



DIGITAL

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 expiration date stamped on the side carton.
- Store in a dry place below 86°F (30°C). Do not freeze.
- Keep out of reach of children
- This test is not reusable.
- **For in-vitro diagnostic use. Not to be taken internally.**
- This test cannot be used for contraception (birth control) or gender selection.

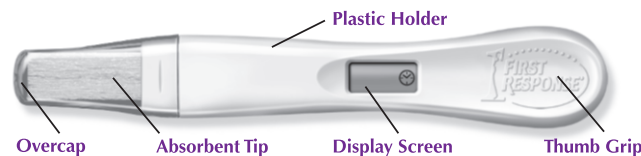
If you have any questions, call us toll-free at 1-800-367-6022, Monday-Friday from 7:00 AM to 5:00 PM Eastern Time.

When to use the FIRST RESPONSE™ Digital OVULATION Test

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™ Digital OVULATION 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. You may test at any time of the day. Reduce your liquid intake for 2 hours before testing.

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

- After reading the insert when you are ready to perform the test, remove the test stick from the white foil wrapper and remove the **Overcap**. 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.**



STEP 1

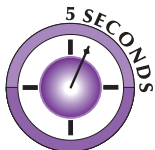
EITHER

- Hold **Thumb Grip** so that the **Absorbent Tip** is pointing downward and the **Display Screen** is facing away from your body.
- Place the **Absorbent Tip** in your urine stream for **5 seconds**. Be careful not to get the urine on the plastic holder or display screen. During testing, never hold the device with the **Absorbent Tip** pointing upward.



OR

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



STEP 2

- While still holding the stick with the **Absorbent Tip** facing downward, replace the **Overcap** and lay the stick on a flat non-absorbent surface with the **Display Screen** facing up.
- The clock symbol ⌚ will begin to blink in about 30 seconds after urine is applied to indicate the test is working.

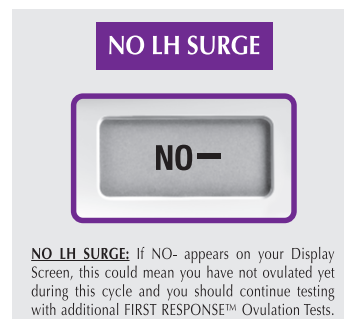
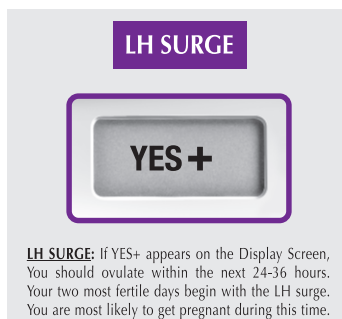


BLINKING MEANS
TEST IS WORKING

READING YOUR RESULT – READ YOUR RESULT AT 3 MINUTES

STEP 3

- In approximately 3 minutes, an unmistakable “YES+” or “NO-” will appear on the **Display Screen**.
- After you have read your result, the test should be discarded. The result will be displayed for at least 30 minutes.



QUESTIONS & ANSWERS

Q: How accurate is the FIRST RESPONSE™ Digital Ovulation Test?

A: The FIRST RESPONSE™ Ovulation Test is over 99% accurate in detecting the LH surge in laboratory studies.

Q: What do I do if the result on Display Screen is “No-” (No LH Surge)?

A: Since not every woman ovulates mid-cycle, you may not detect the LH surge in your initial testing. This could mean you have not ovulated yet and you should continue testing with additional FIRST RESPONSE™ Ovulation Tests.

Q: Once I detect my LH surge “Yes+”, 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 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: 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 (Pergonal¹) and danazol (Danocrine²), may affect the result you see. If you are undergoing therapy with Clomiphene citrate (e.g., Clomid³ or Serophene⁴), 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.

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 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: 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™ Ovulation 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™ Ovulation 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 white foil 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.

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.

Visit us online at www.knowsooner.com

Limitations of the Test

Some prescription drugs, such as menotropins for injection (e.g., Pergonal¹) and danazol (e.g., Danocrine²), may affect the result you see with the FIRST RESPONSE™ Digital Easy-Read Test. If you are undergoing therapy with Clomiphene citrate (e.g., Clomid³ or Serophene⁴), please consult your healthcare professional about how this may affect your test result. Medications containing hCG or LH may affect the test and should not be taken while using this test. In addition, the results of the test may not be valid if you are taking oral contraceptives. Some women do not ovulate every cycle and they will not see any increase in the level of LH during these non-ovulating cycles. 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. Women with medically diagnosed fertility problems should consult their healthcare professionals 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 this 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 added nutrition you and your baby need.

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

- Maintain a well-balanced diet
- Stop smoking

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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