

Q. When should I start using OvaTel?

A. You should start using OvaTel the last day of your period. Use it daily until your next period for three consecutive months. Track your results on the MyCycleDiary chart daily so you can have a visual of your cycle. It's important to do this because some women can ovulate twice in one month or ovulate early or late in their cycle.

Q. How can I see Ferning with my OvaTel?

A. Your OvaTel is a mini microscope. It is made to view the Ferning/crystals in your saliva. You simply put the saliva on the slide inside the little hole/cavity in the center of the lens, allow it to dry for 10 minutes, then view the Ferning pattern using a light source. You may need some practice reading the results. The more you use your OvaTel, the better you will get at seeing the Ferning patterns during your fertile period.

Q. Why is it difficult for me to see Ferning using the mini microscope?

A. There are many reasons why you may find OvaTel hard at first. If you have never used a microscope, you may have to spend some time getting used to it. Keep trying. The more you use the scope, the more capable you will become at reading the results easily. A common reason for not seeing anything in your scope is that you may not be in your fertile time. This means you will see little dots and no Ferning at this time, and may accidentally think you are reading it wrong.

Here are 4 tips for successful use:

1. Pace the right amount of saliva onto the center of the OvaTel lens inside the cavity/hole, approximately 1mm by 1mm. • (This is an actual size of the saliva needed)
2. Wait for the sample to completely air dry, approximately 10 minutes. The sample must be completely air dry. Using drying devices or reading while wet can cause incorrect results.
3. Once dry, point the OvaTel scope (lens up facing light) directly into a bright light. This can be a window or lamp. Move the lens away and toward your eye slowly till you can see the crystals. This can be as close as your eyelashes or as far as two inches from your eye.
4. Interpret what you see. This may take practice. If you are in the beginning of your cycle you may not see much, but write down what you do see. This will enable you to see the partial and full Ferning patterns as you get closer and enter your fertile window.

Q. What is ferning?

A. "Ferning" is the term used to describe the crystal like patterns found in your saliva during your fertile period. You will see Ferning/crystals for approximately 5 days before the day of ovulation. During this period it is recommended that you have relations daily to increase your chances of conception.

Q. I see Ferning at random times during my cycle.

A. There are few reasons why you may see inconsistent Ferning patterns.

1. You may have tested too soon after eating, drinking, or brushing your teeth.
2. You are taking medications that cause Ferning.
3. You are pregnant.
4. You are a smoker (smoking causes Ferning).
5. You may have a hormone imbalance. Please, visit www.ovatel.com/ferning for more information about hormone imbalance.

Q. Why do I never see a Ferning pattern in my cycle?

A. There are a few reasons you may not see a Ferning pattern at all. You may not be using your OvaTel scope correctly. Make sure to re-read the instructions and follow them thoroughly. You may have a hormone imbalance causing your body to make less Estrogen than normal. See www.ovatel.com/ferning for more information on hormone imbalances. If neither of the previously mentioned are an issue, please contact us.

Q. Why am I seeing Ferning all the time?

A. Some women have a slightly high Estrogen all the time. This could be due to not enough Progesterone in your body. If you think that this could be the issue, contact your doctor for hormone testing.

Q. I had the Ferning during my fertile period like I should. It was gone for more than five days and then it came back. It is happening everyday now. What does this mean?

A. The Ferning you see during your fertile period is due to increase Estrogen levels. Once ovulation has occurred, your Estrogen level drops and Progesterone levels rise. This makes the Ferning pattern disappear. Once implantation occurs, Estrogen levels begin to rise again, indicating you are pregnant. If you see your Ferning return 6-12 days past ovulation, you could be pregnant.

Q. My husband tried OvaTel and he saw ferning. Why?

A. There are several reasons why a man might see Ferning:

1. Performing the OvaTel saliva test too soon after eating or drinking may cause men to see Ferning.
2. Certain medications may cause someone to see Ferning.
3. Estrogen dominance see www.ovatel.com/ferning for more information on hormone imbalances.

