



COMPLETE PREGNANCY PLANNING KIT

INSTRUCTIONS

Predicts your 2 most fertile days
Ideal for any cycle length

This pack contains:

- 7 Ovulation Prediction Tests and
- 1 Early In-stream Pregnancy Test

Instructions and Use

- Read all the information in this leaflet before performing the test. The directions should be followed precisely to get accurate results.
- Do not use this product after the expiry date stamped on the bottom of the carton.
- Store in a dry place below 30°C.

- Do not freeze.
- Keep out of reach of children.
- For in-vitro diagnostic use. Not for internal use.
- This test cannot be used for contraception (birth control) or gender selection.
- This test is not reusable.
- For further information or advice on using the First Response™ Complete Pregnancy Planning Kit, contact: Church & Dwight (Australia) Pty Ltd PO Box 6369, Frenchs Forest, NSW 2086, Australia. Email: enquiries@churchdwight.com.au Or telephone us on the FIRST RESPONSE™ ADVICE LINE (Monday to Friday 8.30am - 5.00pm AEST) Australia Free Call: 1800 222 099 New Zealand Free Call: 0800 380 218 www.churchdwight.com.au www.firstresponsepregnancy.com.au

First Response™ Ovulation Prediction Test

When to use the First Response™ Ovulation Prediction Test

The test detects the LH surge in urine, signaling that ovulation is likely to occur in the next 24 - 36 hours. If you have intercourse within the next 24-36 hours after detecting your surge, you will maximize your chances of becoming pregnant.

The table below will help you determine when to begin testing.

You may test at any time of the day, but you should test at approximately the same time each day.

Reduce your liquid intake for 2 hours before testing.

When to test

To find out when to begin testing, determine the length of your normal cycle. The length of your cycle is from the beginning of one period to the beginning of the next. **Count the first day of bleeding or spotting as day 1.**

If your cycle length is irregular, that is, if it varies by more than a few days each month, take the average number of days for the last 3 months. Use the chart below to figure out the day you should begin testing. The day you begin testing is listed opposite the number of days in your cycle.

| Length of Cycle (Days) | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
|--|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Using the first day of bleeding or spotting as Day 1, count forward the following number of days to begin testing. | DAY 5 | DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 12 | DAY 13 | DAY 14 | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 | DAY 22 | DAY 23 |

INSTRUCTIONS

STAGE 1

OVULATION PREDICTION
USE TEST STICK IN THE PURPLE FOIL

OVULATION PREDICTION TEST

Instructions for use

Remove the test stick from the purple foil wrapper and take off the **Replaceable Overcap** before using.

EITHER Holding the test stick by the **Thumb Grip** with the **Absorbent Tip** pointing downward and the **Result Window** facing away from your body, place the Absorbent Tip in your urine stream for **5 seconds only**.

OR You may also collect your urine in a clean, dry cup and immerse the entire **Absorbent Tip** in the urine for **5 seconds only**.

With the **Absorbent Tip** still pointing downward, replace the **Overcap** and lay the stick on a dry flat surface with the **Result Window** facing up. You may soon see a pink colour moving across the **Result Window** to indicate that the test is working.

Reading the Results

Read your result at 5 minutes.

Wait 5 minutes until reading the results. Look at the **Result Window** to compare the **Test Line** to the **Reference Line**. The **Reference Line** indicates the test is complete, and you have conducted it correctly. After you have read your result, the test should be discarded. The result can be read up to 1 hour.

Read the colour and intensity of the lines, not the thickness.

LH SURGE

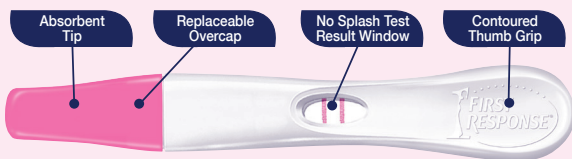
Two lines are visible and intensity of the **Test Line** is similar to or darker than the **Reference Line**. **You should ovulate within the next 24-36 hours.**

You can stop testing for this cycle.

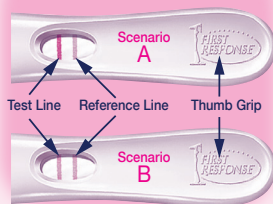
NO LH SURGE

Two lines are visible and but the **Test Line** is lighter than the **Reference Line** or there is a **Reference Line** and NO visible Test Line.

