

pregnancy planning kit

5 x ultra sensitive ovulation tests
1 x early pregnancy midstream test

confirm[®]
accuracy clarity confidence



Freecall helpline 1800 033 289

If you have any questions call the confirm[®] helpline Monday to Friday, 9am to 5pm EST, Australia only or visit us at www.mentholatum.com.au

Please read all the information in this leaflet before opening any of the sachets and commencing the test.

Before you begin

The confirm[®] pregnancy planning kit contains 5 ovulation tests, allowing you to test over several days to find your most fertile time. Calculate when to start testing using the chart below.

1. First calculate the length of your average menstrual cycle. Your menstrual cycle length is the number of days from the first day of your period (menstrual bleeding) to the last day before your next period starts. Circle the number of days in your cycle on the 'when to start testing chart'.

Note: If your cycle is irregular, you may want to use your shortest cycle length when reading the chart below.

2. Refer to the example below and use the **sample calendar** to determine which day you should begin testing.

When to start testing?

cycle length (days)	start test series beginning on	cycle length (days)	start test series beginning on
21	Day 5	31	Day 14
22	Day 5	32	Day 15
23	Day 6	33	Day 16
24	Day 7	34	Day 17
25	Day 8	35	Day 18
26	Day 9	36	Day 19
27	Day 10	37	Day 20
28	Day 11	38	Day 21
29	Day 12	39	Day 22
30	Day 13	40	Day 23

Sample calendar

S	M	T	W	T	F	S
		1	2 PERIOD STARTS DAY ONE	3	4	5
6	7	8	9	10	11	12 START TESTING
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

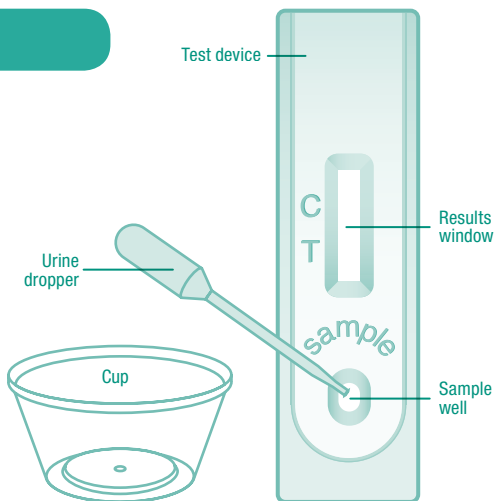
Example one

Your usual cycle length is 28 days. Your period started on the 2nd of the month. The 'when to start testing chart' shows to start testing on day 11 i.e. Beginning with day 1 of your period, count ahead 11 days on the calendar. You would begin testing your urine on the 12th of the month.

Note: If your menstrual cycle typically exceeds 40 days, or is shorter than 21 days, you should consult your Physician as to the proper day to begin testing.

How to use confirm[®] ovulation test

1. Urinate into a clean, dry cup container. **DO NOT** use first morning urine and try to collect your urine at approximately the same time each day.
2. Remove the test device and urine dropper from the sealed pouch and place it on a level, dry surface.
3. Using the urine dropper, place 3 drops of urine into the sample well. Wait for coloured lines to appear.
4. Read results after 5 minutes. **DO NOT** interpret results after 10 minutes.



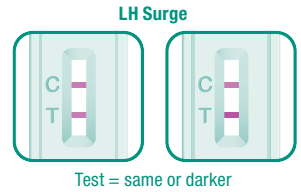
Reading your results

While you are waiting for your result, you may notice a coloured solution moving across the **results window**. This is normal. You need to wait 5 minutes to confirm the result. The test should not be evaluated after 10 minutes. To determine your results, compare the colour intensity to the line in the test zone to the line in the **control zone** as follows:

LH Surge

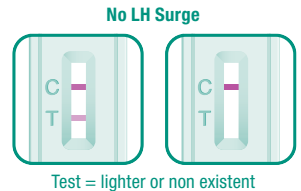
If 2 lines are visible and the line in the **test zone** is similar to or darker in colour intensity compared to the line in the **control zone**, your LH has surged and you will probably ovulate in the next 24 to 36 hours. Once you have detected your LH surge there is no need to continue testing

