

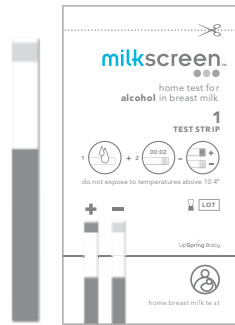


home test for **alcohol** in breast milk

Owner's Manual

step 1

1. Open the foil packet and remove the test strip.
2. Observe the test pad at the end of the test strip. The test pad should be a very light cream color. Discard the test if the pad is any other color.



step 2

3. Saturate the test pad with several drops of breast milk. You may do this by:
 - a. Expressing several drops of milk directly on to the test pad.
 - b. Dipping the test pad into milk that has been expressed into a clean cup or other container. Remove the test from the milk after 3 seconds.
4. **IMPORTANT:** Shake or tap excess breast milk off of the test pad. Test may not work properly if this step is not completed.



alternative method



step 3

5. Wait two (2) minutes and read the test results. Observe the color change (if any).
6. Interpret the test results using the enclosed color card.



Intended Use

MILKSCREEN™, by UpSpring Baby, is a test intended for use as a fast, highly sensitive, non-invasive method to identify the presence of alcohol in breast milk.

Summary and explanation

A method of colorimetric visual observation is used to obtain a result for the level of alcohol concentrated in breast milk. MILKSCREEN™ requires no special training provided that the instructions are followed carefully.

Principle

About 2% of the alcohol a mother consumes will enter her bloodstream and breast milk. Studies show that the effects of alcohol begin to appear when an infant consumes breast milk containing alcohol at 30mg/dl (0.03%) and higher. The MILKSCREEN™ test is set to show a color change at 0.02% to let Mom know if her milk contains a level of alcohol that may negatively impact baby.

The MILKSCREEN™ test consists of a plastic strip with a reactive pad applied to the tip. The tip, on contact with solutions that contain alcohol, will rapidly change color depending on the amount of alcohol present.

Reagents & materials supplied

- Individually wrapped test strips
- 1 Instruction Manual
- 1 Procedure Card and Color Chart

Materials required but not provided

- Watch or clock that measures minutes
- Specimen collection containers for test method #2

Warnings & precautions

- For in vitro diagnostic use only.
- Do not use kit contents after the expiration date printed on the outside of the kit.
- Use appropriate precautions in the collection, storage, handling, and disposal of samples and used kit contents.
- Do not open test package until immediately before performing the test procedure.
- To obtain accurate results, you must follow the procedure card.

Results of MILKSCREEN™ depend on visual observation and interpretation of color development. Persons who are color blind or visually impaired may experience difficulty in using the test to estimate alcohol levels

Kit storage & stability

Store the MILKSCREEN™ test kit in a dry place at room temperature of 59°-86°F (15°-30°C). When kept at temperatures below 86°F, MILKSCREEN™ will perform according to specification until the expiration date stamped on the package.

Specimen collection & storage

You may express milk directly on to the MILKSCREEN™ test pad. If you choose to express milk into a container make sure the container is clean, dry, and entirely free of alcohol. Alcohol is secreted into breast milk at virtually the same levels that it reaches in the blood. Because alcohol levels can continue to rise in milk for 30-90 minutes after the last alcohol drink, specimen collection should be done 30-90 minutes after the last alcohol drink.

Note: Some positive results may be seen in less than 2 minutes, but do not read the results until the full 2 minutes has elapsed, to be sure you see the maximum color development.

Interpretation of results

See enclosed color card for result interpretation.

Limits of the test

Alcohol peaks in a mother's blood and milk approximately 30-90 minutes after drinking, but there is considerable variation from person to person. Therefore, if a mother testing her milk completes an initial test and then has another alcohol drink, she should retest her milk again 30-90 minutes after the most recent drink.

MILKSCREEN™ is designed to be interpreted two minutes after saturation of the reactive pad. Waiting shorter or longer periods than two minutes may result in erroneous results (false positive or false negative).

MILKSCREEN™ is highly sensitive to the presence of alcohol. Alcohol vapors in the air are sometimes detected by MILKSCREEN™. Alcohol vapors are often present in many institutions and homes. Alcohol is a component in many household products such as disinfectants, deodorizers, and glass cleaners. If the presence of alcohol vapors is suspected, the test should be used in an area known to be free of these vapors (such as outside).

Important

Some common liquid medications contain substantial amounts of alcohol (as high as 25%, equivalent to 50 proof)¹. MILKSCREEN™ will detect alcohol from these medications.

Note: a positive test after taking these medications is not a false-alarm. The alcohol detected by the test behaves in your body, and in your infant's body, exactly the same way as does alcohol from alcoholic beverages.

(1) Garcia-Bournissen F, Finkelstein Y, Rezvani M, Koren G. Exposure to alcohol-containing medications during pregnancy. *Can Fam Physician*. 2006;52:1067-1068.

/!\ Warning

No test is 100% accurate.

Drinking large amounts of alcohol is dangerous for you and your baby. This test is meant to detect residual alcohol from an occasional drink, not as permission for heavy or frequent alcohol consumption.

This product is not for internal use. If you have any questions about the use of this product, consult your doctor prior to use.

Assistance

If you have any questions regarding the use of this product, please call UpSpring Baby at 877.449.4647 (toll-free in U.S) or 512.828.7988, Monday through Friday 9am-5pm Central Standard Time. If outside the United States, contact your local distributor or info@upspringbaby.com.