

## **LH-TIMED INSEMINATION PATIENT INSTRUCTIONS**

1. Call the office (214-363-5965) when your period begins and let us know your intention to monitor a treatment cycle using home urinary Luteinizing Hormone (LH) testing. If your physician has instructed you to obtain a baseline sonogram, usually performed on the second or third day of your cycle, please call to arrange this test.
2. You should obtain a urinary luteinizing hormone testing kit. We recommend Assure LH or Clear Plan Easy. Assure LH (made by Conception Technologies) can be obtained by mail order by calling 1-800-995-8081 or online @ [www.conceptiontechnologies.com](http://www.conceptiontechnologies.com). The kit will be mailed to you within 2 days to your address. Either a 6-day or 9-day kit can be purchased: if this is your first cycle or if you have erratic cycle lengths, you may wish to purchase the 9-day kit. Otherwise, the 6-day kit is usually adequate. Cost: 6-day kit @ \$21.50 each; 9-day kit @ \$32.00 each (shipping and handling is between \$10.00 - \$15.00). Clear Plan Easy is available at most local drug stores @ \$36.00 for a 7-pack.
3. Testing: *Once daily*

Please try to perform urinary-LH testing between 10:00 a.m. and 1:00 p.m. Using this method, 95% of LH surges should be detected. The LH-surge kits provide simple instructions for testing your urine. If the test is positive, then call the clinic to schedule an insemination the following morning. If the test is negative, repeat the following day. If you complete the entire kit without detecting an LH surge, please contact the clinic. We also recommend that you perform urinary-LH testing the day *after* a positive LH surge; if still positive on the following day, contact the office. If negative on the day following a positive LH surge, you can be assured that you detected the peak of the surge.

4. Weekend

*If you are conducting LH testing over the weekend, please notify us on Friday so we may prepare for you if you have an LH surge. If your surge is detected on a Saturday, Sunday, or holiday, call the office or page the on-call nurse to schedule an insemination the following morning.*

5. When to Start Testing

First, determine the length (number of days) of your normal menstrual cycle. This is the number of days from the 1<sup>st</sup> day of full menstrual bleeding to the day before the bleeding begins again. If your cycle lengths may vary from cycle to cycle (for example, 28-31 days), use the shortest cycle you had in the past 6 months to determine when to initiate LH testing. This strategy should ensure that you start testing several days before your actual LH surge so that you don't miss an early LH surge. The following reference table can be used to determine which day to start testing:

<b>Length of Cycle (days)</b>	<b>Begin Testing On</b>
21	Day 6
22	Day 6
23	Day 7
24	Day 7
25	Day 8
26	Day 9
27	Day 10
28	Day 11
29	Day 12
30	Day 13
31	Day 14
32	Day 15
33	Day 16
34	Day 17
35	Day 18

6. Inseminations

- a. Intercourse: Insemination by intercourse should occur within 24 hours of a positive urine LH-surge. Ovulation should occur between 12-24 hours following the peak of a urinary LH-surge.
- b. Intrauterine Inseminations (IUI) are usually conducted in the morning. Please bring your semen specimen to the ARTS Lab between 8:00 and 9:00 a.m. for a 10:00–11:00 a.m. insemination. Specimens may be collected at home and brought to the clinic as soon as possible. Do not expose the specimen to heat, cold, or sunlight. Please label the sperm collection cup and brown bag with your name, social security number, doctor's name, date, and time of collection. Allow approximately 2 hours to prepare the sperm specimen, then please pick up the washed sperm and bring it to our office for the IUI. Please notify the receptionist that you have a specimen so that we may place it in an incubator. **Don't worry, once the sperm specimen is in growth media and placed in an incubator, the sperm will be viable for several hours.** After the insemination is performed, you should lay in a reclined position for approximately 10 minutes. You may resume your normal activity following the IUI.

7. After Insemination. Sometimes, progesterone blood testing is conducted approximately 7-8 days after insemination. Please schedule accordingly if applicable to you. If you have not started your menses 15 days after your LH-surge, please contact the office so we may schedule a blood pregnancy test.

8. Cost for IUI:

Sperm wash/preparation:	\$ 168.00
Office Visit	60.00
IUI	150.00