

# OvuScope™

OS-100

## SALIVA OVULATION TESTER

*Predict your most fertile days.*



### Instructions for Use:

As a woman enters the fertile stage of her menstrual cycle, estrogen levels rise. This causes the amount of salt in her saliva to increase. The increased salt forms crystallization patterns known as “saliva ferning” because the crystals resemble fern leaves. By viewing saliva samples under laboratory microscopes, scientists discovered that crystallized ferning patterns became more distinct as women neared their fertile stage.

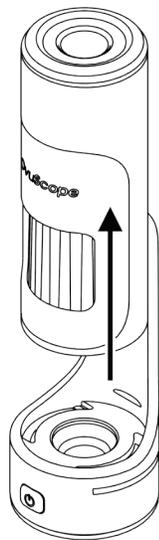
The OvuScope™ was co-developed and tested by an obstetrician to ensure you can get the same easy-to-see results in your home as the doctor gets in the lab. The OvuScope’s large viewing area and lab-quality optics make it easy for you to observe crystallization patterns and track your fertility stage.

### IMPORTANT

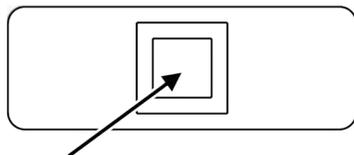
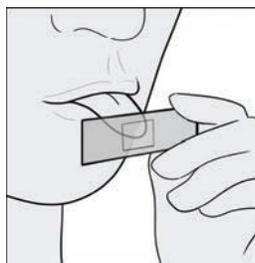
1. You can test any time of day.
2. Saliva samples may be affected by smoking, eating or drinking, or brushing your teeth. Wait at least two hours after these activities before testing saliva.
3. Before testing, rinse mouth with water and wait 10 minutes. Make sure you haven’t eaten, had anything to drink, smoked or brushed your teeth for two hours.

## Using your OvuScope...

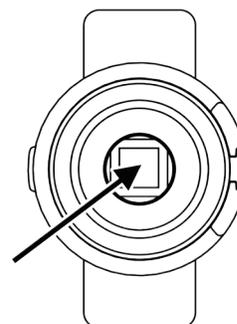
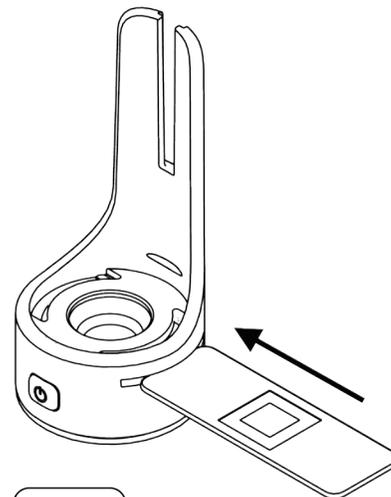
**Step 1:** Separate microscope body from base.



**Step 2:** Remove slide from sealed plastic bag. Using the tip of your tongue, carefully dab saliva on indented square region of slide. Allow saliva sample to *fully* dry, typically 10-20 minutes, before viewing. Dry saliva should look cloudy. Visit [OvuScope.com/Slide](http://OvuScope.com/Slide)



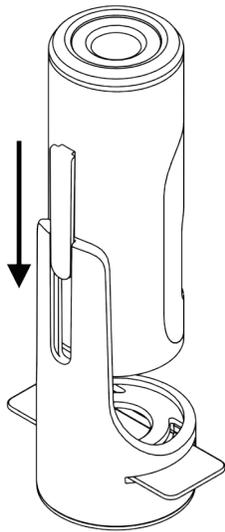
**Step 3:** Insert slide into slot in base.



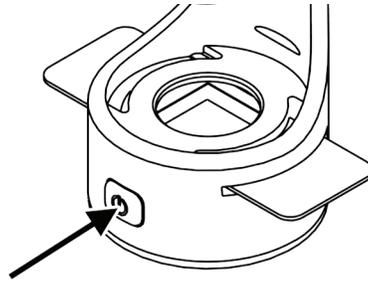
Center the square region of the slide over the light source in base.