C = control T = test



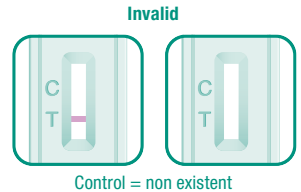
No LH Surge

If 2 lines are visible but the line in the **test zone** is lighter in colour compared to the line in the **control zone**, your LH has not surged. Also, if no line is visible in the **test zone** and 1 line is visible in the **control zone**, your LH level has not surged. You should continue daily testing.



Invalid LH

If a coloured line does not appear in the **control zone**, the test is invalid. Insufficient specimen volume or incorrect test performance is the most likely reason for an invalid result. If this occurs, add 3 additional drops of urine to the **sample well** and wait 5 minutes to read the results. If there is still no coloured line in the **control zone**, the test is invalid and should be discarded. Review the instructions and then, following them exactly, repeat the test using a new **confirm® ovulation test**.



Common questions

Q What is ovulation?

A Ovulation is the release of an egg from the ovary. The egg passes through the fallopian tube where it is ready to be fertilised. In order for pregnancy to occur, the egg must be fertilised by sperm within 24 hours after its release. Immediately prior to ovulation, the body produces a large amount of luteinising hormone (LH). This is known as the "LH surge" and usually takes place in the middle of the menstrual cycle. LH triggers the release of an egg from the ovary. Some women do not ovulate every cycle and will not see an increase in LH levels during these non-ovulating cycles.

Q How does the test work?

A The **confirm® ovulation test** helps you predict the time of ovulation and peak fertility. It is during the fertile time that pregnancy is most likely to occur: The **confirm® ovulation test** detects the LH surge in urine, signalling that ovulation is likely to occur in the next 24 to 36 hours. It is important to note that an LH surge and ovulation may not occur in all cycles.

Q How long will the line remain visible?

A The test should be read at 5 minutes for best results. A positive (LH surge) result will never disappear. The colour of the line may become darker and a tinted background may appear after several hours. Some negative results may later display a faint second coloured line because of evaporation from the results window. Therefore, you should not read the results after 10 minutes and discard the test once you have read the result.

Q How accurate is the confirm® ovulation test?

A In laboratory studies the **confirm® ovulation test** has been proven to be greater than 99% accurate.

Q It's my first day of testing, why haven't I seen a positive result?

A Not every woman ovulates at mid-cycle, therefore, you may not see a positive result during your firsts days of testing. Continue testing with the **confirm® ovulation test** to detect your LH surge.

Q Does alcohol or common medication affect the test?

A No, but you should consult your doctor if you are taking any hormonal medication. Some prescription drugs may affect the result such as menopausins for injection and danazol (Danocrine®). If you are using Clomiphene Citrate (e.g. Clomid® and Serophene®), consult your doctor for possible interference with the test. Some rare medical conditions and/or the onset of menopause can also cause elevated LH levels.

Q I have recently come off the contraceptive pill, had a miscarriage, abortion or given birth. Can that affect the results?

A Recent oral contraceptive use, breast-feeding, or pregnancy could affect the test results.

Q Why should I not use first morning urine for the ovulation test? What time of day should I perform the ovulation test?

A We do not recommend first morning urine for the ovulation test because it is concentrated and may give a false result. Any other time of day is suitable. For best results, try to collect your urine at approximately the same time each day.

Q Will the amount of liquid I drink affect the ovulation result?

A A heavy intake of fluids prior to testing your ovulation will dilute the hormone in your urine. We suggest that you limit your fluid intake for about two hours before you perform the test.

Q Once I see an LH surge, when is the best time to have intercourse?

A Ovulation is most likely to occur within 24 to 36 hours. This is your most fertile time. Sexual intercourse within this time frame is advised.

Q I am now using the basal body temperature method (BBT). Does this test replace the BBT?

