

# Modern Fertility Pregnancy Test

Test up to 6 days sooner  
than the day of your  
missed period.

99% accurate from  
the day of your missed  
period.<sup>1</sup>

# Hi there!

**This is your guide to the Modern Fertility Pregnancy Test – how it works, how to use it, and how to interpret the results. We hope that this little booklet answers all of your Q's, but we're always here with more support (and science!) if you need it.**



**Download the app to  
track your period and  
know when to test:**  
[modernfertility.com/app](https://modernfertility.com/app)

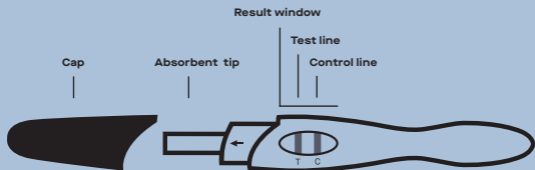
**The Modern Fertility App helps you track your period and know when to use your pregnancy test.**

Track your cycle and get a reminder for the best day to test for pregnancy.

See when you tested on your calendar by logging your results.

Log your periods, sex or insemination, and ovulation tests so you can better understand your cycle.

# How it works



## **How does the Modern Fertility Pregnancy Test work?**

Pregnancy tests work by detecting a hormone called hCG — or human chorionic gonadotropin (try saying that 5 times fast) — in your urine, which can be an early sign of pregnancy. If hCG is present in your urine, it attaches to the antibodies inside the test. When hCG and antibodies meet, that leads to a positive test line.

## **Why hCG, you ask?**

When an egg is fertilized by sperm and attaches to the uterus, hCG is released into the body. hCG can be detected in your urine about 10 days after an egg is fertilized, which makes it an excellent predictor of pregnancy (though it can't tell you if you're pregnant immediately after sex).

## **So... how accurate is the test?**

The test can detect hCG in urine at very low concentrations (10 milli-international units per milliliter, or mIU/mL) with over 99% accuracy from the day of your missed period. We'll walk you through day-by-day accuracy a little later.

# How to test

Please read through the following info before using the test.

1

**Test first thing in the morning.** Your urine is the most concentrated when you wake up. If you test later in the day, avoid lots of fluids — too much water can dilute urine and impact the result. The test and urine should be at room temperature (59°F - 86°F or 15°C - 30°C) for testing.



2

**Open the foil wrapper right before use.** When you're ready to test, tear open the wrapper and remove the blue cap to expose the absorbent tip.



3

### Two ways to test:

**A. Pee on the absorbent tip.** Keep the tip pointed down and pee on it for at least 5 second until it's completely wet.

**B. Pee in a clean cup.**

Then dip the absorbent tip into the urine for at least 5 seconds.

Make sure urine doesn't go past the arrow mark.



4

**Put the blue cap back on.** Lay the test down flat and facing up.

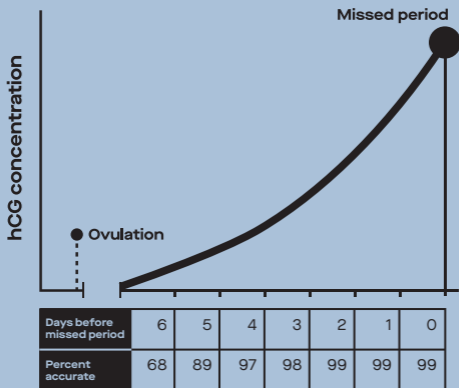


5

**Let the test sit for 5 minutes (but no more than 10!) before reading.** That's about enough time to listen to "Run the World (Girls)". After 10 minutes, the test result is invalid.

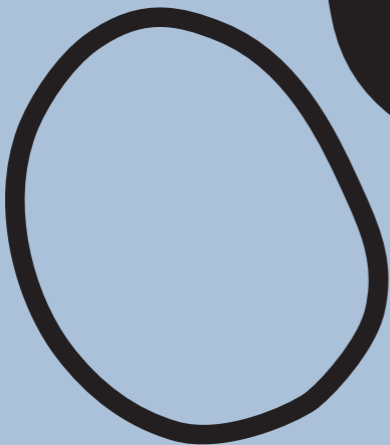
## How early can you test?

You can test up to 6 days before your missed period — but your results will be the most accurate if you start testing from the first day of your missed period (that's also what most doctors recommend). If you test before your missed period and get a negative result, you could still be pregnant. As the hCG in your body increases, the results become even more accurate:

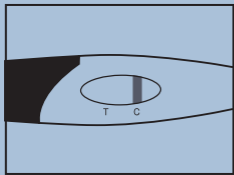


Accuracy based on detecting typical hCG levels. Note that hormone levels may vary.



