



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.
- Store in a dry place below 30°C (86°F). 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.
- This test cannot be used for contraception (birth control) or gender selection.
- A Luteinizing Hormone (LH) surge and ovulation may not occur in all cycles.
- To predict peak fertility daily, start testing on DAY 5 of your period (or spotting).

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

YOU MUST START THE TEST ON DAY 5 OF YOUR PERIOD (OR SPOTTING) IN ORDER TO GET ACCURATE RESULTS



For best results:

- Test around the same time each day.
- Reduce your liquid intake approximately 2 hours prior to testing.
- Do not urinate 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™ Daily Digital Ovulation Test works

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

- Detecting the Luteinizing 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 level, 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

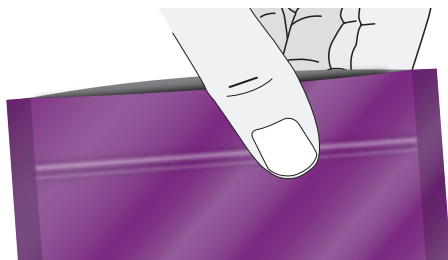
DOs

- You must start test on DAY 5 of your period (or spotting).
- Take the test around the same time every day.
- Reduce your liquid 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.



- Immediately reseal** the Test Stick Foil Pouch tightly.



DON'Ts

- Don't test if past DAY 5 of your period (or spotting). Wait until your next cycle.
- Don't 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.
- Don't turn reader upside down after using test.**
- Don't remove Pink sleeve.
- Don't store Digital Reader in Foil Pouch.

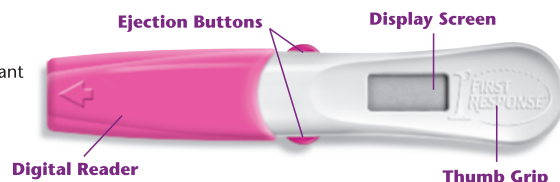


- Don't throw away SILICA GEL packs** from inside Foil Pouch.



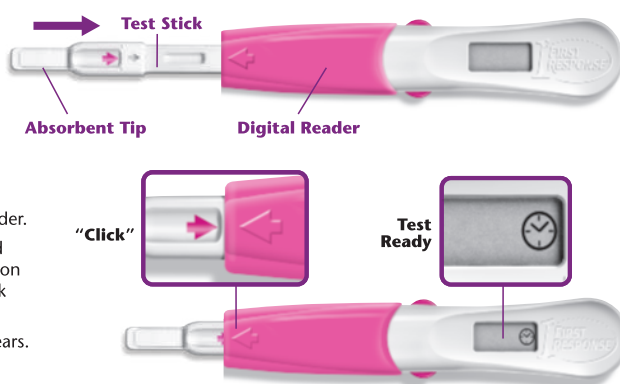
1 When you are ready to test

- Remove 1 Test Stick from the Foil Pouch and immediately reseal the Foil Pouch tightly. It is important that you do not store the Digital Reader in pouch.
- Before applying urine to the Absorbent Tip, you must insert the Test Stick into the Digital Reader.** Follow the steps below.



2 Assemble the test

- The Test Stick **MUST** be inserted into the Digital Reader before applying urine to the Absorbent Tip.
- Find the raised pink arrow on the Digital Reader and the pink arrow on the Test Stick.
- Insert the Test Stick into the Digital Reader by lining up the pink arrow on the Test Stick with the raised pink arrow on the Digital Reader.
- When assembled correctly, a faint click sound will be heard and a clock symbol will appear on the Display Screen. Do not test until the clock symbol appears.
- Perform the test when the clock symbol appears.

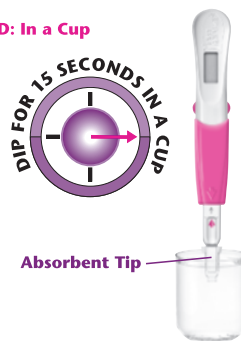


3 Perform the test

Perform the test as soon as the clock symbol ⌚ appears on the Digital Reader by either:

PREFERRED METHOD: In a Cup

- Test a Sample of Urine collected in a clean, dry cup. Dip just the **Absorbent Tip** in your collected urine sample for **15 seconds**.



