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**Instructions for use**  
**Free Estriol ELISA**

**REF**

**FR E-2100**

  
96

  
+2 / +8 °C

**IVD**

**CE**

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## Free Estriol ELISA

### Introduction

#### **Intended Use**

The **Free Estriol ELISA** is an enzyme immunoassay for the quantitative in vitro diagnostic measurement of free estriol (unconjugated estriol) in serum during the second half of pregnancy.

#### **Summary and Explanation**

Estriol (E3) is the major estrogen formed by the fetoplacental unit during pregnancy. Unconjugated E3 passes through the placenta into the maternal circulation, where it is rapidly converted into glucuronide and sulfate derivatives to facilitate its excretion. The half-life of estriol in the maternal bloodstream is only 20-30 minutes. Its measurement, therefore offers a convenient and quick evaluation of current fetal status. Plasma estriol levels increase steadily throughout pregnancy and most rapidly during the third trimester (28-40 weeks). A sudden decrease in fetoplacental E3 production will result in a rapid fall in unconjugated E3 in the maternal serum. There are several potential advantages to measuring unconjugated E3 rather than total serum or urinary E3. Unconjugated estriol levels are free from effects related to maternal renal or hepatic disease, and are not altered by the administration of certain antibiotics. Unconjugated E3 more accurately reflects fetal outcome in diabetic pregnancies - and since no hydrolysis of unconjugated E3 is required, a more rapid turnaround for the test result is possible.

### PRINCIPLE of the test

The Free Estriol ELISA Kit is a solid phase enzyme-linked immunosorbent assay (ELISA), based on the principle of competitive binding.

The microtiter wells are coated with a polyclonal [rabbit] antibody directed towards an antigenic site on the Estriol molecule. Endogenous Estriol of a patient sample competes with an Estriol-horseradish peroxidase conjugate for binding to the coated antibody. After incubation the unbound conjugate is washed off. The amount of bound peroxidase conjugate is inversely proportional to the concentration of Estriol in the sample. After addition of the substrate solution, the intensity of colour developed is inversely proportional to the concentration of Estriol in the patient sample.

### Warnings and Precautions

1. This kit is for in vitro diagnostic use only. For professional use only.
2. All reagents of this test kit which contain human serum or plasma have been tested and confirmed negative for HIV I/II, HBsAg and HCV by FDA approved procedures. All reagents, however, should be treated as potential biohazards in use and for disposal.
3. Before starting the assay, read the instructions completely and carefully. Use the valid version of the package insert provided with the kit. Be sure that everything is understood.
4. The microplate contains snap-off strips. Unused wells must be stored at 2 °C to 8 °C in the sealed foil pouch and used in the frame provided.
5. Pipetting of samples and reagents must be done as quickly as possible and in the same sequence for each step.
6. Use reservoirs only for single reagents. This especially applies to the substrate reservoirs. Using a reservoir for dispensing a substrate solution that had previously been used for the conjugate solution may turn solution colored. Do not pour reagents back into vials as reagent contamination may occur.
7. Mix the contents of the microplate wells thoroughly to ensure good test results. Do not reuse microwells.
8. Do not let wells dry during assay; add reagents immediately after completing the rinsing steps.
9. Allow the reagents to reach room temperature (21-26°C) before starting the test. Temperature will affect the absorbance readings of the assay. However, values for the patient samples will not be affected.
10. Never pipet by mouth and avoid contact of reagents and specimens with skin and mucous membranes.
11. Do not smoke, eat, drink or apply cosmetics in areas where specimens or kit reagents are handled.
12. Wear disposable latex gloves when handling specimens and reagents. Microbial contamination of reagents or specimens may give false results.
13. Handling should be done in accordance with the procedures defined by an appropriate national biohazard safety guideline or regulation.
14. Do not use reagents beyond expiry date as shown on the kit labels.
15. All indicated volumes have to be performed according to the protocol. Optimal test results are only obtained when using calibrated pipettes and microtiter plate readers.
16. Do not mix or use components from kits with different lot numbers. It is advised not to exchange wells of different plates even of the same lot. The kits may have been shipped or stored under different conditions and the binding characteristics of the plates may result slightly different.
17. Avoid contact with *Stop Solution* containing 0.5 M H<sub>2</sub>SO<sub>4</sub>. It may cause skin irritation and burns.

