

DONNA® Saliva Fertility Tester

THE NEW PRODUCT TO PLAN THE WOMAN'S INTIMATE AND REPRODUCTIVE LIFE.

PRINCIPLE OF THE TEST

The female fertility period occurs once during the monthly menstrual cycle. The ovum (egg) matures in approximately the middle of the cycle, about 14 days prior to the onset of menstruation.

During a woman's menstrual cycle, there are only about 3 days when her egg is available for fertilisation.

Sperm can survive up to 72 hours (3 days) in the vagina and uterus, so if sexual intercourse occurs up to 3 days before a woman is fertile, she can still become pregnant.

Thus, there are about 6 days per month (3 days prior to fertility and 3 days of fertility) that a woman can conceive.

Calculation of this fertile period using traditional methods can be quite inaccurate, especially in the case of **women with irregular cycles.**

For couples wanting children, or concerned with family planning, the results can be frustrating at best.

Consequently, the use of tests based on the specific biological and hormonal phenomena occurring naturally in the female body during this fertility period can be useful in helping to maximize the chances of successful fertilization and resultant pregnancy. Conversely, they can help to minimize the possibility of an unwanted pregnancy. Obviously by abstaining from intercourse during this fertility period, the possibility of pregnancy is greatly reduced.

Fortunately, specific biological changes in the female body can indicate fertile and infertile periods.

Often used is the traditional **curve of the basal body temperature.** In the first half of the cycle, shortly after the beginning of the menstrual period, the basal temperature is low. After the egg is released, the temperature rises.

While this method has been used for years, it requires accurate and specific record keeping and results are often disappointing.

More specific is testing urine samples for the peaking of production of the **female LH hormone.**

Additionally, just prior to ovulation, salts (or electrolytes) increase dramatically in body fluids (e.g. saliva and cervical mucus) along with the hormone estrogen.

Consequently, being able to identify this increase in salts (electrolytes) is a valid method for identifying the onset of ovulation.

It has been clinically and scientifically observed that, during the fertile period, a sample of normal female saliva or cervical mucus, when dried and examined under a microscope, contains many structures resembling ferns.

These fern structures are actually dried salt or electrolyte crystals present as a result of the electrolyte build up prior to and during ovulation.

On all other days of the female cycle only shapeless, dotted structures can be seen.

A miniature microscope designed specifically to aid in the indication of the fertility period is now available.

Any woman can now easily check her fertility cycle anytime, anywhere without the need for basal charting or urine samples.

Saliva is the most accessible body fluid and easiest to obtain.

There is no need for complicated blood or urine tests. "Fern" structuring starts 3-4 days before ovulation and ceases 2-3 after ovulation.

The DONNA microscope is a scientific instrument with a precision 68X power magnification lens that, with proper care, can be discreetly used over and over again.

QUESTIONS AND ANSWERS

What is the DONNA Saliva Fertility Tester?

The DONNA Saliva Fertility Tester is an instrument that helps a woman identify the fertile and infertile periods during her monthly cycle

How does it work?

DONNA's optical block magnifies your sample of saliva (or cervical mucus). By comparing the image you are seeing in the microscope with the three images provided in the instructions for use (see overleaf) you can determine your hormone activity and whether you are at a less or more fertile period.

Why should I use the DONNA?

- **It is fast:** the DONNA microscope requires only a five minute interval for the saliva sample to dry. Once dry, view the sample through the lens to determine the result.
- **It is clean and easy-to-use:** "No messy urine tests" is the main advantage. There is a slight learning curve with any fertility tester; suggest to utilise the first cycle to master the art of interpretation.
- **It is educational:** By monitoring results every day, you learn about your own fertility patterns and the nuances of your cycle. Over time, you will be able to get a bird's eye view of your cycle history. Monitor results daily, even when you are not ovulating.
- **It is good for women with irregular cycles:** Unlike hit and miss LH surges (and the sheer volume of tests needed to pinpoint an LH surge), the DONNA allows women with irregular cycles to focus on their estrogen surge.
- **It is accurate:** 98% accuracy, proven in clinical trials. But that means following the directions (no eating, drinking, smoking, or brushing teeth before taking a sample).
- **It is early ovulation detectors:** Tracks ovulation with up to 72 hours notice. This provides plenty of time to plan ahead your sexual behaviour.
- **It is convenient and discreet:** You can use your DONNA anywhere, anytime, and everyone will think you are just looking into a tube of lipstick.
- **It is affordable:** Compared with the amount of money spent on urine LH tests, the DONNA is a very cost effective way to predict fertility.