URINE STREAM

- Place the **Absorbent Tip** from the assembled device pointing downward in your urine stream for **5 seconds**. Urinate only on the absorbent tip. Keep urine completely off the reader.



DO NOT TURN READER UPSIDE DOWN AFTER USING THE TEST. LAY READER ON A FLAT SURFACE AFTER PERFORMING THE TEST.

4 Wait for result

- The clock will start blinking to show the test is in progress. **It may take a few moments for the clock symbol to begin blinking.**
- After clock symbol begins blinking, results will appear within 5 minutes.
- DO NOT EJECT THE TEST STICK WHILE WAITING FOR THE RESULT.**

If a "?" symbol appears or you receive a blank screen, please refer to the Q&A portion of this directional insert.

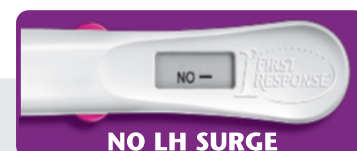


Clock Blinking Wait 5 Minutes

5 Read your result

Within 5 minutes, the Display Screen will display your result on the Digital Reader.

NO— No LH surge detected; the result will remain on the Display Screen for 10 minutes. Eject the test stick and test again tomorrow at the same time. The test will remember your LH hormone level from the previous day.



NO LH SURGE

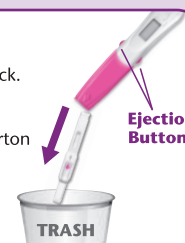
YES+ You have reached your most fertile time and should ovulate within the next 24–36 hours. Have intercourse at any time during the next 24–36 hours to maximize your chances of becoming pregnant. The result will remain on the Display Screen for 60 minutes. There is no need for further testing during this cycle. **The Digital Reader will shut itself off permanently.**



LH SURGE

6 Eject the Test Stick

- After you have read the result, press the pink Ejection Buttons on the Digital Reader to remove the Test Stick.
- Dispose of the Test Stick with your normal household waste.
- Do not reuse/reinsert a used Test Stick.
- If your result was "NO—," store the Digital Reader **pink side down** in the storage compartment in the carton and test again tomorrow at the same time.
- If your result was "YES+," there is no need for further testing during this cycle. The Digital Reader will shut itself off permanently. Dispose of the Digital Reader with your normal household waste.



QUESTIONS & ANSWERS

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

A: This test is over 99% accurate in detecting the LH surge in laboratory studies.

Q: Once I detect my LH surge (YES+), when is the best time to have intercourse?

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 2 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: No. Once you get a "YES+" result, it means the LH surge is detected, and the Digital Reader permanently shuts itself off after 60 minutes. Likewise, once the Foil Pouch is opened, the Test Sticks must be used within 30 days.

Q: I've done all the tests as instructed, but I've not yet detected my surge. What should I do?

A: The FIRST RESPONSE™ Daily Digital Ovulation Test consists of 20 Test Sticks, which are sufficient for most women with regular cycles to detect their LH surge. Some women do not ovulate each cycle and therefore will not see an LH surge in such cycles. Test again during your next cycle with a new FIRST RESPONSE™ Daily Digital Ovulation Test Kit. If you have not detected an LH surge after several months of testing, contact your physician.

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 done a test, but the clock symbol has not started blinking. What does this mean?

A: The test has not been done correctly. Eject the Test Stick and wait at least 10 minutes or until the Display Screen is blank. Retest with a new Test Stick following all directions carefully.

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

A: A "?" symbol indicates an error has occurred during testing. You should retest with a new Test Stick after the "?" 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 downward or lay the test flat on a non-absorbent surface.



Q: I have assembled the test, but the Display Screen has remained blank. I have done a test, but the Display Screen is blank. What is wrong?

A: If you have assembled the test and not 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 reappear 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-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 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 using oral contraceptive, 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™ Daily Digital Ovulation Test. Follow your physician's advice on when to try to become pregnant.

Q: If the FIRST RESPONSE™ Daily Digital 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.

If you have any questions, call us toll-free at **1-800-268-3186**, Monday–Friday from 7:00 AM to 5:00 PM Eastern Time. Visit us online at **www.1stresponse.ca**

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