

# early pregnancy test

midstream

**confirm**<sup>®</sup>  
accuracy clarity confidence

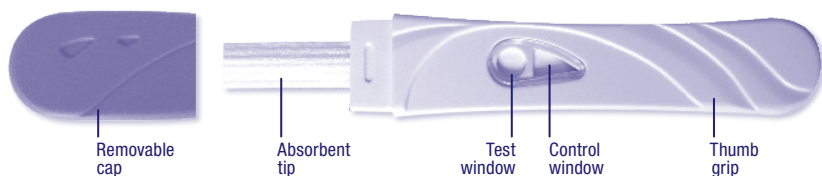


Freecall helpline 1800 033 289

If you have any questions call the **confirm**<sup>®</sup> helpline Monday to Friday, 9am to 5pm EST, Australia only or visit us at [www.mentholatum.com.au](http://www.mentholatum.com.au)  
**Please read all the information in this leaflet before completing the test.**



**Confirm**<sup>®</sup> stick – easy to use



## How to use confirm<sup>®</sup> early pregnancy test

When you are ready,

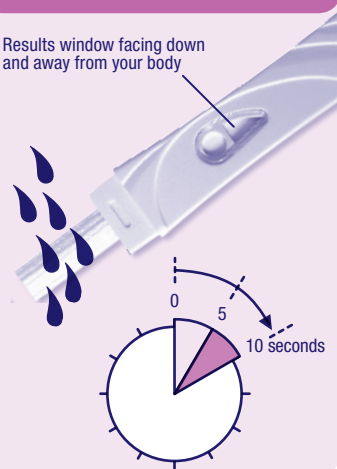
1. Remove the test stick from the foil wrapper.
2. Holding the stick by the thumb grip, remove the cap.
3. Keep the absorbent tip pointing down with the results window facing away from your body (see diagram) and place into your urine stream until it is thoroughly wet (for at least 10 seconds).
4. If 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**<sup>®</sup> early pregnancy test. If you still get a negative result and your period has not started, you should see your doctor.

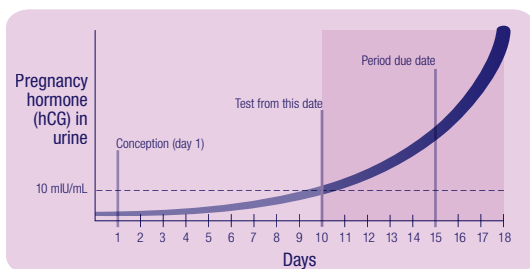


1 line = not pregnant

## 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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