# Using your OvuScope...

**Step 4:** Reattach microscope body to base. There will be an audible click when locked in place.

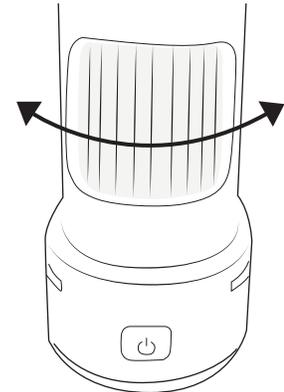


**Step 5:** Press power button to activate light source. Press again to turn light off when finished.



\*If using for the first time, remove battery tab before activating light.

**Step 6:** Slowly adjust the focus knob in either direction to bring image into view.



**Remember to turn light off when not in use.**

## Replacing Battery...

- Remove battery door using small Phillips head screwdriver.
- Replace exhausted battery with fresh CR2032 coin cell battery.
- Replace battery door and tighten screw.



## Observing your results...

During the fertile stage of a menstrual cycle, estrogen levels rise. This causes the amount of salt in saliva to increase. The increased salt forms crystallization patterns known as "saliva ferning" because the crystals resemble fern leaves.



\* Individual results may vary.

*For Best Results: We recommend 1st time users begin testing immediately following a period and continue testing daily until your next period.*

# Frequently asked questions...

How much saliva do I need for testing?

*Just a dab! Use the tip of your tongue to lightly dab the indented square region of the microscope slide. (Visit [OvuScope.com/Slide](https://OvuScope.com/Slide))*

Why is the image blurry?

- *Make sure you are placing your eye close to the microscope's eyepiece.*
- *If you wear glasses, try removing them.*
- *Focus the microscope on the edge of the indented square region of the slide, and then adjust focus knob until the edge is in focus. Slowly shift slide to view center of the square. Once centered, for best focus, a slight focus wheel adjustment may be needed.*
- *It's also possible the saliva may need more time to dry before viewing.*

I'm not seeing any ferning. What's wrong?

*Ferning can occur on the edges of the indented square region of the microscope slide. If you have checked the entire area and do not see any ferning, some possible reasons may be:*

- *Saliva samples may be affected by smoking, eating or drinking, or brushing your teeth. Wait at least two hours after these activities before testing saliva.*
- *Check that your saliva is placed within the indented square region on slide, and be sure saliva sample is fully dry before viewing.*
- *You may be outside your ferning stage. Keep monitoring.*
- *Hormonal imbalances or certain medications may affect your results. If testing daily and your results show that you are constantly ferning or not at all, follow-up with your doctor.*

*Need help? Chat with customer support at [OvuScope.com](https://OvuScope.com) or email [info@OvuScope.com](mailto:info@OvuScope.com)*

Can the OvuScope test give me a false positive?

*Yes, ferning can appear if a saliva sample is taken within two hours after eating, drinking, smoking, or brushing your teeth.*

How do I clean the slides?

*Rinse with warm water and a drop of mild dish detergent. Using any other cleaners or ammonia-based products may damage slides. While washing, use the pad of your finger and gently rub the wet slide to assure removal of all dried saliva. Shake off excess water and air dry or gently pat with a soft cloth, preferably a microfiber cloth. If using a cloth, be sure to avoid any rubbing which will scratch the surface of the slide.*

Can you use cervical fluid instead of saliva?

*No, please only test using saliva.*

Can the OvuScope be used as a contraceptive or pregnancy test?

*No, this device is not intended to be used as a contraceptive or pregnancy test, nor will it provide any indicative information during pregnancy. Use only as a means to monitor ovulation during your anticipated fertile stage.*

Can Ovulation Predictor Kits (OPKS) be used as a means of birth control?

*It's usually not recommended to use ovulation tests as birth control because ovulation predictor kits (OPKs) only identify the most fertile window (up to 72 hours), and sperm can survive in the body up to 5 days.*

**Additional FAQ's at [OvuScope.com/FAQ](https://OvuScope.com/FAQ)**



Chat with customer support  
at [OvuScope.com](https://OvuScope.com)



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