

Rapid menopause test

CLIMATEST

The first step to maintain
a high quality of life



Climatest®

Rapid test for the qualitative detection of follicle stimulating hormone (FSH) in urine.

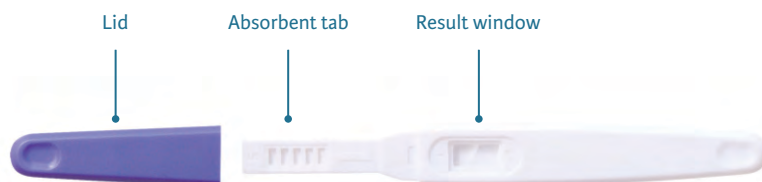
The Urine FSH Rapid Test is a rapid chromatographic immunoassay for the qualitative detection of follicle-stimulating hormone (FSH) in urine to screen for menopause.

Menopause is the permanent cessation of menstruation, but it is usually not scientifically diagnosed until a full year after a woman's menstrual cycles have ended. The period before menopause, and the following 12 months, is known as perimenopause.

Many women experience symptoms during this period, including hot flushes, irregular menstrual cycles, sleep disturbances, vaginal dryness, hair loss, anxiety and mood swings, short-term memory loss, and fatigue. Entering the perimenopausal phase is due to changes in the levels of hormones in a woman's body that regulate the menstrual cycle. As the body produces less oestrogen during this phase, the production of the FSH hormone, which normally regulates the development of a woman's eggs, increases.

FSH tests can help determine whether a woman has entered the perimenopausal stage. By knowing you are going through perimenopause, you can take appropriate measures to keep your body healthy and avoid the health risks associated with menopause, such as osteoporosis, high blood pressure, increased cholesterol levels, and an increased risk of heart disease.

Rapid FSH test detects FSH levels in a urine sample with a sensitivity of 25 mIU/ml. The test uses a combination of antibodies including an anti-FSH monoclonal antibody to selectively detect elevated FSH levels. Before opening the pack, read the instructions carefully.



When to start the test

- 1 If you still have your menstrual period every month, you should perform the baseline test in the first week of your menstrual cycle (days 2 to 7, day 1 being the first day of your menstrual period). Repeat the second test one week later.
- 2 If your menstruation is no longer regular, you can perform the first test at any time of the month and repeat the second test one week later.

Instructions for use

The high sensitivity of **Climatest** means that you can perform the test with urine from any time of the day. To promote FSH concentration, urine retention of at least 3 hours is recommended.

1. Choose the day you wish to start the test.
(See section "WHEN TO START THE TEST").
2. Remove the protecting lid and expose the absorbent tab.
3. To perform the test, place the tab facing down.
4. Hold the absorbent tab directly under the urine stream for at least 6 seconds, until wet.
Note: From this point onwards, do not put the device tab facing up.
5. Take the device away from the urine stream and place the protective lid back.
6. Always keep the coloured end down or place the device on a flat surface with the control window and the detection window facing up.
7. Read the result within 3 minutes.
Do not interpret the result after 10 minutes.



- ✓ Over 99% accuracy
- ✓ Can be performed any time of the day
- ✓ Easy to use

How to read the results



POSITIVE: Two lines are visible and the line in the test zone (T) is the same or darker than the line in the control zone (C). A positive result means that FSH is higher than normal.



NEGATIVE: Two lines are visible, the line in the test zone (T) is lighter than the line in the control zone (C), or there is no line in the test zone (T). A negative result means that the FSH level is not elevated at this time.



INVALID TEST: The control line does not appear. This is most likely due to insufficient sample or a failure in the procedure associated with the test. Review the procedure and repeat the test with a new sample.

What is inside the box

Each box contains

- ✓ 2 airtight aluminium wrappers containing 1 reactive strip (for 1 test)
- ✓ 1 Instruction manual

The product may only be used once and must be discarded after use.

Precautions

- ✓ Do not use past the expiry date.
- ✓ **Climatest** must be kept inside the sealed bag until its use.
- ✓ Do not use this test if the bag has been damaged.
- ✓ Moisture and temperature may negatively affect the results.

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Literature

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3. Stanford, J L, Weiss NS, et al. Combined estrogen and progestin hormone replacement therapy in relation to risk of breast cancer in middle-aged women, J. Am. Medicine. Assoc.,1995; 274 (2): 137-142.
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5. Jacobs DS, Demott DR, Grady HJ, Horvat RT, Huestis DW, Kasten BL, Laboratory Test Handbook 4th Edition, Lippincott Williams y Wilkins, Baltimore, MD. 1996. Symbol index No.: 145148302 Effective date: 2016-09-17

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Hangzhou Alltest Biotech Co. LTD,

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Authorised by Uruguay's Public Health Ministry (MSP)

Reg. No. 70822

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CLIMATEST

Our trained staff will answer to your questions
with complete confidentiality.

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