

USING OVULATION PREDICTOR KITS FOR TIMING

Ovulation predictor kits are generally a reliable means of forecasting ovulation. As such they become a useful tool for timing inseminations (husband or donor), intercourse, endometrial biopsy, or postcoital testing. There is a surge of LH (luteinizing hormone) in the urine about 12 to 48 hours before ovulation. The kits work by identifying that surge. This “early warning” allows us to time inseminations with greater ease and reliability. Many commercial ovulation predictor kits are available and include Ovu-Quick™, Clearplan Easy™, First Response™, etc. Check for how easy it is to understand the instructions, ease of use, and price before you purchase a kit.

When to Start Testing

- Ovulation testing should be done each day starting 3 days before your expected ovulation. If you are on Comid® or Serophene® therapy, begin testing 3 days after taking your last dose of medication

A review of past basal body temperature charts (BBTs) can help you determine when to begin testing.

If you are unsure of when to start testing, please refer to the chart to the right. Start your testing after counting ahead the appropriate number of days from the first day of your period. You also may call one of the nurses to help you decide when to start testing.

- Continue testing until you see a color change
- All patients must call** with the onset of menses (in the first 4 days) to inform the office that you will be starting LH testing. **If you do not call the office to be put on the LH testing list, we may not be able to perform your procedure that month.**

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

When is the Day to Test

The instructions for different kits vary as to the best time of day to test. In order to properly coordinate your procedure, please test in the morning before 10:00 a.m. Restrict fluids for at least 4 hours before testing to improve the urine LH concentration. We recommend the following kits:

- Kit Name:** Ovu-Quick™ **Time:** 4 minutes

This kit is widely available throughout Denver. Call 1-800-874-1517 for the locations within your zip code. Ovu-Quick™ also offers a mail order option. To order direct, call the 800 number listed above. Note that a \$6.50 delivery charge will be added to the price.

- **Kit Name:** Clearplan Easy™ **Time:** 5 minutes

This kit can be found at the following stores: K-Mart, Wal-Mart, and Walgreens. It is a very reliable ovulation predictor kit and the easiest ovulation predictor kit to use.

What to do When Your Test Becomes Positive

What you will do when the test becomes positive depends on the reason you are using the test. Please see below for the directions that pertain to your situation.

- *For Postcoital Testing*
Let the office know (720-848-1690) of the color change. Schedule your postcoital test for the following day. (You should be testing before 10:00 a.m. each day.). Have intercourse sometime after 10:00 p.m. the night of the color change. You may bathe prior to the postcoital test but do not douche. All postcoital tests are done at the Anschutz Outpatient Pavilion, Advanced Reproductive Medicine office.
- *For Intercourse*
Have relations within 24 hours of color change.
- *For Inseminations (donor or husband)*
Please test early enough (prior to 10:00 a.m.) to notify the office (720-848-1690) of the color change. The office will schedule your insemination for the following day on weekdays. Please call prior to 10:00 a.m. so the laboratory can prepare the media for the insemination procedure. If you do not call by 10:00 a.m. we may not be able to schedule your insemination with the laboratory. On the weekends, please test by 7:00 a.m. and call the office by 7:15 a.m. If you do not call by 7:15 a.m. we may not be able to perform your insemination. All inseminations are done at the Anschutz Outpatient Pavilion, Advanced Reproductive Medicine office.
- *For Endometrial Biopsy*
Call 720-848-1690 within 4 days after the color change during regular business hours and schedule an endometrial biopsy.

MAJOR HOLIDAYS: While we try to be open as many days as possible throughout the year, we close the andrology laboratory on major holidays. This means that we cannot perform inseminations, postcoital testing, or endometrial biopsies on:

Thanksgiving Day
Thanksgiving Friday
Christmas Eve
Christmas Day
New Year's Eve
New Year's Day

If you are also recording your basal body temperature (BBTs), bring your BBT chart to each office visit.