

Using ovulation tests

Medisch Centrum Kinderwens

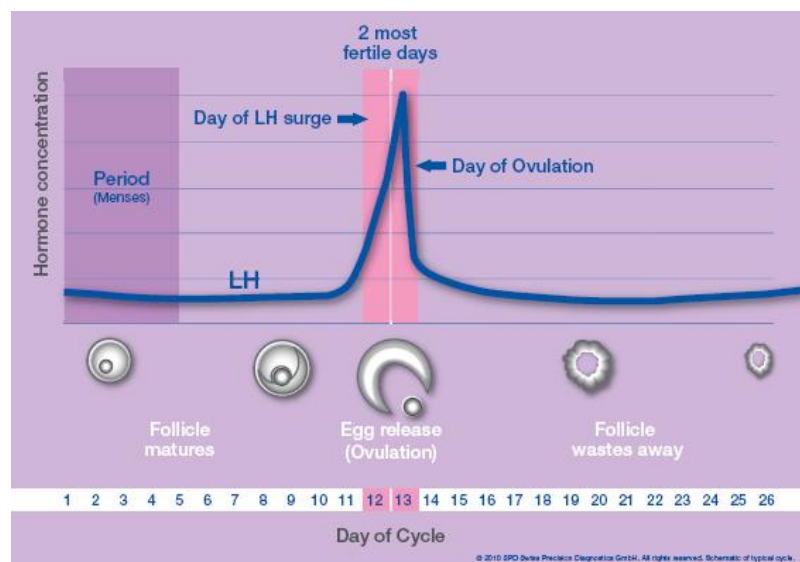
Ovulation tests measure the amount of luteinising hormone (LH) in one's urine. This hormone is emitted by the pituitary when the follicle is large enough. LH is present during your entire cycle, but in low amounts. This amount will peak immensely when the follicle is ready for ovulation, which will occur one day after the LH peaks. This means that LH is present in your blood in high amounts for one day only, and will be discarded with your urine, so by using LH-tests you can easily find the day of the so-called LH-peak. As there is a possibility that not all the LH will be discarded in one day, it's entirely possible that the test will return positive for two consecutive days. The first of these is the reference point for when ovulation occurs.

Types of ovulation tests

Many types of tests are available, some more expensive than others, some less. We implore you to use the test available at our information desk, Clearblue DIGITAL ovulation test[®]. This advice is based on extensive experience with the reliability of this test and the unambiguous way the outcome is presented. Therefore, we won't be able to offer concrete advice on how reliable other types of tests' outcomes are. Hormone tests are not suitable as ovulation tests. The Clearblue test is relatively expensive but the outcome is displayed in a comprehensive manner. Where, using most other tests, you would need to compare the color of two lines, you'll only have to look whether the outcome is a circle or a smiley 😊 using Clearblue.

Taking an ovulation test

- Aim to do the test after not having urinated for four hours
- Don't drink an excessive amount of fluids prior to testing
- We highly suggest testing at roughly the same time every day. Occasionally, we advise clients to test twice daily; it is of course perfectly fine if you decide to do the same.



Does this test work for every person? No. For about 1% of women, this test may give the wrong outcome. This may happen to you only once or multiple times. Your treating physician or nurse knows in which cases it may be better not to use an LH test.