18. Some reagents contain Proclin 300, BND and/or MIT as preservatives. In case of contact with eyes or skin, flush immediately with water.
19. TMB substrate has an irritant effect on skin and mucosa. In case of possible contact, wash eyes with an abundant volume of water and skin with soap and abundant water. Wash contaminated objects before reusing them. If inhaled, take the person to open air.
20. Chemicals and prepared or used reagents have to be treated as hazardous waste according to the national biohazard safety guideline or regulation.
21. For information on hazardous substances included in the kit please refer to Material Safety Data Sheets. Material Safety Data Sheets for this product are available upon request directly from the manufacture.

## **Kit Components**

### **Contents of the Kit**

**96**

#### **FR E-2131 Microtiterwells**

12x8 (break apart) strips, 96 wells; Wells coated with anti-Estriol antibody (polyclonal).

### **Standards**

	<b>Cat. no.</b>	<b>Standard</b>	<b>Concentration</b>	<b>Volume/Vial</b>
<b>STANDARD A</b>	<b>FR E-2101</b>	Standard 0	0 ng/ml	1 ml
<b>STANDARD B</b>	<b>FR E-2102</b>	Standard 1	0.3 ng/ml	1 ml
<b>STANDARD C</b>	<b>FR E-2103</b>	Standard 2	1.2 ng/ml	1 ml
<b>STANDARD D</b>	<b>FR E-2104</b>	Standard 3	4 ng/ml	1 ml
<b>STANDARD E</b>	<b>FR E-2105</b>	Standard 4	15 ng/ml	1 ml
<b>STANDARD F</b>	<b>FR E-2106</b>	Standard 5	40 ng/ml	1 ml

**CONTROL 1**

#### **FR E-2151 Low Control**

1 vial, 1 mL, ready to use;

For control values and ranges please refer to vial label or QC-Datasheet; contains non-mercury preservative.

**CONTROL 2**

#### **FR E-2152 High Control**

1 vial, 1 mL, ready to use;

For control values and ranges please refer to vial label or QC-Datasheet; contains non-mercury preservative.

**CONJUGATE**

#### **FR E-2140 Enzyme Conjugate**

1 vial, 14 mL, ready to use; Estriol conjugated to horseradish peroxidase; contains non-mercury preservative.

**SUBSTRATE**

#### **FR E-0055 Substrate Solution**

1 vial, 14 mL, ready to use; Tetramethylbenzidine (TMB).

**STOP-SOLN**

#### **FR E-0080 Stop Solution**

1 vial, 14 mL, ready to use; contains 0.5M H<sub>2</sub>SO<sub>4</sub>.

Avoid contact with the stop solution. It may cause skin irritations and burns.

**WASH-CONC 40x**

#### **FR E-0030 Wash Solution**

1 vial, 30 mL (40X concentrated); see „Preparation of Reagents“.

**Note:** Additional Standard 0 for sample dilution is available upon request.

### **Materials required but not provided**

- A microtiter plate calibrated reader (450 ± 10 nm)
- Calibrated variable precision micropipettes.
- Absorbent paper.
- Distilled or deionized water
- Timer
- Semi logarithmic graph paper or software for data reduction

### **Storage and stability of the Kit**

When stored at 2-8°C unopened reagents will retain reactivity until expiration date. Do not use reagents beyond this date.

Opened reagents must be stored at 2-8°C. Microtiter wells must be stored at 2-8°C. Once the foil bag has been opened, care should be taken to close it tightly again.

Opened kits retain activity for two months if stored as described above.

## **Preparation of Reagents**

Allow all reagents and required number of strips to reach room temperature prior to use.

### **Wash Solution**

Add deionized water to the 40X concentrated Wash Solution.

Dilute 30 mL of concentrated Wash Solution with 1170 mL deionized water to a final volume of 1200 mL.

The diluted Wash Solution is stable for 2 weeks at room temperature.

### **Disposal of the Kit**

The disposal of the kit must be made according to the national regulations. Special information for this product is given in the Material Safety Data Sheets.

