



## Follicle Stimulating Hormone (FSH) Test System Product Code: 425-300

### 1.0 INTRODUCTION

**Intended Use: The Quantitative Determination of Follicle Stimulating Hormone Concentration in Human Serum by a Microplate Enzyme Immunoassay, Colorimetric.**

### 2.0 SUMMARY AND EXPLANATION OF THE TEST

Follicle Stimulating hormone (FSH) is a glycoprotein consisting of two subunits with an approximate molecular mass of 35,500 daltons. The  $\alpha$ -subunit is similar to other pituitary hormones [luteinizing stimulating hormone (LH), thyroid stimulating hormone (TSH) and chorionic gonadotropin (CG)] while the  $\beta$ -subunit is unique. The  $\beta$ -subunit confers the biological activity to the molecule. Stimulation by gonadotropin-releasing hormone (GnRH) causes release of FSH, as well as LH, from the pituitary and is transported by the blood to their sites of action, the testes or ovary.

In men, FSH acts on the Sertoli cells of the testis, stimulating the synthesis of inhibin, which appears to specifically inhibit further FSH secretion, and androgen-binding protein. Thus, it indirectly supports spermatogenesis. In women, FSH acts on the granulosa cells of the ovary, stimulating steroidogenesis. All ovulatory menstrual cycles have a characteristic pattern of FSH, as well as LH, secretion. The menstrual cycle is divided into a follicular phase and a luteal phase by the midcycle surge of the gonadotropins (LH and FSH). As the follicular phase progresses, FSH concentration decreases. Near the time ovulation occurs, about midcycle, FSH peaks (lesser in magnitude than LH) to its highest level.

The clinical usefulness of the measurement of Follicle Stimulating hormone (FSH) in ascertaining the homeostasis of fertility regulation via the hypothalamic - pituitary - gonadal axis has been well established.<sup>1,2</sup>

In this method, FSH calibrator, patient specimen or control is first added to a streptavidin coated well. Biotinylated monoclonal and enzyme labeled antibodies (directed against distinct and different epitopes of FSH) are added and the reactants mixed. Reaction between the various FSH antibodies and native FSH forms a sandwich complex that binds with the streptavidin coated to the well.

After the completion of the required incubation period, the enzyme-Follicle Stimulating Hormone antibody bound conjugate is separated from the unbound enzyme-follicle stimulating hormone conjugate by aspiration or decantation. The activity of the enzyme present on the surface of the well is quantitated by reaction with a suitable substrate to produce color.

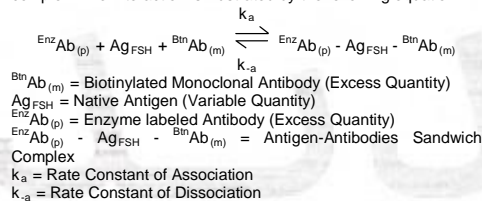
The employment of several serum references of known Follicle Stimulating Hormone levels permits construction of a dose response curve of activity and concentration. From comparison to

the dose response curve, an unknown specimen's activity can be correlated with Follicle Stimulating Hormone concentration.

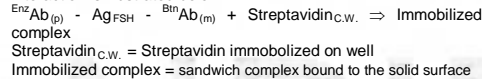
### 3.0 PRINCIPLE

#### Immunoenzymometric assay (TYPE 3):

The essential reagents required for an immunoenzymometric assay include high affinity and specificity antibodies (enzyme and immobilized), with different and distinct epitope recognition, in excess, and native antigen. In this procedure, the immobilization takes place during the assay at the surface of a microplate well through the interaction of streptavidin coated on the well and exogenously added biotinylated monoclonal anti-FSH antibody. Upon mixing monoclonal biotinylated antibody, the enzyme-labeled antibody and a serum containing the native antigen, reaction results between the native antigen and the antibodies without competition or steric hindrance to form a soluble sandwich complex. The interaction is illustrated by the following equation:



Simultaneously, the complex is deposited to the well through the high affinity reaction of streptavidin and biotinylated antibody. This interaction is illustrated below:



After equilibrium is attained, the antibody-bound fraction is separated from unbound antigen by decantation or aspiration. The enzyme activity in the antibody-bound fraction is directly proportional to the native antigen concentration. By utilizing several different serum references of known antigen values, a dose response curve can be generated from which the antigen concentration of an unknown can be ascertained.

