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How to use your LH Ovulation Strips

The Luteinizing Hormone (LH) surge event is detectable in the urine, and so a simple urine test is used to determine it. You do not need to test urine samples every day, just once a day when you are within a few days of ovulating. Use the length of your cycle to determine from this chart when to start testing, and you can stop as soon as you get a positive result.

LENGTH OF CYCLE	START TESTING ON DAY
21, 22	6
23, 24	7
25	8
26	9
27	10
28	11
29	12
30	13
31	14
32	15
33	16
34	17
35	18
36	19
37	20
38	21

It is recommended not to sample your first morning urination, and to reduce your liquid intake about 2 hours before taking the sample. This is because LH surges do not usually occur first thing in the morning, and you don't want to have a really dilute sample to test from. Most instructions will tell you to test between 10am - 8pm, and to try to get into a routine of testing at the same time each day. If you think you are really close to ovulating, and are worried at all about missing your surge, you can take the test twice a day (every 12 hours).

First, check your expiration date on your strips, then read and follow the directions carefully. It is possible each brand may be a bit different, but it usually goes something like this:

1. Take your urine sample as per above, using a clean container. It is often recommended to let a small amount of urine pass before collecting
2. Tear open the package and take out the strip, note the orientation and specific marks. There should be an **absorbent pad** end, and a **stop line** denoting how far to dip the strip.
3. Hold the strip vertical, absorbent end down. Dip in the urine sample, not past the stop line, and hold here for 6-8 seconds
4. Remove strip from sample, place on flat surface, and wait 3-5 minutes for the results to appear. The test is considered invalid after 5 minutes, so do not take a reading after this point.
5. Note your result, and discard the strip.

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How to interpret your results:
Your package should have instructions (hopefully with pictures) on how to interpret the results of the strips you purchased, and again please refer to this to ensure accuracy. The following is a general description of what you might see:

In watching your strip for results, you should notice coloured bands appear as the test works. There are usually 2 – one is a **control band** to show the test worked properly, and the other is the actual **test band** that shows up in the presence of high LH levels.

A **positive result** is 2 definite coloured bands appearing on the strip, being both the control band and the test band. You are having your LH surge!

A **negative result** is either just one coloured band appearing (being just the control), OR the control band appearing with a faint 2nd test band. Remember that the test band has to be definite, not faint, to prove a positive test.

An **invalid result** is when no bands appear, indicating the test did not work, and you will need to test again with a new strip and possibly a new sample.