

Specialists In Reproductive Medicine & Surgery, P.A.

www.DreamABaby.com • Fertility@DreamABaby.com

Excellence, Experience & Ethics



Urinary LH Monitoring *During Natural & Clomiphene Citrate Induction Cycles*

Explanation: As a follicle increases in size, your Estradiol (E2) level will also increase. The E2 signals the pituitary gland, located at the base of the brain, to release a surge of Luteinizing Hormone (LH). This “LH surge” triggers the ovulation process. Some patients don’t release the LH surge, so human Chorionic Gonadotropin (hCG) may need to be given to initiate the ovulation cascade.

Recommended Test Kits: (Please do not use other kits)

- **Clearblue, Clearblue Digital or Ovunque Onestep.** Please **DO NOT** use Clearblue Advanced Digital or Clearblue Fertility Monitor.

Start urine testing on cycle day (CD) #10 unless specified below. If you have not had a color change by CD#13, please call and you will be brought in for an ultrasound scan on CD#14. If a mature follicle is seen on transvaginal ultrasound, you will be given an injection of hCG sometime that same day. You will be inseminated 24-48 hours after the injection.

If the blanks are filled in below, please adhere to these individualized instructions:

- ⇒ LH urine testing should start on CD# _____.
- ⇒ Call office by 12:00 noon on CD# _____ if you have not yet had a color change. You will be asked to return to the office for a transvaginal ultrasound within the next 24 - 48 hours.

Additional Instructions:

1. Always test urine between 10:00 a.m. and 12:00 noon (not your first morning urine).
2. A “+ color change” usually is a color change that is equal to or darker than the control dot; Please check your specific kits directions.
3. If you are uncertain of the results, please repeat the test before calling the office. **If you call on a Saturday, tell the operator that you had a “color change” and that you want the physician paged.** With Sunday color changes, you may wait until Monday (not a holiday) morning to call the office.
4. If HCG is administered, please stop any additional urine testing since the injection will result in a + color change.
5. When you have a color change or HCG is given, your partner should abstain from ejaculation until specimen is given for IUI.
6. **Please note: If you call after 12:00 noon to schedule any procedure, we cannot guarantee that the insemination will be able to be performed.**

Please understand that you may be calling the physician on the weekend to schedule your procedure following an LH surge. Your physician will often have dozens of patients undergoing therapy simultaneously and it is not realistic to assume they remember your history. **Therefore, it is very important that you assist the physician or nurse in scheduling your procedure by having the following information available when you call:**

1. Current cycle day: _____
2. Did you take Clomiphene Citrate (Clomid) or Letrozole (Femara) this cycle? ρ No ρ Yes & How much? ____
3. Type of Procedure: ρ IUI ρ Donor sperm ρ Frozen embryo transfer
4. Number of specimens to be collected or thawed: ρ Single ρ Double
5. Semen collection location ρ Home ρ Office

Unless otherwise specified, all ultrasound/insemination procedures require an empty bladder.

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12611 World Plaza Lane, Bldg. 53 • Fort Myers, Florida 33907 • 239-275-8118 • 239-275-5914 fax