### 4.0 REAGENTS

#### Materials Provided:

##### A. FSH Calibrators – 1 ml/vial - Icons A-F

Six (6) vials of references for FSH Antigen at levels of 0(A), 5(B), 10(C), 25(D), 50(E) and 100(F) mIU/ml. Store at 2-8°C. A preservative has been added.

**Note:** The calibrators, human serum based, were calibrated using a reference preparation, which was assayed against the WHO 2nd IRP (78/549).

##### B. FSH Enzyme Reagent – 13 ml/vial - Icon

One (1) vial-containing enzyme labeled antibody, biotinylated monoclonal mouse IgG in buffer, dye, and preservative. Store at 2-8°C.

##### C. Streptavidin Coated Plate – 96 wells - Icon

One 96-well microplate coated with streptavidin and packaged in an aluminum bag with a drying agent. Store at 2-8°C.

##### D. Wash Solution Concentrate – 20 ml/vial - Icon

One (1) vial containing a surfactant in buffered saline. A preservative has been added. Store at 2-8°C.

##### E. Substrate A – 7.0ml/vial - Icon S<sup>A</sup>

One (1) vial containing tetramethylbenzidine (TMB) in buffer. Store at 2-8°C.

##### F. Substrate B – 7.0ml/vial - Icon S<sup>B</sup>

One (1) vial containing hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) in buffer. Store at 2-8°C.

##### G. Stop Solution – 8ml/vial - Icon

One (1) vial containing a strong acid (1N HCl). Store at 2-8°C.

#### H. Product Instructions.

**Note 1:** Do not use reagents beyond the kit expiration date.

**Note 2:** Avoid extended exposure to heat and light. **Opened reagents are stable for sixty (60) days when stored at**

**2-8°C. Kit and component stability are identified on the label.**

**Note 3:** Above reagents are for a single 96-well microplate.

#### 4.1 Required But Not Provided:

1. Pipette capable of delivering 0.050ml (50 $\mu$ l) and 0.100ml (100 $\mu$ l) volumes with a precision of better than 1.5%.
2. Dispenser(s) for repetitive deliveries of 0.100ml (100 $\mu$ l) and 0.350ml (350 $\mu$ l) volumes with a precision of better than 1.5%.
3. Microplate washers or a squeeze bottle (optional).
4. Microplate Reader with 450nm and 620nm wavelength absorbance capability.
5. Absorbent Paper for blotting the microplate wells.
6. Plastic wrap or microplate cover for incubation steps.
7. Vacuum aspirator (optional) for wash steps.
8. Timer.
9. Quality control materials

### 5.0 PRECAUTIONS

**For In Vitro Diagnostic Use  
Not for Internal or External Use in Humans or Animals**

All products that contain human serum have been found to be non-reactive for Hepatitis B Surface Antigen, HIV 1&2 and HCV Antibodies by FDA licensed reagents. Since no known test can offer complete assurance that infectious agents are absent, all human serum products should be handled as potentially hazardous and capable of transmitting disease. Good laboratory procedures for handling blood products can be found in the Center for Disease Control / National Institute of Health, "Biosafety in Microbiological and Biomedical Laboratories," 2nd Edition, 1988, HHS Publication No. (CDC) 88-8395.

**Safe Disposal of kit components must be according to local regulatory and statutory requirement.**

### 6.0 SPECIMEN COLLECTION AND PREPARATION

The specimens shall be blood, serum in type and the usual precautions in the collection of venipuncture samples should be observed. For accurate comparison to established normal values, a fasting morning serum sample should be obtained. The blood should be collected in a plain redtop venipuncture tube without additives or anti-coagulants. Allow the blood to clot. Centrifuge the specimen to separate the serum from the cells.