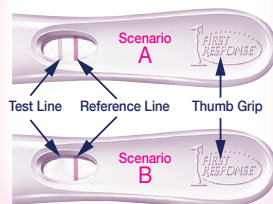
You should continue with daily testing until the Reference Line and the Test Line have the same colour intensity or the Test Line is darker than the Reference Line.



LH SURGE



NO LH SURGE



Replacement of the **Overcap** is not necessary for the proper functioning of this test.

STAGE 2

IN-STREAM PREGNANCY TEST
USE TEST STICK IN THE PINK FOIL

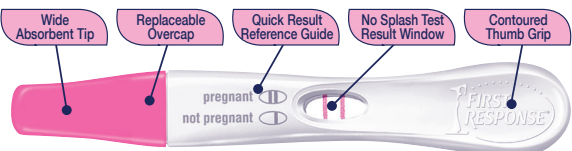
IN-STREAM PREGNANCY TEST

Instructions for use

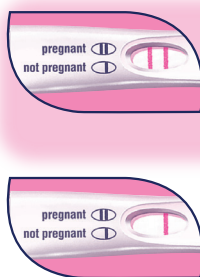
Remove test stick from foil wrapper and remove the **Replaceable Overcap**. Holding the test stick by the **Thumb Grip** with the **Absorbent Tip** pointing downward and the **Result Window** facing away from your body, place the **Absorbent Tip** in your urine stream for **5 seconds only**. It is recommended to use a watch/clock to time 5 seconds. (You may collect your urine in a clean, dry cup and immerse the entire **Absorbent Tip** in the urine for 5 seconds only if preferred.)

With the **Absorbent Tip** still pointing downward, replace the **Overcap** and lay the stick on a dry flat surface with the **Result Window** facing up. You may soon see a pink colour moving across the **Result Window** to indicate that the test is working.

Read your results at 3 minutes, but within 10 minutes.



Reading the Results



PREGNANT
TWO PINK LINES in the Result Window. (One line may be lighter than the other, they do not have to match).

Q: How accurate is the First Response™ Ovulation Test?

A: First Response™ Ovulation Test is over 99% accurate in detecting the LH surge in laboratory studies.

Q: I have used all 7 tests and I do not see a surge. What do I do?

A: Since not every woman ovulates mid-cycle, you may not detect the LH surge in the first 7 days of testing. This could mean you have not ovulated yet and you should continue testing with additional First Response™ Ovulation Tests.

Q: I have used the First Response™ Ovulation Test for 3 months, and have not become pregnant yet. What is wrong?

A: First, it is important to remember that it can take normal, healthy couples many months to become pregnant. There are many factors which affect your ability to become pregnant even if you have been able to have intercourse during your most fertile time. If after several months you have no success, consult your healthcare professional. Since you have been monitoring your LH surge with the First Response™ Ovulation Test, you will be able to give your healthcare professional a clearer picture of how you have been ovulating.

Q: Once I detect my LH surge, when is the best time to have intercourse?

A: Your two most fertile days begin with the LH surge. You are most likely to get pregnant if you have intercourse within 24 - 36 hours after you detect your LH surge.

Q: I have waited longer than 5 minutes, and still there are no lines in the Result Window. Is there anything wrong?

A: There should be at least one pink line in the Result Window at 5 minutes. If not, the test is invalid. This could be due to insufficient urine on the Absorbent Tip or not laying the test stick on a flat surface with the Result Window facing up. You should retest with another stick, carefully following all directions.

Q: Will my result change if left standing for a certain period of time?

A: The test result can be read up to 1 hour.

Q: Do any medical conditions or drugs affect the test?

A: Certain medical conditions may adversely affect the reliability of this test for predicting ovulation. These include pregnancy, postpartum, post-abortion, polycystic ovary syndrome (PCOS), ovarian cysts, the onset of menopause, and untreated hypothyroidism. Some prescription drugs, such as menotropins for injection (Pergonal**) and danazol (Danocrine**), may affect the result you see. If you are undergoing therapy with Clomiphene citrate (e.g., Clomid** or Serophene**), please consult your healthcare professional for the appropriate time to begin testing. Medications containing hCG or LH may affect the test and should not be taken while using this test. Women with medically diagnosed fertility problems should consult their healthcare professional before using this product.

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Q: Will oral contraceptives affect the results?