### **Damaged Test Kits**

In case of any severe damage of the test kit or components, the manufacture have to be informed written, latest one week after receiving the kit. Severely damaged single components should not be used for a test run. They have to be stored until a final solution has been found. After this, they should be disposed according to the official regulations.

## **SPECIMEN COLLECTION AND PREPARATION**

Serum should be used in this assay.

Do not use haemolytic, icteric or lipaemic specimens.

Please note: Samples containing sodium azide should not be used in the assay.

### **Specimen Collection**

#### **Serum:**

Collect blood by venipuncture (e.g. Sarstedt Monovette for serum), allow to clot, and separate serum by centrifugation at room temperature. Do not centrifuge before complete clotting has occurred. Patients receiving anticoagulant therapy may require increased clotting time.

### **Specimen Storage**

Specimens should be capped and may be stored for up to 4 days at 2-8°C prior to assaying.

Specimens held for a longer time (least one year) should be frozen only once at -20°C prior to assay. Thawed samples should be inverted several times prior to testing.

### **Specimen Dilution**

If in an initial assay, a specimen is found to contain more than the highest standard, the specimens can be diluted with Standard 0 and reassayed as described in Assay Procedure.

For the calculation of the concentrations this dilution factor has to be taken into account.

#### Example:

a) Dilution 1:10: 10 µL Serum + 90 µL Standard 0 (mix thoroughly)

b) Dilution 1:100: 10 µL dilution a) 1:10 + 90 µL Standard 0 (mix thoroughly).

## **Test procedure**

### **General Remarks**

- All reagents and specimens must be allowed to come to room temperature before use. All reagents must be mixed without foaming.
- Once the test has been started, all steps should be completed without interruption.
- Use new disposal plastic pipette tips for each standard, control or sample in order to avoid cross contamination.
- Absorbance is a function of the incubation time and temperature. Before starting the assay, it is recommended that all reagents are ready, caps removed, all needed wells secured in holder, etc. This will ensure equal elapsed time for each pipetting step without interruption.
- As a general rule the enzymatic reaction is linearly proportional to time and temperature.

## Assay Procedure

Each run must include a standard curve.

<b>1.</b>	Secure the desired number of Microtiter wells in the frame holder.
<b>2.</b>	Dispense <b>10 µL</b> of each Standard, Controls and samples with new disposable tips into appropriate wells.
<b>3.</b>	Dispense <b>100 µL</b> Enzyme Conjugate into each well. Thoroughly mix for 10 seconds. It is important to have a complete mixing in this step.
<b>4.</b>	Incubate for <b>60 minutes</b> at room temperature.
<b>5.</b>	Briskly shake out the contents of the wells. Rinse the wells 4 times with diluted Wash Solution (400 µL per well). Strike the wells sharply on absorbent paper to remove residual droplets. <b>Important note:</b> The sensitivity and precision of this assay is markedly influenced by the correct performance of the washing procedure!
<b>6.</b>	Add <b>100 µL</b> of Substrate Solution to each well.
<b>7.</b>	Incubate for <b>30 minutes</b> at room temperature.
<b>8.</b>	Stop the enzymatic reaction by adding <b>100 µL</b> of Stop Solution to each well.
<b>9.</b>	Determine the absorbance (OD) of each well at <b>450±10 nm</b> with a microtiter plate reader. It is recommended that the wells be read <b>within 10 minutes</b> after adding the Stop Solution.

## Calculation of Results

1. Calculate the average absorbance values for each set of standards, controls and patient samples.
2. Construct a standard curve by plotting the mean absorbance obtained from each standard against its concentration with absorbance value on the vertical(Y) axis and concentration on the horizontal (X) axis.
3. Using the mean absorbance value for each sample determine the corresponding concentration from the standard curve.
4. Automated method: The results in the IFU have been calculated automatically using a 4 PL (4 Parameter Logistics) curve fit. 4 Parameter Logistics is the preferred method. Other data reduction functions may give slightly different results.
5. The concentration of the samples can be read directly from this standard curve. Samples with concentrations higher than that of the highest standard have to be further diluted or reported as >40 ng/ml. For the calculation of the concentrations this dilution factor has to be taken into account.

## Example of Typical Standard Curve

The following data is for demonstration only and **cannot** be used in place of data generations at the time of assay.

