



Menopause symptoms

FOR SELF-TESTING USE

The menopause is a natural part of aging that occurs between 45 and 55, when a woman's period comes to an end. Common symptoms include irregular periods, hot flashes, trouble sleeping, weight gain and low mood. During the menopause there is a sustained rise in Follicle Stimulating Hormone (FSH) over many menstrual cycles.

Testing for FSH cannot diagnose the menopause, but when done correctly it can give you an insight into your body and inform a conversation with your doctor.

2San advises taking this test during the first week of your cycle (day 1 being the first day of bleeding) and repeating the test over multiple cycles to confirm the result. Your FSH levels vary throughout your cycle and between cycles. For women over 45 with symptoms, an FSH test is not necessary for a diagnosis, which can be made by a doctor on symptoms alone.

Specification

Intended Use The FSH Rapid Test Midstream (Urine) is a rapid chromatographic immunoassay for the qualitative detection of Follicle Stimulating Hormone (FSH) in urine to aid in the detection of menopause.

Storage 2-30°C

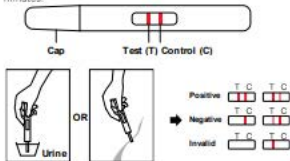
Specimen Type Urine
Time to Result 3 Minutes
Shelf Life 2 years

Components

- 1 Midstream Test
- 1 Package Insert

Procedure

- Determine the day of your cycle to begin testing, using the guide in the Package Insert.
- Remove the test from the sealed pouch and use it immediately within one hour.
- Remove the cap of the test and hold the test so as to place the absorbent tip into the urine stream or place the absorbent tip (A2/3) into urine sample in a clean cup for at least 10-15 seconds.
- Cover the cap on the test, then lay onto a clean/stable desk with results window facing up, and then start the timer immediately.
 5. As the test begins to work, you may notice a light-coloured flow moving across the test and control window. Read the result at 3 minutes. Do not interpret the result after 10 minutes.



NOTE
 Allow the test, urine specimen and/or controls to reach room temperature (15-30° C) prior to testing.

Not available in the United States

Interpretation

1st Test	2nd Test	Interpretation
Positive	Negative	Most likely in perimenopause. Discuss methods and therapies to promote good health after menopause with doctor. DO NOT immediately discontinue contraception.
Positive	Negative	Maybe in early stages of perimenopause. DO NOT immediately discontinue contraception.
Negative	Positive	
Negative	Negative	Maybe in early stages of perimenopause. DO NOT immediately discontinue contraception.

For females experiencing menopausal symptoms with NO menstrual cycle for the past 12 months.

1st Test	Interpretation
Positive	Menopause has most likely occurred. Test may be repeated. Discuss methods and therapies to promote good health after menopause with doctor.