**In patients receiving therapy with high biotin doses (i.e. >5mg/day), no sample should be taken until at least 8 hours after the last biotin administration, preferably overnight to ensure fasting sample.**

Samples may be refrigerated at 2-8°C for a maximum period of five (5) days. If the specimen(s) cannot be assayed within this time, the sample(s) may be stored at temperatures of -20°C for up to 30 days. Avoid use of contaminated devices. Avoid repetitive freezing and thawing. When assayed in duplicate, 0.100ml (100 $\mu$ l) of the specimen is required.

### 7.0 QUALITY CONTROL

Each laboratory should assay controls at levels in the low, normal and elevated range for monitoring assay performance. These controls should be treated as unknowns and values determined in every test procedure performed. Quality control charts should be maintained to follow the performance of the supplied reagents. Pertinent statistical methods should be employed to ascertain trends. Significant deviation from established performance can indicate unnoticed change in experimental conditions or degradation of kit reagents. Fresh reagents should be used to determine the reason for the variations.

### 8.0 REAGENT PREPARATION

1. **Wash Buffer**  
Dilute contents of wash concentrate to 1000ml with distilled or deionized water in a suitable storage container. Store at 2-30°C for up to 60 days.
2. **Working Substrate Solution** – Stable for one year  
Pour the contents of the amber vial labeled Solution 'A' into the clear vial labeled Solution 'B'. Place the yellow cap on the clear vial for easy identification. Mix and label accordingly. Store at 2 - 8°C.

**Note 1 : Do not use the working substrate if it looks blue.  
Note 2: Do not use reagents that are contaminated or have bacteria growth.**

### 9.0 TEST PROCEDURE

*Before proceeding with the assay, bring all reagents, serum reference calibrators and controls to room temperature (20-27°C).  
\*\*Test Procedure should be performed by a skilled individual or trained professional\*\**

1. Format the microplate wells for each serum reference calibrator, control and patient specimen to be assayed in duplicate. **Replace any unused microwell strips back into the aluminum bag, seal and store at 2-8°C.**
2. Pipette 0.050 ml (50 $\mu$ l) of the appropriate serum reference calibrator, control or specimen into the assigned well.
3. Add 0.100 ml (100 $\mu$ l) of FSH-Enzyme Reagent solution to all wells.
4. Swirl the microplate gently for 20-30 seconds to mix and cover.
5. Incubate 60 minutes at room temperature.
6. Discard the contents of the microplate by decantation or aspiration. If decanting, blot the plate dry with absorbent paper.
7. Add 350 $\mu$ l of wash buffer (see Reagent Preparation Section) decant (tap and blot) or aspirate. Repeat two (2) additional times for a total of three (3) washes. **An automatic or manual plate washer can be used. Follow the manufacturer's instruction for proper usage. If a squeeze bottle is employed, fill each well by depressing the container (avoiding air bubbles) to dispense the wash. Decant the wash and repeat two (2) additional times.**
8. Add 0.100 ml (100 $\mu$ l) of working substrate solution to all wells (see Reagent Preparation Section). **Always add reagents in the same order to minimize reaction time differences between wells**  
**DO NOT SHAKE THE PLATE AFTER SUBSTRATE ADDITION**
9. Incubate at room temperature for fifteen (15) minutes.
10. Add 0.050ml (50 $\mu$ l) of stop solution to each well and gently mix for 15-20 seconds). **Always add reagents in the same order to minimize reaction time differences between wells**
11. Read the absorbance in each well at 450nm (using a reference wavelength of 620-630nm to minimize well imperfections) in a microplate reader. **The results should be read within thirty (30) minutes of adding the stop solution.**

### 10.0 CALCULATION OF RESULTS

A dose response curve is used to ascertain the concentration of follicle stimulating hormone in unknown specimens.

