

## **TIMING INTERCOURSE & SCHEDULING IUIs BASED ON OVULATION PREDICTOR KITS**

### **Ovulation Predictor Kits (OPKs)**

Luteinizing hormone (LH) is a hormone that is released from the pituitary. Approximately 24-48 hours prior to ovulation increased amounts of LH are released. LH is detectable in blood and urine specimens. OPKs are designed to detect the presence of the elevated LH levels associated with impending ovulation. Thus, the results of this test may be useful in timing intercourse and intrauterine inseminations for individuals who chose not to have their LH blood levels monitored. OPKs do not require a prescription and can be purchased over the counter at most drug stores.

### **Instructions for Use**

Please read the instructions below carefully as they may differ from the package instructions contained in your OPK.

- Women with 28-30 day menstrual cycle should begin testing on day 12 of their menstrual cycle.
- If you have a short menstrual cycle, or are concerned that you may ovulate early, you may begin testing on cycle day 10.
- If you have a long menstrual cycle, or know that you ovulate late, you may begin testing later than day 12.
- Ovulation Predictor Kits are not as reliable as blood LH testing; it is possible to have a false reading, or to miss ovulation when using this form of testing.
- DO NOT use your first morning urine with this test, if possible test in the early afternoon between 12 noon and 3 p.m.
- Try to wait 2 hours from your last urination before using the kit.
- Do not over or under hydrate, maintain your normal fluid intake. Overly dilute or concentrated urine can lead to erroneous results.
- A positive test result is obtained when a definite line appears in the test column. This line does not have to be as dark as or darker than the control line (regardless of insert instructions).

### **Instructions for Timed Intercourse**

- You and your partner should plan to have intercourse the evening of the day that you have a positive result on your OPK and again the following evening.
- Please contact your nurse for assistance in determining when a pregnancy test should be performed.

### **Instructions for Intrauterine Insemination (IUI) Scheduling**

- IUIs should be scheduled for the day after you have a positive OPK result.
- Once you have a positive OPK result you should abstain from intercourse until after the IUI.
- Please call the office as early as possible after you get a positive result, so your appointment can be scheduled.
- When calling Monday through Friday (to schedule IUI for Tuesday through Saturday) please call your primary office.
- When calling Saturday, Sunday, or holidays (to schedule an IUI for Sunday, Monday, or the day following a holiday) please call the Rockville office at 301-340-1188, prior to 4 p.m.
- Please contact your nurse (or leave her a voicemail if you are scheduling over the weekend or holiday) to let her know that you have scheduled your IUI.
- Please contact your nurse for assistance in determining when a pregnancy test should be performed.