DESCRIPTION

FOLD 4

FOLD 3

FOLD 2

FOLD 1

NOTE: CLIENT ASSUMES SOLE RESPONSIBILITY FOR PRINTED
ARTWORK AND COPY ACCURACY. THIS PANEL WITH SIGNATURE MILIST RE FAXED OR RETURNED TO STEWART DESIGN ASSOCIATES

SIDE 1

COMPLETE PREGNANCY **PLANNING KIT INSTRUCTIONS**

Predicts your 2 most fertile days Ideal for any cycle length

This pack contains:

- 7 Ovulation Prediction Tests and

Instructions and Use

- performing the test. The directions should be followed precisely to aet
- 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

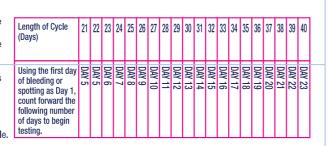
The test detects the LH surge in urine, signaling that ovulation is likely to occur in the next 24 - 36 hours. If you have intercourse within the next 24-36 hours after detecting your surge, you will maximize your chances of becoming pregnant. The table below will help you determine when to begin testing.

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.



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 <u>5 seconds only</u>.

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. I ook 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

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.

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.

NO LH SURGE

LH SURGE

Replacement of the Overcap is not necessary for the proper functioning

STAGE 2

PREGNANCY TEST[†]

USE TEST STICK 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

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 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 Display Screen facing up.

SIDE 2

STAGE 2

PREGNANCY TEST continued

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

pregnancy. You should consult your doctor to confirm that you are pregnant and for proper

NOT PREGNANT (NO-) means that no hCG has been detected. You may not be pregnant, or it may be too early to tell. You may want to repeat the First Response™ Digital Pregnancy Test if a few days pass and you still have not started menstruating. If the result from this later

TEST IS ► WORKING YES+



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

QUESTIONS & ANSWERS

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.

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

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

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

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.

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?

advice on when to best try to become pregnant.

Q: If the First Response™ Ovulation Test can dete 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

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

>99% >99% 96% 86%

Q: What do I do if the result on the 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.

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 TM 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, O: 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,

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

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: 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.*, Pregnyl*, Profasi*, and Pergonal*).

alcohol, pain killers, antibiotics, or the contraceptive pill. 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

Q: Who can I contact if I have more que

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Maintain a well-balanced diet. Stop smoking. Avoid alcohol consumption. are the most important for your developing baby. You need to see your doctor immediately for proper care and nutrition counselling.

To increase your chances of a healthy

pregnancy for you and your baby, you should consider the following:

153.00 mm

1 Digital Pregnacy Test

· Read all the information in this leaflet before

• Do not use this product after the expiry date stamped on the bottom of the carton.

CLIENT ARTWORK APPROVAL PANEL

☐ APPROVED AS IS ☐ WITH CHANGES INDICATED

PREGNANT (YES+) means your urine contains hCG, a hormone your body makes during prenatal care and nutrition counselling.

test is still negative, you should see your physician.

NO -**NOT PREGNANT**

Ovulation Prediction 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?

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

after you detect your LH surge.

another stick, carefully following all directions.

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

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

QUESTIONS & ANSWERS

Digital Pregnancy Test[†]

A: First Response™ 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

carefully following all directions.

according to local regulations. Q: What will happen if the plastic holder gets wet?

The test should not be affected by hormone therapies containing Clomiphene citrate (for example Clomid* and Serophene*),

A: 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)

respective owners.

The first three months of pregnancy