Specialists In Reproductive Medicine & Surgery, P.A.

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Excellence, Experience & Ethics

Urinary LH Monitoring During *Ovarian Superovulation 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.

In order to detect a premature LH surge, you will monitor your LH levels using a urinary LH test kit. If an LH surge is detected before the HCG injection, the insemination time may be modified in order to "catch" the prematurely released egg(s).

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

- **Clearblue, Clearblue Digital** or **OvuQuick Onestep**. Please **DO NOT** use Clearblue Advanced Digital or Clearblue Fertility Monitor.
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General Instructions

- Test after first morning urination **between 10:00 a.m. and 12:00 noon (Important!)**
- **And** test again before the evening medication injection **between 6:00 and 7:00 p.m. (Important!)**
- Unless specifically instructed, please begin urinary testing when at least one 14 mm follicle is seen on ultrasound.
- Do not test your urine within the first few hours after an injection of the gonadotropins since some of these medications contain LH that will be detected in the urine.
- Do not give any additional superovulation medications after a premature LH surge is detected.
- The HCG injection is 10,000 IU dissolved in 1.25 cc of the water included in the HCG box. (see specific instructions)
- Stop urine testing after HCG is administered.
- Following a premature LH surge, your upcoming scheduled office visit and ultrasound may be canceled.

If you have experienced a premature LH surge, please do the following:

1. **Repeat the test to make certain you have a consistently positive test** (A "+ color change" usually is a color change that is equal to or darker than the control mark; **Please check your kits directions**).
2. Call the office. During business hours, a nurse will respond to your call before the end of the day. If the LH surge occurs on Sunday, please call after 8:30 a.m. on Monday for the exact time of the Monday IUI.
3. If the LH surge occurs on other days during off hours including Saturday and the day before a Monday holiday, please call the main number, press 1, then tell the answering service to call the person on call. Please keep your phone line open until the staff member calls you back. ***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. Type of Procedure: ρ IUI ρ Donor sperm ρ Frozen embryo transfer
3. Number of specimens to be collected or thawed: ρ Single ρ Double
4. Semen collection location ρ Home ρ Office

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

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