



TEST & REASSURE
PREGNANCY TEST

FIRST TO DETECT TECHNOLOGY
No other test tells you sooner[#]

2 WAYS TO TEST

Test First with a **First Response In-Stream Pregnancy Test** to see a positive or negative result.
Received a positive result?
Now you can re-test and confirm the result with **First Response Digital Pregnancy Test** so you feel reassured.

INSTRUCTIONS AND USE

PLEASE READ ALL THE INFORMATION IN THIS INSERT BEFORE PERFORMING THE TEST.

Do not use after the expiration date stamped on the bottom of the carton.
Store in a dry place below 30°C (86°F).
Do not freeze.
Keep out of the reach of children.
Single use device. Do not reuse.
For in-vitro diagnostic use.
Not to be taken internally.

If you have any questions please call our advice line.
(Monday to Friday 8.30am - 5.00pm AEST)
AUS: 1800 222 099 NZ: 0800 380 218

WHEN TO USE THE FIRST RESPONSE™ TEST & REASSURE PREGNANCY TEST

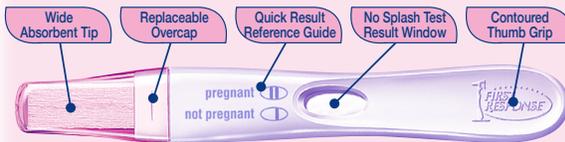
The FIRST RESPONSE™ TEST & REASSURE Pregnancy Test is designed to detect hCG (human chorionic gonadotropin) as early as **6 DAYS** before your missed period (5 days before the day of the expected period). You can use the FIRST RESPONSE™ test at any time of day. You do not have to use first morning urine. In general, your first-morning urine contains the highest level of pregnancy hormone.

INSTRUCTIONS AND USE

PLEASE READ ALL THE INFORMATION IN THIS INSERT BEFORE PERFORMING THE TEST

2 WAYS TO TEST

STEP 1 USE IN-STREAM TEST IN THE PINK FOIL

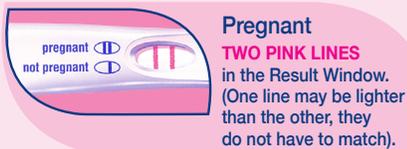


IN-STREAM PREGNANCY TEST

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



STEP 2 USE DIGITAL TEST IN THE WHITE FOIL

THIS DEVICE SELF-ACTIVATES UPON REMOVAL FROM THE WRAPPER. DO NOT OPEN WRAPPER UNTIL YOU ARE READY TO USE.



DIGITAL PREGNANCY TEST

Instructions for use

Remove test stick from foil wrapper and remove the **Replaceable Overcap**. Upon removal from the wrapper, check the **Display Screen** for the presence of a steady clock symbol. The device is ready for use. Do not use the test unless the steady clock symbol is on the **Display Screen**. Holding the test stick by the **Thumb Grip** with the **Absorbent Tip** pointing downward and the **Display Screen**, 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 **Display Screen** facing up. Be careful not to get the urine on the **Plastic Holder**. During testing, never hold the device with the **Absorbent Tip** pointing upward. The clock symbol will begin to blink in about 30 seconds after urine is applied to indicate the test is working.

Reading Your Results at 3 Minutes

In approximately 3 minutes, an unmistakable 'YES+' or 'NO-' will appear on the **Display Screen**.



HOW TO INTERPRET YOUR TEST RESULT

PREGNANT Two Pink Lines (In-stream) or YES+ (Digital) means your urine contains hCG, a hormone your body makes during pregnancy. You should consult your doctor to confirm that you are pregnant and for proper prenatal care and nutrition counselling.

NOT PREGNANT One Pink Line (In-stream) or NO- (Digital) means that no hCG has been detected and you are probably not pregnant. You may want to repeat the First Response™ In-Stream or Digital Pregnancy Test if a few days pass and you still have not started menstruating. If the result from this later test is still negative, you should see your physician.

* Replacement of the Overcap is not necessary for the proper functioning of this test. The Overcap allows you to save the test in order to show a positive result to your partner or doctor.
In home pregnancy test kits

Questions & Answers

Q: How do the tests work?

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

Q: When can I test with FIRST RESPONSE™ Digital?

A: The First Response™ Digital 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™ Digital Pregnancy Test gave the following results.

| 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 | 86% |

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.

| Number of days before the expected period | % of samples from pregnant women giving a positive result |
|---|---|
| 1 | >99% |
| 2 | >99% |
| 3 | 96% |
| 4 | 86% |
| 5 | 60% |

Q: How accurate is the test?

A: First Response™ In-Stream and Digital Pregnancy Test is >99% accurate from the day of the expected period in laboratory studies. However, some pregnant women may not have detectable amounts of pregnancy hormone in their urine on the day they test or may have miscalculated the first day of their period.

Q: What do I do if the result on the FIRST RESPONSE™ Digital Display Screen is 'YES+' (pregnant)?

A: A 'YES+' test result shows that the pregnancy hormone (hCG) was detected, which normally indicates pregnancy. You must 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 on the FIRST RESPONSE™ Digital Display Screen is 'NO-' (not pregnant)?