Standard	Optical Units (450 nm)
Standard 0 (0.0 ng/mL)	1.79
Standard 1 (0.3 ng/mL)	1.48
Standard 2 (1.2 ng/mL)	1.18
Standard 3 (4.0 ng/mL)	0.81
Standard 4 (15.0 ng/mL)	0.52
Standard 5 (40.0 ng/mL)	0.38

## Expected values

It is strongly recommended that each laboratory should determine its own normal and abnormal values.

### Normal healthy adults

In a study conducted with apparently normal healthy adults, using the Free Estriol ELISA the following values are observed:

Population	Valid N	5% Percentile [ng/mL]	95% Percentile [ng/mL]
Males	42	0.146	0.573
Females (not pregnant)	43	0.057	0.822

## Values during pregnancy

Week of gestation p.m.	Expected range (ng/mL)
12	0,3 - 1,0
13	0,3 - 1,1
14	0,4 - 1,6
15	1,0 - 4,4
16	1,4 - 6,5
17	1,5 - 6,6
18	1,6 - 8,5
19	1,9 - 11
20	2,1 - 13
21	2,6 - 14

Week of gestation p.m.	Expected range (ng/mL)	Twin pregnancy (ng/mL)
22 - 23	2,7 - 16	3 - 18
24 - 25	2,9 - 17	3 - 20
26 - 27	3,0 - 18	4 - 21
28 - 29	3,2 - 20	4 - 22
30 - 31	3,6 - 22	5 - 25
32 - 33	4,6 - 23	6 - 39
34 - 35	5,1 - 25	7 - 39
36 - 37	7,2 - 29	9 - 38
38 - 39	7,8 - 37	13 - 40
40 - 42	8,0 - 39	---

### CLINICAL SIGNIFICANCE

The measurement of Estriol (E3) in body fluids has routinely been used for the monitoring and management of fetal well-being, particularly in the high-risk pregnant patient. The concentration of E3 in plasma increases gradually during the first 20 weeks gestation and more rapidly during the third trimester. Since the ranges for normal and abnormal serum conjugated E3 are wide and overlap considerably, a single E3 determination is of little value. The patient should be monitored frequently to establish any individual trend.

Consistently low levels or a sudden and continual decrease of serum E3 during the third trimester is highly indicative of fetal distress and possibly intrauterine death. When such observations are made, the status of the fetus should be assessed by alternative methods.

Interpretation of serum unconjugated E3 levels should be made in conjunction with other clinical tests or diagnostic procedures such as amniocentesis and ultrasound. Subnormal E3 levels may also be observed in patients being administered certain antibiotics or corticosteroids or in patients with impaired maternal hepatic function.

### Quality Control

Good laboratory practice requires that controls be run with each calibration curve. A statistically significant number of controls should be assayed to establish mean values and acceptable ranges to assure proper performance.

It is recommended to use control samples according to state and federal regulations. The use of control samples is advised to assure the day to day validity of results. Use controls at both normal and pathological levels. The controls and the corresponding results of the QC-Laboratory are stated in the QC certificate added to the kit. The values and ranges stated on the QC sheet always refer to the current kit lot and should be used for direct comparison of the results.

It is also recommended to make use of national or international Quality Assessment programs in order to ensure the accuracy of the results.

Employ appropriate statistical methods for analysing control values and trends. If the results of the assay do not fit to the established acceptable ranges of control materials patient results should be considered invalid.

In this case, please check the following technical areas: Pipetting and timing devices; photometer, expiration dates of reagents, storage and incubation conditions, aspiration and washing methods.

After checking the above mentioned items without finding any error contact your distributor or the manufacture directly.

## **Assay Characteristics**

### **Assay Dynamic Range**

The range of the assay is between 0.075 – 40 ng/mL.

### **Specificity of Antibodies (Cross Reactivity)**

The following substances were tested for cross reactivity of the assay:

<b>added steroid</b>	<b>concentration of steroid</b>	<b>OD 450</b>	<b>measured concentration</b>
Estriol (E3)	40 ng/ml	0,39	39,67 ng/ml
Testosterone	16 ng/ml	1,758	n.d.
Estradiol (E2)	2 ng/ml	1,579	n.d.
Estrone (E1)	2 ng/ml	1,712	n.d.
Cortisol	800 ng/ml	1,775	n.d.

n.d. = non detectable

### **Analytical Sensitivity**

The analytical sensitivity of the ELISA was calculated by subtracting 2 standard deviations from the mean of twenty (20) replicate analyses of Standard 0 and was found to be 0.075 ng/mL.

