



Urine LH for Ovulation Prediction

There are several methods to predict or detect ovulation, including the basal body temperature (BBT), vaginal ultrasounds, blood tests to measure hormone levels, endometrial biopsies, test kits to measure urinary luteinizing hormone (LH) levels, and cervical mucus. Your physician may recommend one or several of these methods for ovulation prediction/ detection.

One of these methods involves checking the urine daily for the presence of luteinizing hormone (LH) with an ovulation prediction kit. These kits use paper dipsticks or cassettes that are able to detect changes in LH levels in the urine. LH is usually produced in small amounts during the menstrual cycle, but suddenly increases for a short time around the middle of your cycle. This increase is called the “LH surge” and usually causes ovulation within 36-40 hours after the surge begins. Timing of intercourse inseminations, post coital tests, or luteal phase testing can all be timed more effectively by using urine LH kits for predicting ovulation.

Which kit is recommended?

- * Clear Plan Easy, manufactured by Unipath Diagnostics
Cost: approximately \$20 for 7 tests
Availability: found over-the-counter at most pharmacies
- * OvuQuick One-Step, manufactured by Quidel
Cost: approximately \$35-40 for 6 tests
Availability: only available at pharmacies, or by mail. You may go to any local pharmacy and they can order the kit through their distributor. You may also order through an on-line pharmacy. You can do your own search or go to Quidel’s website, www.quidel.com and they have a link for ordering the OvuQuick kit. We consider these kits to be equally effective.

Guidelines for Usage of Ovulation Prediction Kits

- Collect urine for testing between 12:00 p.m.-3:00 p.m. (unless directed otherwise by your physician). We realize this method may be different from instructions in some kits, but this process improves timing.
- Drink a consistent amount of fluid each day so your urine is concentrated to a similar degree for each day’s test. Very dilute urine may not be adequately concentrated for LH detection (your urine will need to be yellow in color, not clear like water). You do not need to hold your urine for 4 hours; additionally you do not need to drink for 4 hours.
- Follow the manufacturer’s instructions for performing the test.

Begin testing your urine on cycle day as directed by your primary physician.

When the test color equals or exceeds the reference, you are having a LH surge. The manufacturer may suggest the color needs to be greater than the reference, but if it is equal it is considered a surge based on our extensive experience.

Inseminations (IUI) and Post Coital Tests (PCT) are scheduled the day after the LH surge unless your physician directs you otherwise.

If there are questions about the test kits, results, or interpretations, call your primary SRM RN at (206) 301-5000. If there are defective, missing, or damaged materials in kits, please call the manufacturer or distributors directly.