1. Record the absorbance obtained from the printout of the microplate reader as outlined in Example 1.
2. Plot the absorbance for each duplicate serum reference versus the corresponding FSH concentration in mIU/ml on linear graph paper (do not average the duplicates of the serum references before plotting).
3. Draw the best-fit curve through the plotted points.
4. To determine the concentration of FSH for an unknown, locate the average absorbance of the duplicates for each unknown on the vertical axis of the graph, find the intersecting point on the curve, and read the concentration (in mIU/ml) from the horizontal axis of the graph (the duplicates of the unknown may be averaged as indicated). In the following example, the average absorbance (1.214) intersects the dose response curve at 43.2mIU/ml FSH concentration (See Figure 1).

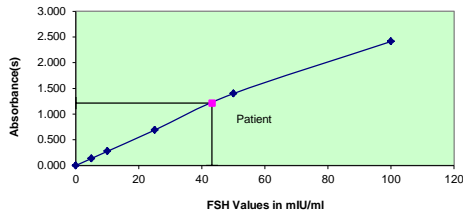
**Note:** Computer data reduction software designed for ELISA assays may also be used for the data reduction. **If such software is utilized, the validation of the software should be ascertained.**

\*The data presented in Example 1 and Figure 1 are for illustration only and **should not** be used in lieu of a dose response curve prepared with each assay.

**EXAMPLE 1**

Sample I.D.	Well Number	Abs (A)	Mean Abs (B)	Value (mIU/ml)
Cal A	A1	0.001	0.001	0
	B1	0.001		
Cal B	C1	0.146	0.139	5
	D1	0.133		
Cal C	E1	0.276	0.277	10
	F1	0.278		
Cal D	G1	0.680	0.689	25
	H1	0.698		
Cal E	A2	1.444	1.399	50
	B2	1.354		
Cal F	C2	2.471	2.412	100
	D2	2.354		
Ctrl 1	E2	0.162	0.157	5.6
	F2	0.152		
Ctrl 2	G2	0.545	0.546	19.9
	H2	0.547		
Patient	A3	1.173	1.214	43.2
	B3	1.255		

Figure 1



**11.0 Q.C. PARAMETERS**

In order for the assay results to be considered valid the following criteria should be met:

- The absorbance (OD) of calibrator F should be  $\geq 1.3$
- Four out of six quality control pools should be within the established ranges.

**12.0 RISK ANALYSIS**

The MSDS and Risk Analysis Form for this product is available on request from Monobind Inc.

**12.1 Assay Performance**

- It is important that the time of reaction in each well is held constant to achieve reproducible results.
- Pipetting of samples should not extend beyond ten (10) minutes to avoid assay drift.
- Highly lipemic, hemolyzed or grossly contaminated specimen(s) should not be used.
- If more than one (1) plate is used, it is recommended to repeat the dose response curve.
- The addition of substrate solution initiates a kinetic reaction, which is terminated by the addition of the stop solution. Therefore, the substrate and stop solution should be added in the same sequence to eliminate any time-deviation during reaction.
- Plate readers measure vertically. Do not touch the bottom of the wells.
- Failure to remove adhering solution adequately in the aspiration or decantation wash step(s) may result in poor replication and spurious results.
- Use components from the same lot. No intermixing of reagents from different batches.
- Accurate and precise pipetting, as well as following the exact time and temperature requirements prescribed are essential. Any deviation from Monobind IFU may yield inaccurate results.
- All applicable national standards, regulations and laws, including, but not limited to, good laboratory procedures, must be strictly followed to ensure compliance and proper device usage.

- It is important to calibrate all the equipment e.g. Pipettes, Readers, Washers and/or the automated instruments used with this device, and to perform routine preventative maintenance.
- Risk Analysis- as required by CE Mark IVD Directive 98/79/EC - for this and other devices, made by Monobind, can be requested via email from [Monobind@monobind.com](mailto:Monobind@monobind.com).