A: You may not be pregnant, or it may be too early to tell. If you do not get your period within 7 days, you should retest with another First Response™ Digital 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 test to register a 'YES+' result. If upon retesting you get another 'NO-' result and your period has still not started, you should call your doctor.

Q: What do I do if the result on the FIRST RESPONSE™ In-Stream 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. Because this test detects very low levels of hCG, some women may test positive even if they are not pregnant. For example, a study of women aged 41-55 showed that 4 out of every 100 women tested positive even though they were not pregnant. Such "false positive" results in women in this age group are generally due to a hormone called pituitary hCG.

Q: What do I do if the result on the FIRST RESPONSE™ In-Stream 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: Do any drugs or medications affect the test?

A: Only medications containing the pregnancy hormone (hCG) can affect the result (for example, A.P.L.¹, Pregnyl², Profasi³ and Pergonal³). The test should not be affected by hormone therapies containing Clomiphene citrate (for example Clomid⁴ and Serophene⁵), alcohol, pain killers, antibiotics, or the contraceptive pill.

QUESTIONS & ANSWERS

FIRST RESPONSE™ Digital Pregnancy Test

Q: The blinking clock has disappeared followed by a '?' on the Display Screen. What does this mean?

A: A '?' symbol indicates an error has occurred during testing. You should retest with another First Response™ Digital Pregnancy Test, carefully following all directions.

Q: The Display Screen is blank. What is wrong?

A: If the display screen goes blank at any time before yielding a result, an error has occurred. You should retest with another First Response™ Digital Pregnancy Test, carefully following all directions.

Q: How long will my result show on the Display Screen?

A: Your result will be displayed for at least 30 minutes. Read your results within this time frame. Once you have read your result, discard the stick. Note: This device contains a battery with a removal feature on the reverse side of the Thumb Grip. Be sure to dispose of the battery according to local regulations.

Q: What will happen if the plastic holder gets wet?

A: Some splashing while using the test will not damage the test, but if it becomes very wet it can become damaged. If the test becomes damaged, the Display Screen will either go blank or an error '?' message will appear.

Q: I removed the device from the wrapper and the clock symbol appeared on the Display Screen; however, I'm not ready to use the test. What should I do?

A: Once removed from the wrapper, the device must be used within 12 hours. Keep the device dry before use.

QUESTIONS & ANSWERS

FIRST RESPONSE™ In-Stream Pregnancy Test

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 five 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: Who can I contact if I have more questions?

A: For further information or advice on using First Response™ Pregnancy Tests, 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

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CLINICALLY PROVEN.

- 1 A.P.L. is a registered trademark of Wyeth-Ayerst Laboratories Division of American Home Products Corp.
- 2 Pregnyl is a registered trademark of Organon, Inc.
- 3 Profasi and Pergonal are registered trademarks of Ares Trading SA.
- 4 Clomid is a registered trademark of Merrell Pharmaceutical.
- 5 Serophene is a registered trademark of Sero Laboratories, Inc.

Trying for a Baby?

Many women do not know that their most fertile days are the days leading up to ovulation (when your ovary releases an egg to be fertilised by the sperm). To become pregnant sooner, you should become more familiar with your ovulation cycle.

COMMON QUESTIONS

1: When is the best time to try for a baby?

The best time to become pregnant is during ovulation. This "fertility window" will give you the opportunity to try for a baby during 3 to 4 days. Even if eggs live up to 24 hours, the sperm of your partner can live up to 72 hours (3 days). So it makes sense for the sperm to have already made their journey to the egg, for when it is released. If you wait until ovulation has happened to try for a baby, the chances of the egg and sperm finding each other reduces.

2: Are there signs that I am ovulating?

There are several signs to tell if you are ovulating. Cervical mucus changes: around the time of ovulation the mucus in the cervix changes from being thick and opaque to become thin, clear and stringy. This is also a sign that a woman is at her most fertile. Blood tests and ultrasound scans of the ovary will give conclusive evidence of ovulation but are not usually required unless infertility is suspected. Speak to your doctor if you have any concerns.

3: How can I predict the best two days to become pregnant?

First Response™ 7 Day Pregnancy Planning Kit helps increase your chance of conception. First Response™ Pregnancy Planning Kit includes 7 ovulation predictor sticks to help you predict your most fertile 24 hours of the month. These tests detect the "LH surge". FIRST RESPONSE™ is simple, easy-to-use and highly accurate (over 98 percent in laboratory testing). To detect the "LH surge", you simply test your urine near mid-cycle to determine an increased level of LH. (See instructions inside the package for more detailed information). Most women will ovulate within 24 to 36 hours after the "LH surge" is detected. If you have intercourse at any time during the 24 to 36 hours after you detect your "LH surge", you will maximise your chance of becoming pregnant. Also included in the First Response 7 Day Pregnancy Planning Kit is an in-stream pregnancy test.

4: I have been trying to conceive for 6 months and am worried it hasn't happened yet.

It can take a while to fall pregnant but most couples will conceive within one year. You should try to relax as stress can affect your fertility and upset your cycle although this is easier said than done. However, if you have failed to become pregnant after 12 months of actively trying then maybe you should consider seeing your GP who can refer you to an infertility specialist.

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.

For more detailed information visit the First Response™ website: www.firstresponsepregnancy.com.au