



The Novogen Menopause Test

This test kit will give you greater knowledge and certainty about your menopause stage. It's simple, quick and highly accurate. With the certainty of the test you can start to take positive action to either manage your menopause symptoms or to seek further advice if you are not at the menopause stage.

The Novogen Menopause Test is a rapid semi-qualitative test for the detection of the FSH hormone (Human Follicle Stimulating Hormone) in urine. FSH is an important hormone in the female endocrine system. Before menopause stage, the FSH hormone stimulates the growth and maturation of ovarian follicles during the menstrual cycle. At menopause, circulating FSH concentrations rise significantly. Detection of these elevated FSH levels indicates menopause. **The most common characteristics of menopause, also defined as a woman's midlife, are:** hot flushes, night sweats, insomnia and sleep disruptions, mood swings, irritability and vaginal dryness. The monthly period will also become irregular until it stops completely.

Very simply, the Novogen menopause test detects the level of Follicle Stimulating Hormone (FSH) in the urine.

Novogen Menopause Test

If the results are negative but menstrual period has not occurred what should be done

- In this case, a physician should be consulted to find out the reason for the delay. In case of pain or unexpected bleeding a physician should be consulted immediately.

If the test results are positive, what should be done - A physician should be consulted as soon as possible to confirm the result and to monitor the development of menopause. In case of pain, menopause symptoms or unexpected bleeding a physician should be consulted immediately.

If no line appears in the window -If no line appears at the C region, no conclusion may be reached and the test should be repeated with a new test carefully following the instructions for use.

Are the test results affected by medication, birth control pills or hormone replacement therapy - The test is not affected by medication for pain relief or antibiotics. **However** birth control pills or hormone replacement therapy may create a false negative answer due to FSH suppression, therefore it is recommended to stop the use of birth control pills or hormonal replacement therapy one month before testing, after consulting your physician.

Are the test results affected by fertility treatment - Pregnant women or women receiving fertility treatment (such as: LH, hCG or FSH injections) may receive positive results even though they are not in menopausal stage. These women should consult their physician. In very rare cases change of other hormones, or pregnancy could yield a false positive result. Women receiving hCG injections (such as Chorigon, Pregnyl, etc.) FSH or LH injections during fertility treatments, could receive positive results due to the presence of hormones that are not part of the natural process. In general, we recommend that women undergoing fertility treatment seek the advice of their physician regarding the possible influence of their treatment on the test results.

Most medications (such as antibiotics, pain medication) do not interfere with test results.

As with all menopause tests, some rare medical condition may cause a positive result not due to menopause (such as Hydatidiformmole, Choriocarcinoma, etc.).

There are also rare cases in which menopause exists although the result is negative. In any

case, please consult your doctor.

It is recommend that women consult their health care professional to discuss the test results and for advice on management options if necessary. As with all rapid diagnostic tests, results must be interpreted together with other clinical information. A definite clinical diagnosis should be made by the physician after all clinical and laboratory findings have been evaluated.

Novogen Menopause Test Instructions:

The foil wrapper should only be opened immediately prior to testing.

To obtain accurate results you will need to do both of the tests included in the box.

The first test may be carried out on any day.

The second test must be carried out exactly one week after the first test. For best results it is recommended to limit liquid intake for 2-3 hours prior to testing.

First morning urine is not recommended.

Collect urine into the test cup up to the indicated level only. If the urine collected is over this level, tip out urine until it reaches the indicated level.

Open a foil pouch just before testing. Holding the blue tape, take out the strip. Discard the small desiccant and the used pouch.

Insert the test strip into the small rectangular opening in the white lip at the top of the cup and leave in place. Immediately a pink color will appear in the test result window of the cup.

Read the results in the window at eye level after 10-15 minutes. Do not interpret results after 15 minutes.

On completion of the test remove the used strip from the cup and discard the strip.

Pour out the urine and wash the cup with cold tap water.

Keep the cup for the second test.

Record the test result in the table appearing under 'Test Results'.

Repeating steps 1 to 6 and 8 carry out the second test after an interval of 7 days.



Test results: When the test is finished, you will see one or two pink lines. Compare the color intensity of the 'Test line' and the 'Control line'.

Positive: If after 10-15 minutes the pink line at the 'T' region is darker than or similar to the pink line at the 'C' region, the result indicates a rise of the FSH level.

Negative: If after 10-15 minutes the pink line at the 'T' region is weaker than the pink line at the 'C' region, or only one pink line appeared at the 'C' region, the result indicates that the FSH level is typical of non-menopausal urine.

Error: If no line appeared at the 'C' region after 10 minutes, the test may not have been performed according to the instructions and no

conclusion may be reached. The test should be repeated with a new device carefully following the instructions for use.

Results may be interpreted (menopause or non-menopause stage) only after the completion of the 2 FSH tests. Using the table in the pack, mark in each section the result obtained: positive or negative.

Non menopause stage: If the 2 tests gave a negative result, or if 1 test gave a negative result and 1 test gave a positive result, you may consider that you are not in the menopause stage. If

you have persistent symptoms please see your physician.

Menopause stage: If both tests gave a positive result (FSH rise) you may consider that you are in the menopause stage.

The Novogen Menopause Test is a rapid semi-qualitative test for the detection of the FSH hormone (Human Follicle Stimulating Hormone) in urine. FSH is an important hormone in the female endocrine system. Before menopause stage, the FSH hormone stimulates the growth and maturation of ovarian follicles during the menstrual cycle. At menopause, circulating FSH concentrations rise significantly. Detection of these elevated FSH levels indicates menopause.

What is the FSH hormone - Human Follicle Stimulating Hormone (FSH) is produced in by the pituitary gland to stimulate the growth and maturity of ovarian follicles.

During the menstrual cycle FSH levels vary: shortly before ovulation, a significant rise in FSH can be observed. After ovulation, when the follicle is ruptured, the FSH levels return to the lower level. However, at menopause, when ovarian function and oestrogen secretion diminishes, circulating FSH levels rise in a response to this lack of oestrogen. This is how the menopause test works — by detecting this rise in FSH level.

How is the FSH hormone detected: The FSH hormone is detected with the help of specific antibodies that are bound to colloidal gold particles. This system ensures that the sensitivity of the test to the FSH hormone is very high.