INSTRUCTIONS & USE

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

The directions should be followed precisely in order to get accurate results.

- Do not use this product after the expiration date. Do not freeze.
- For in-vitro diagnostic use. Not to be taken internally.
- Keep out of reach of children.
- The Test Sticks are not reusable.

WHEN TO TEST

IMPORTANT: READ ALL INSTRUCTIONS BEFORE YOU BEGIN TESTING.

Do not open the foil pouch until DAY 5 of your period (or spotting). Once the foil pouch is opened, the Test Sticks must be used within 30 days.

It is important that the Digital Reader establishes your personal baseline (Lucidating Hormone (LH) level). Therefore, it’s necessary that you begin testing on DAY 5 of your period (or spotting), according to the chart below.

For best results:
- Test around the same time each day.
- Reduce your fluid intake approximately 2 hours prior to testing.
- Do not use for at least 2 hours prior to testing.
- Do not start test if past DAY 5, wait until next cycle.

HOW TEST WORKS

How the FIRST RESPONSE™ Digital Ovulation Test works:

The Digital Ovulation Test’s unique technology helps you easily find the time you are most likely to become pregnant by:

- Detecting the Lucidating Hormone (LH) levels, which are always present in your urine. LH levels fluctuate daily and vary from woman to woman.
- Establishing your own personal LH baseline by determining an average of your LH level early in your cycle, on days 5, 6, and 7. The LH level increases just before your most fertile time of the month.
- Detecting an increase or “surge” in your LH levels, which triggers ovulation (the release of an egg from your ovary). You should have intercourse at any time during the next 24-36 hours after your LH surge is detected to maximize your chances of becoming pregnant. After the LH surge is detected, the next 2 days are the most fertile days of your cycle.

DOs & DON Ts

DOs

- You must start test on DAY 5 of your period (or spotting).
- Take the test around the same time every day.
- Reduce your fluid intake approximately 2 hours prior to testing.
- Wait at least 2 hours after you last urinated to take the test.
- Insert the Test Stick into the Digital Reader BEFORE applying urine to the Absorbent Tip.

DON Ts

- Do not test if past DAY 5 of your period (or spotting). Wait until your next cycle.
- Do not open foil pouch until you are ready to take the test. Once foil pouch is opened, the Test Sticks can only be used for 30 days.
- Do not remove cap from the Test Stick after opening.
- Do not store Digital Reader in foil pouch.

QUESTIONS & ANSWERS

Q: How accurate is the FIRST RESPONSE™ Digital Ovulation Test?
A: This test is over 99% accurate in detecting the LH surge in laboratory studies.

Q: How do I detect my LH surge (YES)?
A: Once your LH surge has been detected, you have reached your most fertile time. You are most likely to get pregnant if you have intercourse as soon as possible within 24-36 hours after you detect your LH surge. After your LH surge is detected, the next 2 days are your most fertile days.

Q: Do I need to use all the tests? Can I use the Digital Reader or the Test Sticks during my next cycle?
A: Yes. Once you get a "YES" result, it means your LH surge is detected, and the Digital Reader permanently shuts itself off after 60 minutes. Use the same foil pouch; the Test Sticks must be used within 30 days.

Q: Do I need to use all the tests? Can I use the Digital Reader or the Test Sticks during my next cycle?
A: Yes. Once you get a "YES" result, it means your LH surge is detected, and the Digital Reader permanently shuts itself off after 60 minutes. Use the same foil pouch; the Test Sticks must be used within 30 days.

Q: What if the Digital Reader gets wet?
A: If the Digital Reader gets wet, you should wipe it clean. If the Reader becomes very wet, it may be damaged. If this occurs, we suggest you dispose of the Digital Reader and purchase a new test kit.

Q: I have a test, but the clock symbol has not started blinking. What does this mean?
A: The test has not been done correctly. Detach the Test Stick and wait at least 10 minutes until the Display Screen is blank. Reattach with a new Test Stick following all directions carefully.

Q: The blinking clock symbol has disappeared followed by a "1" symbol on the Display Screen. What does this mean?
A: A "1" symbol indicates an error has occurred during testing. You should repeat with a new Test Stick after the "1" has cleared, which takes about 10 minutes. Follow all directions carefully. To avoid an error from occurring, it is important that you have not urinated for at least 2 hours before testing, and you should avoid excessive fluid intake before testing. After performing the test, keep Absorbent Tip pointing downwards or lay the test flat on a non-ab sorption surface.

Q: I have assembled the test, but the Display Screen has remained blank. I have a test, but the Display Screen is blank. What is wrong?
A: If you have assembled the test and applied urine to the test stick, eject the test stick and start again from step 2. If you have taken the test you may have missed the results display time. In this case, the result will happen for 1 minute when the Test Stick is ejected from the Digital Reader.

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-menopause, polycystic ovary syndrome (PCOS), ovarian cysts, the onset of menopause, and uncontrolled diabetes. Some prescription drugs, such as metotrexate for infusion (Permethrex) and danazol (Danazol), may affect the test result. If you are undergoing therapy with gonadotrophins, either (e.g., Clomifene or Lomifeno, please consult your physician 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 physicians before using this product.

Q: Will oral contraceptives affect the results?
A: After taking oral contraceptives, your cycle may be irregular and may take some time to stabilize again. You may wish to wait until you have had no two periods before starting to use the FIRST RESPONSE™ Digital Ovulation Test. Follow your physician’s advice on how to try to become pregnant.

Q: If the FIRST RESPONSE™ Digital Ovulation Test can determine my most fertile times, why can’t it also predict 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 test can still be fruitful.

If you have any questions, call our toll-free line at 1-800-286-3186, Monday–Friday from 7:00 AM to 5:00 PM Eastern Time. Visit us online at www.FirstResponse.ca

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