The DONNA is not suitable for:

- Women in advanced menopause
- Women under hormonal contraception (the pill) or hormonal therapy
- Women who have in the last two months been pregnant
- Women receiving fertility drugs, such as clomiphene citrate, should not use the device since these drugs cause an increase in hormone levels which will induce ferning images.

THE PURPOSE OF THE DONNA MINI-MICROSCOPE IS TO AID IN DETERMINING DAYS OF OVULATION/FERTILITY. THE MANUFACTURER AND/OR DISTRIBUTOR ARE NOT RESPONSIBLE FOR ANY LOSSES OR DAMAGES RESULTING FROM AN INCORRECT INTERPRETATION OF TEST RESULTS.

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INSTRUCTIONS FOR USING THE DONNA® MINI-MICROSCOPE SALIVA FERTILITY TESTER



1. **Remove** outer cover of lip-stick size microscope device.

2. **Pull out** the black optic assembly from the inner tube.



3. **THE MICROSCOPE LENS, WHERE YOU APPLY YOUR SALIVA SAMPLE, HAS BEEN PROTECTED WITH A PLASTIC SEAL. PLEASE REMOVE THE PROTECTIVE SEAL BEFORE FIRST USING THE MICROSCOPE.**

DONNA is a reusable device: therefore, before each time you apply the saliva sample, please **clean the outside of microscope lens with alcohol and a cotton swab/alcohol wipe.** Place a small amount of saliva or cervical mucus (try avoiding bubbles and not to overflow lens), onto the bottom of the mini-microscope lens.



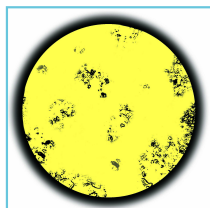
4. **Replace** the mini-microscope back into the inner tube and place outer cover over it. We recommend allowing the saliva sample to dry at least 5 minutes, depending on environment humidity. If you view your sample and see movement of saliva replace outer cover and wait the additional time as needed.



5. **Remove** the outer cover and with one hand take the DONNA device, using your thumb and middle finger to hold it. With your index (pointing) finger, push in and hold the white button on the opposite end of the DONNA. This will put on the internal light. With the opposite hand focus by turning, clockwise or anticlockwise the threaded eyepiece, until the sample is clearly visible. Compare the image you see with the ones hereunder.



DONNA is a device intended for self-testing. **VERY IMPORTANT:** what you see through the microscope



INFERTILE
Shapeless dotted structures

During your cycle when not ovulating, you will see no pattern. What you may see are random, very tiny black spots and some dried saliva rings in the yellow field.

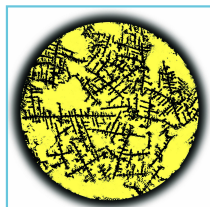
IMAGE A:
No possibility to conceive



TRANSITION
THREE DAYS PRE-AND POST FERTILE PERIOD
Small fern-like patterns within dotted structures

As you get closer to the beginning of your ovulating time (up to 3 days prior), you are looking to see short lines the thickness of a hair. There can be several or simply just a few of these hair-like structures. The quantity is not as important as is the presence of them. This means that you will start to ovulate anytime within the next 3 days. We advise you to now continue to use the DONNA at least 2x (times) per day.

IMAGE B:
Conception possible only during the pre-ovulating days but, reduced to 20-30%



FERTILE
Fern-like structures covering a portion of, or the entire field

At this point you are now looking to see those "eyelash" hair-like structures to have multiplied and have overlapped each other in the yellow light field. Here is where the salts in your body, due to the heightened level of your estrogen, crystallise and form patterns known as "ferning" or "crystallisation". These patterns will indicate that ovulation is about to take place - or occurring.

IMAGE C:
High possibility to conceive

• The quality of saliva sample can be affected by smoke, alcohol and food consumption. Therefore is highly recommended to use saliva for testing after 1 hour abstinence from these substances. In alternative, cervical mucus can be used.

• Please note that a complete cycle may vary dramatically. It is not uncommon for women to ovulate on: Day 21; Day 25; Day 30. Irregular cycles are very common. User should not take any decision of medical relevance without first consulting her medical practitioner.