### **Precision**

#### **Intra Assay Variation**

The within assay variability is shown below:

Sample	n	Mean (ng/mL)	CV (%)
1	20	2.1	4.7
2	20	6.2	3.2
3	20	14.6	3.0

#### **Inter Assay Variation**

The inter assay variability (three different kit lots) is shown below:

Sample	n	Mean (ng/mL)	CV (%)
1	12	2.1	4.6
2	12	5.7	8.5
3	12	13.3	9.5

### **Recovery**

Recovery of the ELISA was determined by adding increasing amounts of the analyte to three different patient sera containing different amounts of endogenous analyte. Each sample (non-spiked and spiked) was assayed and analyte concentrations of the samples were calculated from the standard curve. The percentage recoveries were determined by comparing expected and measured values of the samples.

	Sample 1	Sample 2	Sample 3	
Concentration [ng/mL]	1.3	3.6	7.8	
Average Recovery	100.8	101.8	106.9	
Range of Recovery [%]	from	89.0	92.3	98.5
	to	103.8	109.8	112.3

### **Linearity**

	Sample 1	Sample 2	Sample 3	
Concentration [ng/mL]	2.6	7.2	15.6	
Average Recovery	98.2	99.7	100.2	
Range of Recovery [%]	from	86.3	90.4	96.4
	to	107.9	106.8	103.7

### **Limitations of Use**

Reliable and reproducible results will be obtained when the Assay procedure is performed with a complete understanding of the package insert instruction and with adherence to good laboratory practice. Any improper handling of the samples or modification of this test might influence the results.

### **Interfering Substances**

Haemoglobin (up to 4 mg/mL), Bilirubin (up to 0.125 mg/mL) and Triglyceride (up to 30 mg/mL) have no influence on the assay results.

### **Drug Interferences**

Until today no substances (drugs) are known to us, which have an influence to the measurement of Free Estriol in a sample.

### **High-Dose-Hook Effect**

No hook effect was observed in this test.

### **Legal Aspects**

#### **Reliability of Results**

The test must be performed exactly as per the manufacturer's instructions for use. Moreover the user must strictly adhere to the rules of GLP (Good Laboratory Practice) or other applicable national standards and/or laws. This is especially relevant for the use of control reagents. It is important to always include, within the test procedure, a sufficient number of controls for validating the accuracy and precision of the test. The test results are valid only if all controls are within the specified ranges and if all other test parameters are also within the given assay specifications. In case of any doubt or concern please contact the manufacture.

#### **Therapeutic Consequences**

Therapeutic consequences should never be based on laboratory results alone even if all test results are in agreement with the items as stated under "Reliability of Results". Any laboratory result is only a part of the total clinical picture of a patient.

Only in cases where the laboratory results are in acceptable agreement with the overall clinical picture of the patient should therapeutic consequences be derived.

The test result itself should never be the sole determinant for deriving any therapeutic consequences.

#### **Liability**

Any modification of the test kit and/or exchange or mixture of any components of different lots from one test kit to another could negatively affect the intended results and validity of the overall test. Such modification and/or exchanges invalidate any claim for replacement.

Claims submitted due to customer misinterpretation of laboratory results subject to point 11.2. are also invalid. Regardless, in the event of any claim, the manufacturer's liability is not to exceed the value of the test kit. Any damage caused to the test kit during transportation is not subject to the liability of the manufacturer.

### **REFERENCES**

Bashore, R.A., Westlake, J.R. Plasma unconjugated estriol values in high risk pregnancy. Am. J. Obstet. Gynecol., June 15, 1977, p371-380

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### **Symbols:**

	Storage temperature		Manufacturer		Contains sufficient for <n> tests
	Expiry date		Batch code		For in-vitro diagnostic use only!
	Consult instructions for use		Content		CE labelled
	Caution		Catalogue number		For research use only!

