



# DISCOVER



*pregnancy planning kit*

*To Help Get Pregnant Sooner  
Predicts Your 2 Most Fertile Days\**



*This pack contains:  
7 Ovulation Predictor Tests*

## STEP 1 INSTRUCTIONS AND USE

- Read all the information in this leaflet before performing the test. The directions should be followed precisely to get accurate results.
- Do not use this product after expiration date stamped on the base of the carton.
- Store in a dry place below 30°C.
- Do not freeze.
- Keep out of reach of children.
- For in-vitro diagnostic use. Not for internal use.
- This test cannot be used for contraception (birth control) or gender selection.
- This test is not reusable.
- If you have any questions, call us in Australia toll-free at 1800 222 099, email [enquiries@churchdwright.com.au](mailto:enquiries@churchdwright.com.au) or go to [www.discoverpregnancy.com.au](http://www.discoverpregnancy.com.au)
- If you are in New Zealand, call toll-free at 0800 380 218



## STEP 2 PREGNANCY PLANNING CALENDAR WORKSHEET

This Pregnancy Planning Calendar Worksheet is the perfect tool to help you keep track of your days of menstruation, ovulation and intercourse for the month. This will not only provide you with the pertinent information you need to help you find your peak fertility days, but it will also be a helpful guide for discussions with your doctor. To fill in your Worksheet, follow the steps below and use your own monthly calendar to help pinpoint your exact dates. You will need to use the tests in this kit before you fill in points d, e and f.

- Month(s):** Fill in the current month. If you begin this mid-month, you will need to fill in the following month as well.
- Cycle Length:** If you know the approximate length of your monthly cycle, fill it in. If not, you need to determine the length of your normal cycle. If is from the beginning of one period to the beginning of the next. Count the first day of bleeding or spotting as day 1. If your cycle length is irregular, take the average number of days for the last 3 months.
- First day of Menstruation:** Fill in the date that you begin menstruation (first day of bleeding or spotting).
- Day to Begin Testing:** Use the chart included in this insert under Step 3: Discover 7 Day Pregnancy Planning Kit. The day you begin testing is listed opposite the number of days in your cycle.
- Day of Surge:** Use one test from this kit every day until you see the surge (read Step 3: Discover 7 Day Pregnancy Planning Kit). Then fill in this date
- Days of Intercourse:** If you have intercourse within 36 hours after you detect your surge, you will maximise your chance of getting pregnant. Mark down days of intercourse

### PREGNANCY PLANNING CALENDAR WORKSHEET

Use a regular calendar to pinpoint your exact dates.

a. Month(s)

b. Cycle Length

c. First Day of Menstruation

d. Day to Begin Ovulation Predictor Testing

e. Day of Surge

f. Days of Intercourse



### STEP 3

## DISCOVER 7 DAY PREGNANCY PLANNING KIT - THE TESTS

### How the Discover 7 Day Pregnancy Planning Kit Test Works

Luteinizing hormone (LH) is always present in your urine and increases just before ovulation. This increase or "surge" in LH triggers ovulation, which is the release of an egg from your ovary. This is also the most fertile time of your cycle.

The Discover 7 Day Pregnancy Planning Kit test detects the LH surge which precedes ovulation by 24-36 hours. Your two most fertile days begin with the LH surge. If you have intercourse within the next 24-36 hours, you will maximize your chances of becoming pregnant.

### When to begin testing

You may test at any time of day, but you should test approximately the same time each day. Reduce your liquid intake for 2 hours before testing.

To find out when to begin testing, determine the length of your normal cycle. The length of your cycle is from the beginning of one period to the beginning of the next. Count the first day of bleeding or spotting as day 1. If your cycle length is irregular, that is, if it varies by more than a few days each month, take the average number of days for the last 3 months. Use the chart below to figure out the day you should begin testing. The day you begin testing is listed opposite the number of days in your cycle. For example, looking at the chart, if your period normally begins every 28 days, you should begin testing 11 days from the first day of bleeding of your last period

Length of Normal Cycle (Days)	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Start testing this many days after your last period began	5	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

Example: Jenny has a regular cycle of 28 days, and has started her period on the 4th. Beginning with the 4th as day 1, she counts forward 11 days and begins testing on the 14th.