A The **confirm® ovulation test** may replace the BBT method if you choose or may be used simultaneously. The **confirm® ovulation test** can indicate that ovulation is about to occur whilst the shift in basal body temperature primarily indicates ovulation has already occurred.

Q I received a positive result and had intercourse during these fertile days but have not become pregnant. What should I do?

A There are many factors that can affect your ability to become pregnant. It can take normal, healthy couples many months to achieve a pregnancy and often you may need the kit for 3 to 4 months before achieving pregnancy. If pregnancy is not achieved after 3 to 4 months, you and your partner should consult your doctor.

Q I received a positive result and had intercourse during these fertile days. I think I may be pregnant. How soon can I find out?

A Test your urine with the enclosed **confirm® early pregnancy test** which can provide you with results as early as 10 days after conception. Please read the instruction below for performing the **confirm® early pregnancy test**.

Q Can I use the confirm® ovulation test to avoid pregnancy?

A No, the test should not be used as a form of birth control.

early pregnancy test

midstream

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accuracy clarity confidence

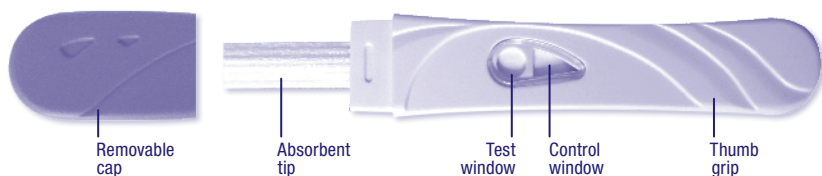


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Confirm[®] stick – easy to use



How to use confirm[®] early pregnancy test

When you are ready,

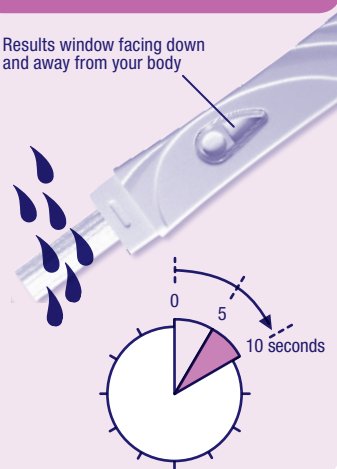
1. Remove the test stick from the foil wrapper.
2. Holding the stick by the thumb grip, remove the cap.
3. Keep the absorbent tip pointing down with the results window facing away from your body (see diagram) and place into your urine stream until it is thoroughly wet (for at least 10 seconds).
4. If you prefer, you can use a clean, dry cup or container and perform the test by dipping the absorbent tip of the stick in the urine for at least 15 seconds.
5. Keeping the absorbent stick pointing down, remove from your urine stream and immediately replace the cap*.
6. Lay the test stick on a flat surface with the windows facing upward while you wait for the results.

DO NOT allow the absorbent tip to point upwards, nor move the test while the results are developing as this may cause the test to fail.

*this is for hygiene purposes.

Keep absorbent tip pointing down

Results window facing down and away from your body



Reading your results

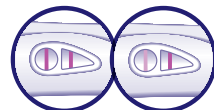
While you are waiting for your result, you may notice a coloured solution moving across the **results window** or a faint horizontal line. This is normal. **Positive** results are available as early as 3 minutes and will be confirmed within 5 minutes. You must read the results within 10 minutes. The test results should not be read after 10 minutes.

PREGNANT

Two pink lines appear, one in the **results window** and one in the **control window**. One line may be lighter than the other.

What does the result mean?

The test is positive and has detected the hCG pregnancy hormone. You can assume you are pregnant and should talk to your doctor for prenatal care and advice.



2 lines = pregnant

NOT PREGNANT

One pink line only appears in the **control window**.

What does the result mean?

The test is negative and no hCG has been detected. You can assume you are not pregnant. However, if after seven days you still do not get your period, you should retest with another **confirm**[®] early pregnancy test. If you still get a negative result and your period has not started, you should see your doctor.

