

OVULATION TIMING FOR INSEMINATION

There are many ovulation predictor kits available that are extremely helpful in timing for inseminations. You will need to read the instructions carefully. At the appropriate time of the month, perform the testing on your urine sample every day until your test indicates approaching ovulation. We prefer early morning testing. The kit we recommend is the Clear Blue Easy **Digital** Ovulation Test. These may be found in some pharmacies, Walgreen's, and Target. Some people buy them online.

In general, ovulation occurs 12 - 36 hours after a positive LH indicator (smiley face). Therefore, these kits are ovulation predictors, indicating that the actual release of the egg will occur in the near future. Inseminations can be performed the same morning of the positive indicator or equally well the next morning.

Inseminations:

Inseminations are performed Mondays, Tuesdays, Thursdays, and Fridays. We are frequently available on Wednesdays and Saturdays, but this is not a guarantee.

Generally, husbands schedule an appointment to collect semen between 7:00 to 10:00 A.M. Most often, the specimen will be ready for insemination 1 ½ hours later (although it can be held in the incubator and the insemination performed up to 6 hours later if necessary to accommodate the wife's schedule).

Step 1. Purchase Ovulation prediction kit.

Step 2. Determine which cycle day to begin testing on. (Call the office if unsure)

Step 3. Phone the office and tell us that you are beginning to test for ovulation.

Step 4. Perform daily urine ovulation test - **early morning** - **and call the office by 7:15 am** when you get a positive result. You will be given a collection time for your husband and an appointment time for the insemination with Dr. Stoelk.

NOTE: We are not available for inseminations on Sundays.

If your positive LH indicator is positive on Sunday, call the office at 7:00am Monday morning and be prepared for your husband to collect a specimen at the office between 7:00 and 10:00 am Monday.

****Call if you have any questions during the process or problems interpreting your kit****

Office Phone: 503 227-7799

Dr. Stoelk's Cell Phone: 503 307-9691

NOTE: We are frequently available on Saturday A.M. but this is never a guarantee. You must call Friday A.M. to check Saturday availability and reserve an appointment time. There is a \$50 weekend fee.

