



Urinary LH Monitoring During Frozen Embryo Transfer Cycles, EDI

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.

The goal of testing your urine is to determine when you have an LH surge and when you would normally release your egg. A cascade of events occurs with the LH surge and/or the hCG injection, including the preparation of your lining for implantation of the thawed embryos.

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 is given, the Frozen Embryo Transfer (FET) procedure time may be slightly modified.

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

- **Assure LH, ClearBlue Easy, Ovunque, Ovunque Onestep, and SureStep.** (may be picked up at [Cypress Lake Pharmacy](#) or other pharmacies) OR **Ovunque** (9-day test, order from www.ovusponse.com or 1-877-546-4223)

General Instructions

- Start testing your urine on cycle day _____.
- 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!)**
- If you are requested to inject the HCG, the entire vial will be dissolved in 1.25 cc of the water included in the HCG box. (see specific instructions)
- Stop urine testing after HCG is administered.

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. We may ask you to come to the office for an ultrasound and blood work.
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.
4. **Please have the following information available when you call:**
 1. Current cycle day: _____
 2. Type of Procedure: Frozen embryo transfer

Please keep in mind that the embryo transfer will probably occur seven days following the HCG injection or the surge of LH. We will have plenty of time to decide when to optimally transfer your embryos.

**Unless otherwise specified, all ultrasound & embryo transfer procedures
require an empty bladder.**

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