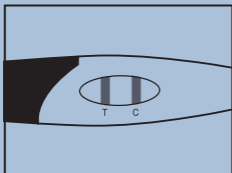


# Reading the results



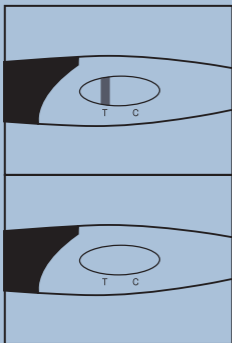
## **1 line = not pregnant**

If only the control line (labeled “C”) appears, the test is negative. This could mean you’re not pregnant or it’s too early to detect hCG in your urine. If you still think you might be pregnant, test again in 48 hours or after your missed period with early morning (first) urine (see Q1).



## **2 lines = pregnant**

If 2 lines appear, the test is positive and you should see your doctor (see Q2). Even if the test line (labeled “T”) is faint, as long as both lines are visible, the result is positive. If you see a faint positive, we recommend retesting 48 hours later — first thing in the morning — to confirm.



## **Invalid results**

If a red control line doesn't appear in the results window, the result is invalid. (Even if a test line appears — it's invalid.) Try again with another test. If you don't get a valid result, see Q4.

**Answers  
to all  
the things**

### **Q1: What does a negative result mean?**

A negative result could mean you're not pregnant, or it could mean there isn't enough hCG in the urine for the test to detect. We recommend waiting 48 hours before testing again and testing first thing in the morning using your very first pee of the day. Remember the test is most accurate starting the first day of your missed period. If your second test also gets a negative result but you still think you might be pregnant, schedule an appointment with your doctor to follow up.

### **Q2: What should you do if you get a positive result?**

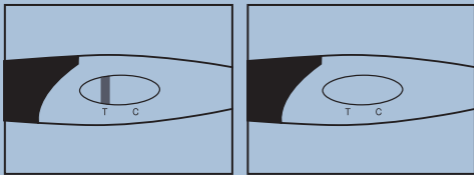
All results should be confirmed by your doctor. They might recommend testing again and then scheduling a visit.

### **Q3: What does it mean if you get a positive test result but test again and get a negative result (or your period starts)?**

Getting a positive result followed by a negative one (or your period) can be confusing. It could indicate a number of things, from a previous false positive (see Q6) to early pregnancy loss (which happens in around 10% of known pregnancies<sup>2</sup>). Try testing again in 48 hours and remember to confirm any results with your doctor.

#### **Q4: What should you do if the control line doesn't appear?**

If you don't see any lines or only see the test line (labeled "T") after 5 minutes, there might not have been enough urine to get a result or you could have a faulty or expired test. If that happens, discard the test and try again with a new one. Please contact us and send a photo of the faulty test and wrapper (with the lot number and expiration date visible) to [support@modernfertility.com](mailto:support@modernfertility.com).



#### **Q5: Can you still use a test if it's expired?**

Unfortunately, no. Make sure to use a new test for an accurate result.

## Q6: Is there anything that could impact your test result?

- Drinking too much water before testing can dilute your urine and lead to a false negative result.
- Fertility medications containing hCG (e.g., Pregnyl<sup>3</sup> and Profasi<sup>4</sup>) can give you a false positive result. Contact your doctor before using this test. Your system will usually be clear of the excess hormones a few weeks after the injection.
- Taking the test after a recent miscarriage or pregnancy, including a chemical pregnancy (a pregnancy loss very soon after embryo implantation), may give you a false positive.
- Results read after 10 minutes are invalid and can lead to a false positive result.
- This test should not be affected by alcohol, caffeine, acetaminophen, aspirin, ibuprofen, or antibiotics.

**Have  
questions  
or just  
want to  
chat?**

Text or email us  
[support@modernfertility.com](mailto:support@modernfertility.com)  
1-877-756-6337  
Mon-Fri 9am-5pm  
Pacific Time





**Connect with others  
and get support for all  
of your fertility  
Q's in the Modern  
Community.** Join at  
[modernfertility.com/meet](https://modernfertility.com/meet)

**We've  
got you.**

# Important details

## References

**1** 99% accurate at detecting typical pregnancy hormone levels from the first day of your missed period. However, hormone levels may vary — and some pregnant people with ovaries may not have detectable amounts of pregnancy hormone in their urine on the first day of their missed period or may have miscalculated the first day of their missed period. If you receive a negative result but believe you may be pregnant, test again in 48 hours with an early morning (first) urine specimen or consult with your doctor.

**2** S. Prager, et al. ACOG Committee on Practice Bulletins — Gynecology, 2015.

**3** Pregnyl is a registered trademark of Organon USA, Inc.

**4** Profasi is a registered trademark of Ares Trading S.A.

## Precautions

Use the test before the expiration date (located on the wrapper).

Don't take the test out of its wrapper until you're ready to test, and don't use the test at all if the wrapper is damaged or torn.

Keep out of reach of children.

Not for contraceptive use.

Don't reuse a test.

The test kit is for external use only.

For in vitro diagnostic use only.

## Storage

Store at 40°F - 86°F (4°C - 30°C) in the sealed pouch up to the expiration date.

Keep away from direct sunlight, moisture, and heat.

Don't freeze the test.

## Distributed by

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