

TESTING FOR LH SURGE

LH surges 24 to 36 hours before ovulation, when estrogen is at peak levels.

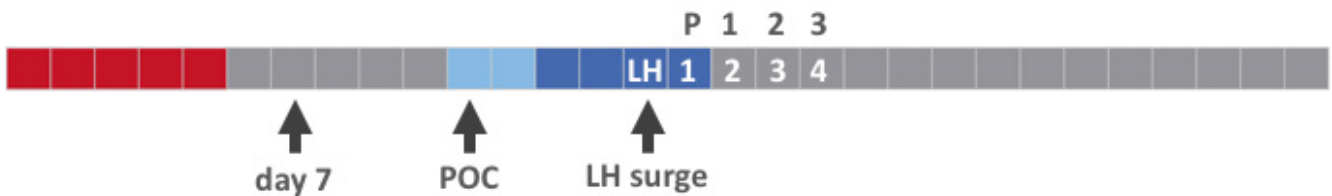
begin testing for LH surge:

- at POC: the change to EL or ES mucus
- or, at day 7 of cycle: if biomarkers are unclear

discontinue testing once positive LH reading is noted

mark on chart:

- LH surge as "LH"
- count of 4 days: LH+1, LH+2, LH+3, LH+4



Ovulation occurs within count of LH+4 or Peak+3

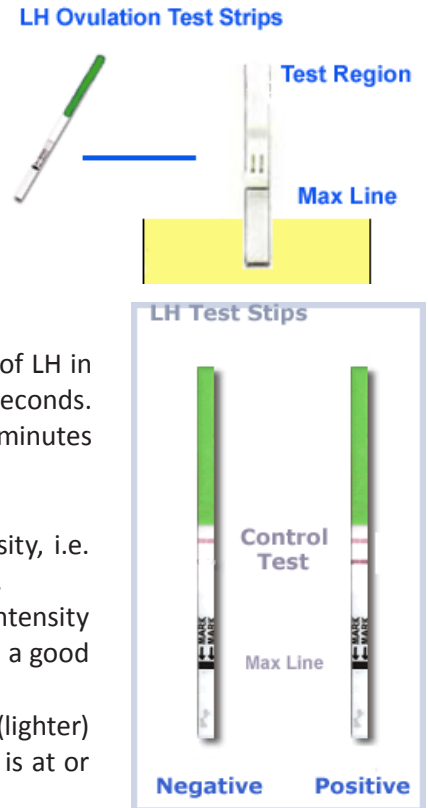
The LH surge (stimulated by peak estrogen levels) **triggers ovulation within 24-36 hours.**
LH (Luteinizing Hormone) **can be tested with at-home test strips in urine.**

LH Testing Instructions:

Test at the same time each day, late-morning is best but surge will remain in urine throughout day.

Not recommended to use the first urination of the day, as this is concentrated.

1. Remove strip from package and urinate in cup first then dip the strip up to max line for 10 seconds (can urinate on test strip, but more difficult).
2. Remove and place on flat, non-absorbent surface (i.e sink edge). Wait 3-5 minutes for color bands to appear. Depending on the concentration of LH in the test specimen, positive results may be observed in as little as 40 seconds. However, to confirm negative results, the complete reaction time of 10 minutes is required.
3. To determine a positive or negative LH surge, compare the color intensity, i.e. shade of color: lightness or darkness of the test band to the control band.
 - **Positive for the LH Surge:** If the test band is of equal or greater intensity (equal or darker) than the control band, this is a positive result and a good indication that the LH surge is occurring.
 - **Negative for the LH Surge:** If the test band is of lesser intensity (lighter) than the control band or cannot be seen, this means the LH level is at or near its basal (usual) level and that the LH surge is not in progress.
 - **Invalid Result:** If no control band appears within ten minutes, the test is invalid and should be ignored. The control band will not appear if an insufficient volume of urine is added, or if proper procedures are not followed. Repeat with a new test kit.
4. Continue testing each day until positive reading.
Chart "LH" and discontinue testing (can test a further day to be sure).



LH test strips can be purchased easily and inexpensively online.

Amazon sells packages of 50-100 for \$10-\$30.

Wondfo & ClinicalGuard are the most reasonably priced and found to be reliable.

A few additional tips:

- Read the test package instructions carefully.
- Only open the foil packet when you are ready to perform the test.
- Store tests at room temperature. Do not freeze.
- Test at same time each day. Late morning is best, but can test until about 8pm if necessary.
- Reduce your liquid intake for 2 hours before testing, since drinking excessive amounts of liquids can dilute the LH in urine.