



You made a life-changing decision in choosing to become pregnant. You've dreamed about a baby; about being a parent and the joy a new life will bring. You want to do everything right and learn as much as possible. This booklet will help you learn more about ovulation prediction when you're taking ovary stimulating drugs such as Clomid™ and Serophene®, (clomiphene citrate).

Get Pregnant Sooner*

At Home Ovulation Predictor Test Kit

www.firstresponse.com

**First Response® is the
#1 Pharmacist Recommended
Ovulation Test Kit[†]**

*If your period
has been irregular,
it may be difficult
to tell when
ovulation is
likely to occur.
An Ovulation
Predictor Test
can help pinpoint
the two days each
month when you
are more likely
to become pregnant.*



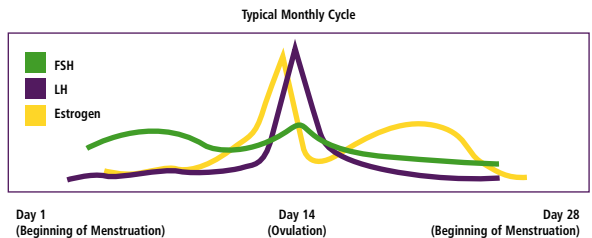
Your Body's Amazing Chemistry

The "normal" menstrual cycle is governed by an orchestra of hormones; each building and waning over a 28 day cycle. Day 1 corresponds with the first day of your period as your uterus sheds the lining built up over the past 3 weeks.

Around Day 3, your pituitary gland, located in the brain, signals for the release of follicle stimulating hormone (FSH). One egg each month will develop a follicle around itself. Occasionally more than one follicle matures, allowing for the possibility of fraternal twins.

As the follicle grows and matures, it produces the hormone, estrogen, stimulating the uterus to make "sperm friendly" mucus in your cervix. The sharp increase in estrogen also lets the pituitary gland know that the follicle is mature and ready to move out of the ovary.

Around mid cycle, the pituitary releases luteinizing hormone (LH) and this LH surge causes the follicle with egg safely inside, to burst from the ovary and begin its journey down the fallopian tube to the uterus. Most women feel nothing during this process, although some experience slight abdominal discomfort as ovulation occurs. *Your two most fertile days each cycle begin with the LH surge.*



The good news is that almost 100% of women are able to produce the hormones necessary for ovulation. When fertility is a problem, it's sometimes just a matter of timing. According to the American Society of Reproductive Medicine, ovulation problems account for over 25% of female infertility.

When Getting Pregnant is Taking Too Long

You've been trying to conceive, probably for more than a year and you've decided to get help. After preliminary tests and discussions, your doctor may prescribe clomiphene citrate (Clomid[®] or Serophene[®]) to induce ovulation. The drug stimulates the pituitary gland to release FSH and is 60-80% effective in restoring normal ovulation.

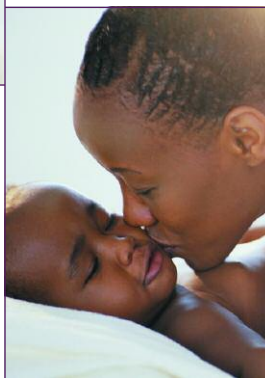
When the pituitary produces adequate FSH, the follicle matures well and is able to release the estrogen necessary to keep the process going. *A good level of FSH early in the cycle is extremely important.*

The "How" and "When" of clomiphene citrate

Your doctor will probably start with a relatively low dose of clomiphene citrate (50 mg) once a day, on days 5-9 of your cycle. Women respond in an individual fashion to this drug and your doctor might increase the dosage. If your period has been irregular before the drug, **your** "normal" cycle could be longer or shorter than 28 days and your LH surge may not occur between days 11 and 14. An Ovulation Predictor Test, which detects your LH surge, is very important for timing intercourse in conjunction with ovulation stimulation and can assist an otherwise normal and healthy woman with achieving pregnancy sooner.

Using an Ovulation Predictor Test

LH surge can be detected by an Ovulation Predictor Test such as the FIRST RESPONSE[®] Easy-Read Ovulation Test. Determine the best day to start testing based on **your average cycle** length and consultation with your physician. Usually, you should begin testing 3 days after taking your last clomiphene citrate for the cycle.



Calculating Your Cycle

Length of Cycle (Days)	21	22	23	24	25	26	27	28	29	30
Using the first day of bleeding or spotting as Day 1, count forward the following number of days to begin testing.	5	5	6	7	8	9	10	11	12	13
Length of Cycle (Days)	31	32	33	34	35	36	37	38	39	40
Using the first day of bleeding or spotting as Day 1, count forward the following number of days to begin testing.	14	15	16	17	18	19	20	21	22	23

While many women choose to test first thing in the morning, you may test your urine at any time of the day, but be consistent. Reduce your liquid intake for 2 hours before testing. Each FIRST RESPONSE[®] Easy-Read Ovulation Test kit contains 7 sticks.

Follow the package instructions in the Ovulation Predictor Test. When using a FIRST RESPONSE[®] Easy-Read Ovulation Test, you will see two similar purple lines in the Result Window. This means you have detected your LH surge. You should ovulate within the next 24-36 hours.

If you have intercourse within 24-36 hours after you detect your LH surge, you will maximize your chances of becoming pregnant in that cycle.

If the Result Window shows one purple reference line and/or the purple reference line and a faint purple test line, you have not yet reached your LH surge. You should continue daily testing until the two purple lines are the same color or the test line is darker than the reference line. Once you have read the result (the result can be read for up to one hour), the test stick should be discarded.

Early Result Pregnancy Test

Also available is an at home pregnancy test which can be used up to 5 days sooner than the missed period. This pregnancy test is highly sensitive and has a 99% accuracy at typical pregnancy hormone levels. This test is easy to use and read and you can test at any time of day. By using this pregnancy test, you can start to take the proper steps you need to care for your pregnancy right away to prepare for your happy family.

It's Time to Live Healthy

A healthy lifestyle is vital when trying to conceive and after becoming pregnant. Eat a healthy, well-balanced diet and take folic acid to help prevent certain types of birth defects. Consider a nutritional supplement containing iron before conceiving and a pre-natal supplement while pregnant.

Exercise is as important during pregnancy as any other time. It will be easier to maintain an exercise plan while pregnant if you start now and make moderate exercise a daily habit.

If you're still smoking, now is the best time to stop. Ask your doctor for assistance. Keep alcohol and caffeine consumption to a minimum while pregnant. Many doctors recommend elimination of these substances.

Sources: Published Materials from
American Society of Reproductive Medicine
Centers for Disease Control
The National Infertility Association

If you have any questions

about the use of the

FIRST RESPONSE® Easy-Read Ovulation Test,
call our consumer information staff toll-free at:
800-367-6022, weekdays
7:00 a.m. to 5:00 p.m., EST.

Or visit us at www.firstresponse.com

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FIRST RESPONSE®, Home Diagnostic Kits

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*Based on 2004 Consumer Study. Sooner than without
ovulation testing when directions are carefully followed.

† 2004 Pharmacy Today study.