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URINARY LH TESTING TO DETERMINE TIME OF OVULATION

During the menstrual cycle, a follicle, which is fluid filled sac containing the egg, develops in the ovary. When the follicle is sufficiently developed, the pituitary gland in the brain releases a surge of luteinizing hormone, or LH. This hormone causes the follicle to rupture, releasing the egg so that it may be captured by the fallopian tube.

By pinpointing the time of ovulation, we can better time procedures such as the post-coital test or intrauterine insemination. Some couples prefer to use the LH kit to time intercourse. If you want to do this, we suggest having intercourse the day or evening of the color change and again on the following day. Sperm live in the reproductive tract for up to seventy-two (72) hours.

We recommend that you obtain either the Clear Plan Easy or First Response test kit at your local pharmacy.

Be sure to do the ovulation predictor test each morning starting 3 days before expected ovulation (cycle day 11 in a 28 day cycle). Empty your bladder at least once after awakening before you collect urine for this test. Follow the directions in the kit, but do test your urine in the morning. If you have any questions, please call our office at (770) 292-2670.