**12.2 Interpretation**

- Measurements and interpretation of results must be performed by a skilled individual or trained professional.**
- Laboratory results alone are only one aspect for determining patient care and should not be the sole basis for therapy, particularly if the results conflict with other determinants.
- The reagents for the test system have been formulated to eliminate maximal interference; however, potential interaction between rare serum specimens and test reagents can cause erroneous results. Heterophilic antibodies often cause these interactions and have been known to be problems for all kinds of immunoassays (Boscato LM, Stuart MC. 'Heterophilic antibodies: a problem for all immunoassays' Clin. Chem. 1988;34:27-33). For diagnostic purposes, the results from this assay should be in combination with clinical examination, patient history and all other clinical findings. For valid test results, adequate controls and other parameters must be within the listed ranges and assay requirements.
- If test kits are altered, such as by mixing parts of different kits, which could produce false test results, or if results are incorrectly interpreted, **Monobind shall have no liability.**
- If computer controlled data reduction is used to interpret the results of the test, it is imperative that the predicted values for the calibrators fall within 10% of the assigned concentrations.
- FSH is suppressed by estrogen but in woman taking oral contraceptives the level may be low or normal. Excessive dieting and weight loss may lead to low gonadotropin concentrations.
- Follicle Stimulating Hormones are dependent upon diverse factors other than pituitary homeostasis. Thus, the determination alone is not sufficient to assess clinical status.

**13.0 EXPECTED RANGES OF VALUES**

A study of an apparent normal adult population was undertaken to determine expected values for the FSH Accubind® ELISA Test System. The expected values are presented in Table 1.

**TABLE 1**  
Expected Values for the FSH Accubind® ELISA Test System (in mIU/ml 2<sup>nd</sup> IRP 78/549)

Women		
Follicular phase	3.0 --	12.0
Midcycle	8.0 --	22.0
Luteal phase	2.0 --	12.0
Postmenopausal	35.0 --	151.0
Men		
	1.0 --	14.0

It is important to keep in mind that establishment of a range of values which can be expected to be found by a given method for a population of "normal"-persons is dependent upon a multiplicity of factors: the specificity of the method, the population tested and the precision of the method in the hands of the analyst. For these reasons each laboratory should depend upon the range of expected values established by the manufacturer only until an in-house range can be determined by the analysts using the method with a population indigenous to the area in which the laboratory is located.

**14.0 PERFORMANCE CHARACTERISTICS**

**14.1 Precision**

The within and between assay precisions of the FSH Accubind® ELISA test system were determined by analyses on three different levels of control sera. The number (N), mean value (X), standard deviation ( $\sigma$ ) and coefficient of variation (C.V.) for each of these control sera are presented in Table 2 and Table 3.

**TABLE 2**  
Within Assay Precision (Values in mIU/ml)

Sample	N	X	$\sigma$	C.V.
Level 1	20	5.0	0.25	5.4%

Level 2	20	25.0	0.94	3.8%
Level 3	20	40.6	1.64	4.0%

**TABLE 3**  
Between Assay Precision\* (Values in mIU/ml)

Sample	N	X	$\sigma$	C.V.
Level 1	20	4.7	0.42	9.0%
Level 2	20	23.1	1.99	8.6%
Level 3	20	37.8	3.2	8.4%

\*As measured in ten experiments in duplicate.

**14.2 Sensitivity**

The Follicle Stimulating Hormone procedure has a sensitivity of 0.006 mIU/well. This is equivalent to a sample containing 0.134mIU/ml FSH concentration. The sensitivity (detection limit) was ascertained by determining the variability of the '0 mIU/ml' calibrator and using the  $2\sigma$  (95% certainty) statistic to calculate the minimum dose.

**14.3 Accuracy**

This FSH Accubind® ELISA test system was compared with a reference radioimmunoassay. Biological specimens from low, normal, and elevated concentrations were assayed. The total number of such specimens was 106. The least square regression equation and the correlation coefficient were computed for the FSH Accubind® ELISA test system in comparison with the reference method. The data obtained is displayed in Table 4.

**TABLE 4**

Method	Mean (x)	Least Square Regression Analysis	Correlation Coefficient
Monobind	17.4	$y = 0.98(x) - 1.7$	0.978
Reference	19.5		

Only slight amounts of bias between the FSH Accubind® ELISA test method and the reference method are indicated by the closeness of the mean values. The least square regression equation and correlation coefficient indicates excellent method agreement.

