INSTRUCTIONS AND USE

READ ALL THE INFORMATION IN THIS LEAFLET BEFORE PERFORMING THE TEST.

THE DIRECTIONS SHOULD BE FOLLOWED PRECISELY TO GET ACCURATE RESULTS.

1. Do not use this product after expiration date stamped on the side carton.
2. Store in a dry place below 80°F (26°C).
Do not freeze.
Keep out of reach of children. This test is not wearable.
For in-vitro diagnostic use. Not to be taken internally.
This test cannot be used for contraception (birth control) or gender selection.

If you have any questions, call us toll-free at 1-800-367-6022, Monday-Friday from 7:00 AM to 5:00 PM Eastern Time.

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.

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 help you determine the number of days you should begin testing.
2. If your cycle begins on a Tuesday, count the number of days you should begin testing.
3. Reduce your liquid intake for 2 hours before testing.

Length of Cycle (Days)

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Example: Ms. Smith has a regular cycle of 28 days and started her period on the 4th. Beginning the 4th day as day 1, she counts forward 11 days and begins testing on the 14th.

Read the chart below to determine the number of days you should begin testing.

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Sum M T W Th F Sat
1 2 3 4 5
6 7 8 9 10 11 12

INSTRUCTIONS

STEP 1

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

STEP 2

Either:

1. 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.
2. You may also collect your urine in a clean, dry cup and immerse the entire Absorbent Tip in the urine for 5 seconds only.

READING THE RESULT - READ YOUR RESULT AT 5 MINUTES

STEP 3

With the Absorbent Tip still pointed downward, replace the Overcap and let the test stick on a flat surface with the Result Window facing up.

STEP 4

Read the color and intensity of the lines not the thickness.

1. If a line appears on the Result Window, you are ovulating.
2. If no line appears on the Result Window, you are not ovulating.

LIMITATIONS OF THE TEST

Some prescription drugs, such as methotrexate for injection (e.g., Zoladex, or Zoladex), may affect the result you see with the FIRST RESPONSE Ovulation Test. 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.

A Healthy Pregnancy Starts Now

Nutrition and your pregnancy

Everyone knows that good nutrition is essential once you are pregnant. But did you know that babies undergo a critical period for brain and spinal development in the first two weeks of life? That’s before you may even know you are pregnant!

Throughout your pregnancy, including the early period, proper nutrition is essential. For example, sufficient amounts of folic acid can be instrumental in helping prevent some types of birth defects. Of course, eating a balanced diet will help. But if you’re like many women, you may find it difficult to get enough folic acid and other essential nutrients from dietary intake alone. Speak with your healthcare professional for a recommendation on a high-quality prenatal vitamin to ensure you’re getting the right nutrients for you and your baby.

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

1. Maintain a well-balanced diet
2. Stop smoking
3. Conceive from conception through the first three months of pregnancy is the most important time.

You need to see your healthcare professional immediately for proper care and nutrition counseling.

WARNING: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects.

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2. Clomiphene is a trademark of SmithKline Beecham, Inc.
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