

Ovulation predictor testing

Normal Menstrual cycle

During a normal menstrual cycle a woman will usually ovulate just once. Ovulation is controlled by the pituitary gland in the brain.

Eggs grow in the ovaries – in little capsules of fluid called follicles. A follicle is therefore a small cyst which contains an egg. As the follicle grows – the egg matures. During this process the follicle releases a hormone called estrogen. The pituitary gland in the brain monitors the levels of estrogen. When the estrogen level reaches a certain threshold – the brain realizes that the egg is mature. At this stage the pituitary gland in the brain “triggers” ovulation.

The pituitary gland in the brain does this by releasing a hormone called LH (luteinizing hormone) LH triggers ovulation. This is called an **LH surge**

The LH surge causes the ovary to release an egg (ovulation) about 24 – 36 hours later. We are able to detect the presence of this LH in your urine by using an LH predictor kit.

So by testing your urine every day, we are able to predict when you are going to ovulate. There are a number of Ovulation predictor kits available. Kits which are readily available at most pharmacies include First Response, Clearplan, Ovuquick etc. Some of these kits can be quite expensive. You can also order Ovulation predictor kits very cheaply on line from www.saveontests.com.

Ovulation will normally occur about 14 days before your next period. So if you have a 28 day cycle – you should ovulate around day 14. This would mean that you would have an LH surge on day 13. If you have a 24 day cycle – we would expect you to ovulate around day 10. This would mean that you would have an LH surge on Day 9.

In order to detect Ovulation – you should start testing your urine at least 2 days before you expect to have an LH surge. For most people – if you start testing on about day 10 or 11 you will not miss the surge.

Instructions for testing.

It is always best to test at about midday. Please follow the instructions below.

1. After breakfast – please empty your bladder and do not have anything further to drink until you do your test. This will allow your urine to be concentrated and avoid the risk of “missing” the LH surge due to dilute urine.
2. Empty your bladder again at about 10 am.
3. At around midday test your urine – having not voided for at least 2 hours.
4. Follow the instructions from the test kit

The instructions will tell you that your test is positive if your surge line is as dark as the Reference line.

For patients who are planning an IUI (intrauterine insemination) using their partners sperm, or for those patients planning an IUI with donor sperm (DI) – please follow the instructions below.

If your test line is nearly as dark as the reference line – it means that you are starting to have an LH surge – and you should contact VFC.

If your surge is on a weekday – please call VFC between 1 – 3 pm, and book your IUI for the following day.

If your surge is on a weekend – please first try calling VFC at 704 0024 or 704 0015. If there is no reply – then please call our clinical co ordinator or Dr.Hudson at the following numbers.

Clinical co ordinator	889 0526
Dr.Hudson	Cell 704 6653 OR Home 472 3432

We will then get particulars for you and arrange for the IUI the following day.