



Seattle Reproductive Medicine®

A N I N T E G R A M E D® A F F I L I A T E

Pooled Progesterone Test

In a normal menstrual cycle, progesterone is produced by the ovary after ovulation. Progesterone prepares the uterine lining for embryo implantation and supports the early pregnancy. Some patients with infertility or recurrent miscarriage may have a condition called “luteal phase deficiency” which specifically refers to inadequate ovarian progesterone secretion during the last two weeks (“luteal phase”) of the menstrual cycle.

As with many hormones, progesterone levels fluctuate hour to hour and day to day, so that a single level is not always an accurate reflection of ovarian function. Also, it is important that progesterone levels are sufficiently elevated for an adequate number of days after ovulation. For these reasons, it is ideal to check more than one blood progesterone level during the time in your cycle when progesterone levels are the highest, approximately 5 to 9 days after the LH surge. In the pooled progesterone test, blood is drawn on three days between the 5th and 9th days of the luteal phase. Blood samples will be “pooled” together, and a single progesterone level will be determined, representing an average of your progesterone levels.

Instructions For Scheduling Pooled Progesterone Test:

- 1) It will be necessary to determine the time of ovulation with a urine LH detection kit (ovulation predictor kit, or OPK). You should start urine LH testing 2 or 3 days before ovulation (approximately cycle day 10 or at least 17 days before your next expected period).
- 2) When the urine LH kit is positive (urine LH surge), that day is called “day 0.” The next day is day 1 of your luteal phase.
- 3) Call SRM when you detect your LH surge.
- 4) Schedule three progesterone blood draws on any three of the 5th to 9th days of the luteal phase. Schedule the three days that are most convenient for you (e.g., days 5,6,7 or 5,7,9 or 6,7,9, etc).
- 5) As with any tests, please be sure that you have a plan for receiving results. Unless otherwise instructed, you should schedule a follow up appointment with your physician after all of your tests have been completed.