

OvaTel

YOUR FIRST STEP TO CONCEIVING



Fertility Tech, inc.
www.OvaTel.com

Important first time user information:

When using OvaTel for the first time, it's important to remember the following:

Practice makes perfect! Repeat the test several times throughout the first day.

- Make sure you allow the saliva to completely dry for at least 10 minutes and check again 20 minutes later.
- Make sure you have nothing to eat or drink for a minimum of one hour.
- Rinse your mouth with a little water first then wait 5 minutes and perform the test.
- Start using OvaTel as soon as you finish your period and continue daily till you get your next period.
- Chart your results on the MyCycleDiary chart that you can download free from www.ovatel.com. This will help you pinpoint and visually see when you are in your fertile period.

Visit our website for live chat help, pictures, video's, and to participate in our forum and blog.

IMPORTANT

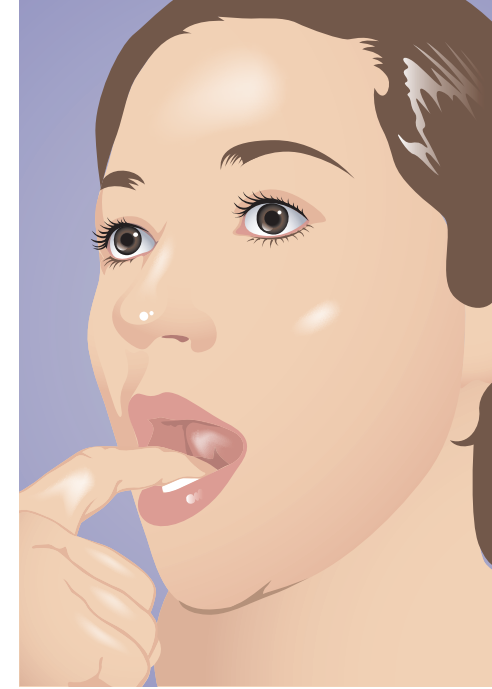
As soon as you enter your fertile period, you will start to see Ferning/crystals. It is recommend that you have intercourse everyday during your fertile period to increase your chances of conceptions. Your fertile period is approximately 5 days long and ends on the day of ovulation.

Instructions

1. Remove cap from OvaTel scope base.



2. Collect a small amount of fresh saliva from under your tongue with a clean finger.



3. Take the applicator stick and scoop up a small amount of saliva off of your finger.



4. Place the saliva in the center cavity/hole of your OvaTel scope, using your applicator stick. A 1mm by 1 mm drop (actual size •) also shown on diagram) is all that is



5. Allow the saliva to air dry completely for 10 minutes. Once dry, point the OvaTel scope toward a light source (window or light) and look through the lens.



6. Place the lens up to your eye. In order to see the ferning pattern better, simply move the OvaTel scope further away or closer to your eye as you look through it in the light.