A: After using oral contraceptives your cycle may be irregular and may take some time to stabilize again. You may wish to wait until you have had two normal periods before starting to use the First Response™ Ovulation Test. Follow your healthcare professional's advice on when to best try to become pregnant.

Q: If the First Response™ Ovulation Test can determine my most fertile time, why can't I use it for contraception (birth control)?

A: Sperm can survive up to 72 hours (3 days), and this test predicts your LH surge only up to 24 - 36 hours in advance. Therefore, if you have intercourse before you discover your surge, the egg can still be fertilized.

Q: How does the test work?

A: Luteinizing Hormone (LH) is always present in your urine and increases just before ovulation. This increase or "surge" in LH triggers ovulation, which is the release of an egg from your ovaries and the most fertile time of your cycle. The First Response™ Ovulation Prediction Test detects the LH surge, which precedes ovulation by 24 - 36 hours. Your two most fertile days begin with the LH surge. If you have intercourse within the next 24 - 36 hours of your surge, you will maximize your chances of becoming pregnant.

Q: How does the test work?

A: The First Response™ In-Stream Pregnancy Test detects in urine the hormone your body produces during pregnancy; human chorionic gonadotropin (hCG).

Q: When can I test with First Response™ In-Stream?

A: The First Response™ In-Stream Pregnancy Test is designed to detect hCG as early as 6 days before your missed period (5 days before the day of the expected period). The amount of pregnancy hormone increases as pregnancy progresses. In laboratory testing with early pregnancy urine samples, First Response™ In-Stream Pregnancy Test gave the following results (refer to table).

| Number of days before the expected period | % of samples from pregnant women giving a positive result |
|---|---|
| 1 | >99% |
| 2 | >99% |
| 3 | >99% |
| 4 | 96% |
| 5 | 76% |

Q: How accurate is the First Response™ Early Result In-Stream Pregnancy Test?

A: In studies the First Response™ Early Result In-Stream Pregnancy Test is over 99% accurate (refer to table above for results) the day before AND the day your period is due. Note that hormone levels vary: some women may not have detectable amounts of the pregnancy hormone (hCG) in their urine on the day they use the test.

Q: What do I do if the result is positive (pregnant)?

A: A positive (pregnant) test result shows that the pregnancy hormone (hCG) was detected. You should see your doctor to confirm that you are pregnant. If you test positive, but think you may not be pregnant, you should check with your doctor.

Q: What do I do if the result is negative (not pregnant)?

A: You may not be pregnant, or it may be too early to tell. If you do not get your period within a few days, you should retest with another First Response™ In-stream Pregnancy Test. It is possible that you miscalculated the length of your cycle or your urine may not have had enough pregnancy hormone for the First Response™ In-stream Pregnancy Test to give a positive result. If you retest and again no hCG is found, and your period has still not started, you should call your doctor.

Q: I have waited longer than three minutes, and still there are no lines in the Result Window. Is there anything wrong?

A: Your result should appear within three minutes. There should be at least one pink line in the Result Window at three minutes to indicate that the test is completed and that you have done it correctly. If not, the test is invalid. This could be due to insufficient urine on the Absorbent Tip or not holding the device with the Absorbent Tip pointing downward while replacing the Overcap. You should retest with another First Response™ In-stream Pregnancy Test, carefully following all directions.

Q: Will the result change if left standing for a certain period of time?

A: The test result should be read as soon as possible after waiting the 3 minutes and within 10 minutes. A negative result (1 pink line) will last for 10 minutes. After the 10 minute period, disregard any further changes, it is still a negative result.

Q: Do any drugs or medications affect the test?

A: Only medications containing the pregnancy hormone (hCG) can affect the result (e.g. A.P.L.**; Pregnyl** and Profasi**). The test should not be affected by hormone therapies containing Clomiphene citrate (e.g. Clomid** and Serophene**), alcohol, painkillers, antibiotics or the contraceptive pill.

CLINICALLY PROVEN[§]

§ Researcher and Sponsor: Church & Dwight Co., Inc. USA.

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Important

To increase your chances of a healthy pregnancy for you and your baby, you should consider the following:

- Maintain a well-balanced diet.
- Stop smoking.
- Avoid alcohol consumption.
- The first three months of pregnancy are the most important for your developing baby.

You need to see your doctor immediately for proper care and nutrition counselling.