**14.4 Specificity**

The cross-reactivity of the FSH Accubind® ELISA test system to selected substances was evaluated by adding the interfering substance to a serum matrix at various concentrations. The cross-reactivity was calculated by deriving a ratio between dose of interfering substance to dose of Follicle Stimulating Hormone needed to produce the same absorbance.

Substance	Cross Reactivity	Concentration
Follitropin (FSH)	1.0000	--
Lutropin Hormone (hLH)	< 0.0001	1000ng/ml
Chorionic Gonadotropin (hCG)	< 0.0001	1000ng/ml
Thyrotropin (TSH)	< 0.0001	1000ng/ml

**15.0 REFERENCES**

- Odell WD, Parlow AF et al, *J Clin Invest*, 47, 2551 (1981).
- Saxema B.B., Demura H.M., et al. *J Clin Endocrinol Metab.* 28, 591 (1968).
- Wennink JM, Delemarre-van de Waal HA, Schoemaker R, Schoemaker H, Schoemaker J. "Luteinizing hormone and follicle stimulating hormone secretion patterns in girls throughout puberty measured using highly sensitive immunoradiometric assays", *Clin Endocrinol (Oxf)*, 33, 333-344 (1990).
- Winter JS, Faiman C, "The development of cyclic pituitary-gonadal function in adolescent females", *J Clin Endocrinol Metab*, 37, 714-718 (1973).
- Simoni M, Gromoll J, Nieschlag E, "The follicle stimulating hormone receptor: biochemistry, molecular biology, physiology and pathophysiology", *Endocr Rev*, 18, 739-773 (1997).
- Vitt UA, Kloosterboer HJ, Rose UM, Mulders JW, Kiesel PS, Bete S, Nayudu PL, "Isoforms of human recombinant follicle-stimulating hormone: comparison of effects on murine follicle development in vitro", *Biol Reprod* 59, 854-861 (1998).
- Layman LC, Lee EJ, Peak DB, Namnour AB, Vu KV, van Lingen BL, Gray MR, McDonough PG, Reindollar RH, Jameson JL, "Delayed puberty and hypogonadism caused by mutations in the follicle-stimulating hormone  $\beta$  subunit gene", *N Engl J Med*, 337, 607-611 (1997).

- Robertson DR, "Circulating half-lives of follicle stimulating hormones and luteinizing hormone in pituitary extracts and isoform fractions of ovariectomized and intact ewes", *Endocrinology*, 129, 1805-1813 (1991).
- Wide L, "Electrophoretic and gel chromatographic analyses of follicle stimulating hormone in human serum", *Ups J Med Sci*, 86, 249-258 (1981).
- Berger P, Bidart JM, Delves PS, Dirnhofer S, Hoermann R, Isaacs N, Jackson A, Klonisch T, Laphorn A, Lund T, Mann K, Roitt I, Schwarz S, Wick G, "Immunohistochemical mapping of gonadotropins", *Mol Cell Endocrinol*, 125, 33-43 (1996).

Revision: 4 Date: 2019-Jul-16 DCO: 1353  
MP425 Cat #: 425-300

Size	96(A)	192(B)	
	A)	1ml set	1ml set
Reagent (fill)	B)	1 (13ml)	2 (13ml)
	C)	1 plate	2 plates
	D)	1 (20ml)	1 (20ml)
	E)	1 (7ml)	2 (7ml)
	F)	1 (7ml)	2 (7ml)
	G)	1 (8ml)	2 (8ml)

For Orders and Inquires, please contact

**Monobind Inc.**  
100 North Pointe Drive  
Lake Forest, CA 92630 USA

Tel: +1 949.951.2665 Mail: [info@monobind.com](mailto:info@monobind.com)  
Fax: +1 949.951.3539 Fax: [www.monobind.com](http://www.monobind.com)



CEpartner4U, Edoosdlaan 13  
3951 DBMaarn, The Netherlands  
[www.cepartner4u.eu](http://www.cepartner4u.eu)

Please visit our website to learn more about our products and services.

**Glossary of Symbols**  
(EN 980/ISO 15223)
