suspected ovulation. Clinically, positive results were observed when serum progesterone was >10ng/mL.

8. Do urine PdG levels always correlate with blood progesterone levels?

Mostly yes, but we have found that 5% - 7% of women don't metabolize progesterone into PdG at high enough levels to result in a positive PdG test result. If you fail to get a positive PdG test, we recommend taking PdG tests on any pre-ovulatory day, 5 and 7 days after a positive LH test to determine if your PdG levels have increased.

Assistance

Call toll-free **(888) 695-5248** (Monday – Friday 9:00 am – 5:00 pm, EST) or email to support@dochekusa.com.

Index of symbols



Consult instructions for use



Keep dry



Store at 35°F - 86°F
(2°C - 30°C)



Keep away from sunlight



Use-by date



Catalogue number



Batch code



Do not reuse



In vitro diagnostic medical device



Do not use if package is damaged

Distributed By:

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