If 7 days of testing does not detect your hormone surge, you may continue testing with a second Discover 7 Day Pregnancy Planning Kit.

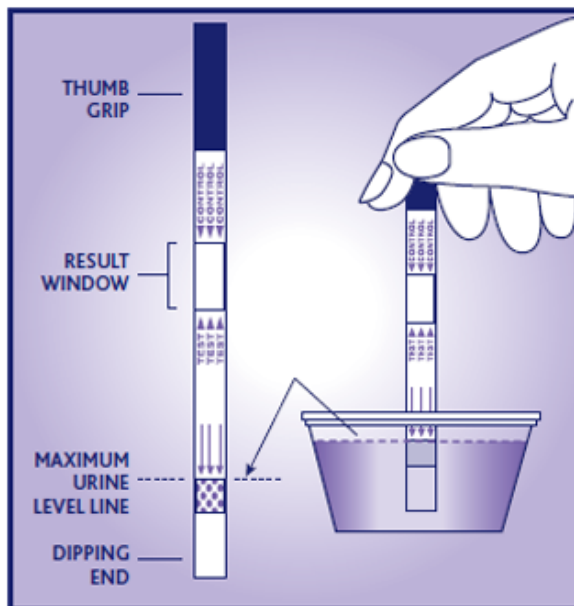
NOTE: If you are unsure about your cycle length or when to start testing call the Discover Advice Line In Australia freecall 1800 222 099. In New Zealand freecall 0800 380 218.



Sun	M	T	W	Th	F	Sat
		1	2	3	4 <i>Day 1 Period Start</i>	5
6	7	8	9	10	11	12
13	14 <i>Start Testing</i>					

## How to perform the test

1. Urinate in enclosed cup.
2. Remove the test strip from the packet and perform the test immediately.
3. With the arrows pointing towards the urine, dip the test strip into the urine sample for 10 seconds. The surface of the sample must be within the green area on the strip. See diagram on the right.  
Note: hold the strip as straight as possible.
4. Remove the test strip from the urine sample. Place it on a non-absorbent flat surface and begin timing. Do not move the test strip while results are developing.
5. Read results after 5 minutes. Use the examples in the "How to Read the Test Results" section to help you interpret your result. Do not interpret results after 8 minutes.
6. Discard the test strip after you have read your result. Discard the urine sample and rinse the cup with water only – DO NOT use any soap or detergents. Dry the cup with a paper towel.
7. Continue testing around the same time each day until you detect your LH surge. Once you detect your surge, you should have intercourse within 24-36 hours to maximise your chances of becoming pregnant.

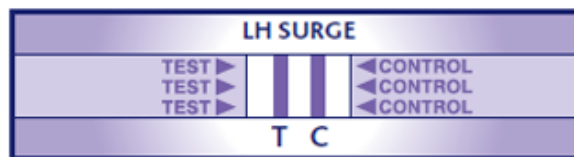


## How to read the test results

Here are examples of results you can expect to see:

### LH surge

Two lines are visible and the colour intensity of the Test Line (T) is similar to or darker than the Control Line (C).



### No LH surge

Two lines are visible but the Test Line (T) is lighter than the Control Line (C) or there is a Control Line (C) and NO visible Test Line (T).



Once you know you are about to ovulate, you are at the start of the most fertile time of your monthly cycle. If you have intercourse within 24-36 hours, after you detect your LH surge, you will maximize your chances of becoming pregnant. **There is no need to wait until you ovulate before having intercourse.**

## Limitations of the test

Some prescription drugs, such as menotropins for injection (e.g., Pergonal<sup>1</sup>) may affect the result you see with the Discover 7 Day Pregnancy Planning Kit test. If you are undergoing therapy with Clomiphene citrate (e.g., Clomid<sup>2</sup> or Serophene<sup>3</sup>), please consult your physician about how this may affect your test result.

Medications containing hCG or LH may affect the test and should not be taken while using this test. In addition, the results of the test may not be valid if you are taking oral contraceptives. Some women do not ovulate every cycle and they will not see any increase in the level of LH during these non-ovulating cycles. 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. Women with medically diagnosed fertility problems should consult their physicians before using this product.

1. Pergonal is a registered trademark used by Ares Trading SA.
2. Clomid is a registered trademark of Merrell Pharmaceutical.
3. Serophene is a registered trademark of Ares Trading SA.