

THE FERTILITY CENTER OF OREGON

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LH KIT INSTRUCTIONS

We recommend the **Clear Plan Easy** LH kit for timing insemination or for infertility testing. Please observe the following directions:

- ❖ If you have not used **Clear Plan Easy** before or if you are unsure of the best cycle day to start testing, please call the Nurse Coordinator after your menses begins for help in selecting a starting date for the testing. We recommend that you follow the directions which accompany the **Clear Plan Easy** with these possible exceptions: We are looking for the first (even light) color change in the test line which indicates the onset or first sign of the LH surge. This color may be less dark than the reference line used as the sample.

If you are not sure this is a clear surge, we recommend retesting again 4-5 hours later (at 9:00 or 10:00 p.m. or on a first morning urine sample the next day. If the repeat sample is as dark or darker, then the first color change was your surge. If you have any questions about your surge, please call us that afternoon or at 8:30 a.m. the next morning for further instructions.

- ❖ For the greatest accuracy when using the kit, we recommend that urine be collected and tested between the hours of 2:00 and 6:00 p.m. You should try to collect the sample at about the same time each day. If you do not have time to run the test when you collect the urine sample, it may be refrigerated for 4-6 hours. Be sure to let it warm up to room temperature again before running the LH test. Also, it is a good idea to try to drink about the same amount of fluids each day while doing LH Kit testing.
- ❖ If your LH kit shows a surge Saturday/Sunday after 11 a.m. and the office is closed: either come in to the office at 7:30 a.m. on the morning after your surge with your sperm sample or for donor insemination or call the office at 7:30 a.m. to make an appointment for later that same morning if necessary. If you have your surge results before 5:00 p.m. Monday through Friday, please call the Nurse Coordinator with your results and for further instructions.
- ❖ The Fertility Center of Oregon is open seven mornings a week for fertility procedures including sperm washing, intrauterine insemination and ultrasound examination. Weekend hours are generally only from 7:00 a.m. to 11:00 a.m. If your kit shows a surge on a Friday or Saturday and it is after office hours: come to the office at 7:30-8:30 a.m. Saturday or Sunday morning with your sperm sample or for donor insemination. Because we do not have regular weekend hours, it is important to be here by 8:30 a.m. if you need to come in.

PLEASE NOTE: It is extremely important that all semen specimens for insemination be collected in a sterile container from our office. We are unable to accept a sperm sample in any other container due to the serious risk of infection. Thank you!