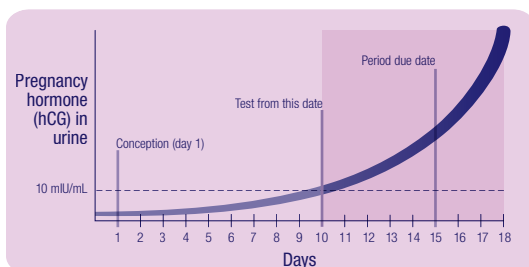


1 line = not pregnant

Common questions

Q How does the test work?

A If you are pregnant your body will produce a special pregnancy hormone known as hCG (human Chorionic Gonadotropin). After conception, rapidly increasing levels of this hormone appear in the urine. **Confirm® early pregnancy test** detects this hormone in your urine and is able to determine whether you are pregnant.



Q When can I use the test?

A **Confirm® early pregnancy test** is sensitive enough to detect 10 mIU/mL of hCG in urine. This means that on average, if you are pregnant, a positive test result may be detected as early as 10 days after conception or 5 days before your period is due. Please note, as levels of hCG can vary significantly between women, if you test before your period is due and obtain a 'Not Pregnant' result, there is a chance that you may still be pregnant but your hormone level is not high enough for the test to detect. Therefore, **confirm®** advises the optimal time to use the test is from the day before your period is due.

Q How accurate is the test?

A **Confirm® early pregnancy tests** are more than 99% accurate at detecting the pregnancy hormone from the day before your period is due.

Q Does it matter what time of day I use the test?

A The test can be used at any time of day or night. However if you are testing within 14 days of conception it is advisable to use the first morning urine, as the first morning urine generally contains the highest level of pregnancy hormone. You do not, however, have to use the first morning urine.

Q What if the pink line in the results window is very light in colour, am I pregnant?

A Yes. A positive result may show up as a lighter line or the same colour as the **control window**. Even if the line is faint you can assume you are pregnant.

Q Can the results change after a certain length of time?

A A positive test result will last for days. A negative test result should not be read after 10 minutes. You should check your test results as soon as possible after the three minute development time.

Q What should I do if the test result is negative and I still suspect I am pregnant?

A You may not be pregnant or levels of hCG may be too low to be detected. If your period does not start within a few days, repeat the test using another **confirm® early pregnancy test**. If you still get a negative result and your period is overdue and has not started, you should see your doctor.

Q No pink lines have appeared in any of the windows. What does this mean?

A If a pink line does not appear in the **control window**, the test has not worked properly and is therefore invalid. This could have happened because the absorbent stick was not saturated with enough urine or it was held pointing upwards after use. You should use another **confirm®** pregnancy test, carefully following the instructions.

Q Can medication affect the results?

A Alcohol, analgesics (pain killers), antibiotics and birth control pills should not affect the test results. Consult your doctor for advice on interpreting the results if you are using drugs containing hCG.

Q I didn't lay the stick flat after conducting the test, can this affect the result?

A Yes it can affect the results, however, if the control line appears then the test has worked correctly.

Q I did a test and it came back negative, later in the day I checked the results again and it was positive, am I pregnant?

A It is necessary to read the results within 10 minutes of taking the test. A positive result generally appears after three minutes and will be clearer after five minutes. A negative result will last for 10 minutes and any changes after this time should be disregarded.

Q I am having difficulty in getting pregnant. Is there anything you can help me with?

A It may help to become familiar with your ovulation cycle. Your most fertile days are the ones leading up to ovulation (when you release an egg from your ovary). The **confirm® pregnancy planning kit** and **confirm® ovulation kit** are easy to use at home test kits that identify your peak fertility by detecting changes in your hormone levels in the lead up to ovulation.

Q I have recently had a miscarriage, abortion or given birth, can that affect the results?

A Yes. The hCG hormone can be detected for up to eight weeks after miscarriage, abortion or birth.

Q There is a faint line going across the test running in the opposite direction to the control line, is this a positive result?

A No, this is an evaporation line, which occurs as a result of the dye mixing with the hormones. It will eventually fade and is nothing to worry about.



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Store in a dry place below 30°C. Do not freeze. For in-vitro diagnostic use only.

Not to be taken internally. Keep out of reach of children.

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