



## Luteinizing Hormone Testing/Ovulation Prediction Patient Instructions for Inseminations

1. Call the office (248 855 2229) the day your period begins (Cycle Day #1) and let us know your intention to monitor a treatment cycle. If your provider has instructed you to obtain a baseline ultrasound and bloodwork, this is usually performed on CD #2 or CD #3, please call to arrange this test.
2. You should obtain a urinary luteinizing hormone testing kit. These are available at most drug stores or online merchants such as Amazon.com
3. Download a fertility application that you can put on your smart phone such as “pink pad period and fertility tracker.” Very important to input the first day of your period (CD#1) and the length of your cycle. This is the number of days from the 1<sup>st</sup> day of full menstrual bleeding to the day before the bleeding begins again.
4. Testing: ***Once daily***  
Please try to perform urinary-LH testing on first morning urine. Using this method, 95% of LH surges should be detected. The LH-surge kits provide simple instructions for testing your urine. If the test is positive and you plan on IUI, then call the office to schedule an insemination. If the test is negative, repeat the following day. We also recommend that you perform urinary-LH testing the day *after* a positive LH surge-If negative on the day following a positive LH surge, you can be assured that you detected the peak of the surge. Remember, the LH surge can be detected 24-48 hours before ovulation.
5. When to Start Testing  
First, determine the length (number of days) of your normal menstrual cycle. This is the number of days from the 1<sup>st</sup> day of full menstrual bleeding to the day before the bleeding begins again. If your cycle lengths may vary from cycle to cycle (for example, 28-31 days), use the shortest cycle you had in the past 6 months to determine when to initiate LH testing. This strategy should ensure that you start testing several days before your actual LH surge so that you don't miss an early LH surge. The following reference table can be used to determine which day to start testing

Length of Cycle	Begin Testing ON
21	Day 6
22	Day 6
23	Day 7
24	Day 7
25	Day 8
26	Day 9
27	Day 10
28	Day 11
29	Day 12
30	Day 13
31	Day 14
32	Day 15
33	Day 16
34	Day 17
35	Day 18

## 6. Inseminations

*Intercourse:* Insemination by intercourse should occur within 24 hours of a positive Urine LH-surge. Ovulation should occur between 12-24 hours following the peak of a urinary LH-surge.

7. If you have not started your menses 15 days after your LH-surge, please contact the office so we may schedule a blood pregnancy test.

## 8. IUI (intrauterine insemination)

-Abstain from intercourse 24 hours prior to IUI.

-Sperm washing and preparation \$200

-IUI \$200

-These above prices does not include lab work or US during your monitored cycle. You are responsible for any lab work that is not covered by your insurance company. If you have questions regarding coverage for above services please contact your insurance company.