Q. What am I looking for?

A. You are looking for very distinct things when looking through the lens of your OvaTel scope.

1. Make sure you see "something". If you do not see anything you may not have used enough saliva, or put it in the incorrect place. You should always see something, whether the results are clear or blurry.

2. Make sure that all the dots and lines appear clear, not blurry. If it looks blurry, move the lens closer to or further away from your eye till it is clear. You may need to tilt the lens a bit (up, down, left, or right) to see it clear. Everyone sees things differently, so how you will view your OvaTel results will also be different.

3. Look for Ferning/crystals/lines. Make sure that the saliva has been air dried completely before looking. You may have to wait at least 10 minutes, depending on how thick the saliva sample was you applies. If you see a dark patch you will need to allow more drying time. To see an actual video of saliva drying, visit www.ovatel.com/drying

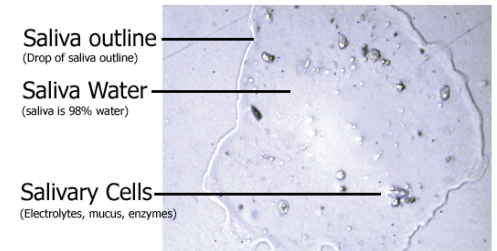
Q. How do I clean my OvaTel?

A. To clean your OvaTel scope just use any dry cotton cloth (t-shirt, microfiber cleansing cloth, cloth towel). Do not use anything that will leave lint behind like a cleanex tissue paper. Gently wipe the slide and emphasize cleaning the cavity/whole that the saliva sample goes in. You may use a drop of water to clean the slide area. Do not use anything abrasive to clean the slide.

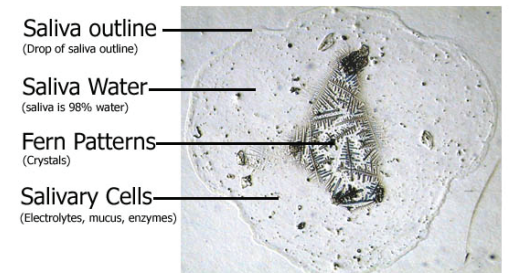
Q. Can I dry my sample with a fan, dryer, or by waving in the air?

A. No. If you manually dry your saliva sample with a fan, waving it in the air, or with a hair dryer, you will not get the desired results. Your sample must air dry to give you the patterns you are supposed to see.

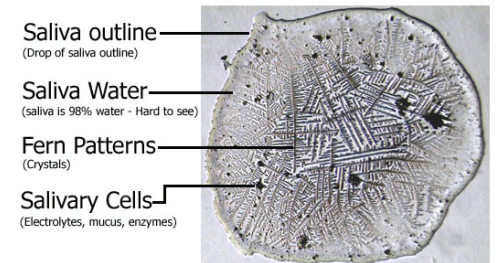
Non-Fertile Period



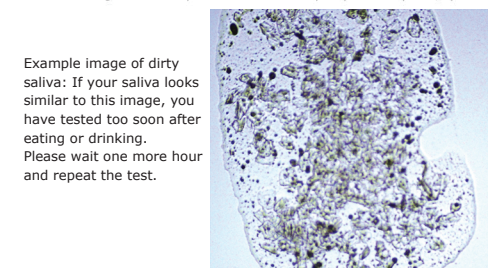
Transition Period



Ovulation Period



When ovulating the saliva sample should be almost completely covered by ferns/crystals.



Example image of dirty saliva: If your saliva looks similar to this image, you have tested too soon after eating or drinking. Please wait one more hour and repeat the test.

OvaTel is manufactured by: Fertility Tech, Inc.
102 NE 2nd Street., Ste 381
Boca Raton, FL 33432
+1(561) 807-1585

Device for self-testing. In vitro diagnostic device.
Bath number: 01/2010
Last revised date: 03/01/2010

<http://www.ovatel.com>
info@ovatel.com
<http://www.mycyclediary.com>
info@mycyclediary.com