



Center for Reproductive Health
OVULATION INDUCTION INSTRUCTIONS
(Urine LH Timed)

Clomiphene Citrate (Clomid or Serophene) is a fertility pill that improves ovulation by helping the brain to stimulate the ovary. Letrozole (Femara) is an alternative fertility pill that works in a slightly different fashion, but with the same result.

Clomiphene Citrate (Clomid or Serophene) / Letrozole (Femara): {circle one}

Take _____ tablets per day for 5 days starting on cycle day _____. (Can start on cycle days 2, 3, 4, OR 5).

Metformin (or Glucophage): dose _____ mg per day.

Start testing your urine for a color change (LH surge) using an ovulation predictor kit on cycle day ____ (usually start 3 days after finishing pills).

(Cycle day 1 = 1st day of flow; if flow starts after 6 pm, count the following day as Cycle day 1).

Recommended ovulation predictor kits available over the counter:

Clear Plan Easy
 Ovuquick One Step

1. **Read all of the instructions in your test kit carefully before beginning.** Test kits may vary in methods for interpreting a positive color change. In general, you should test your urine between 10 am and 2 pm unless otherwise specified in your test kit instructions.
2. **Call the office (513-585-2355 – Christ Hospital OR 513-475-8266 – University Pointe) before 2:30 pm on the day of a positive color change.** You will then be scheduled for appropriate therapy the day following the color change at either the Christ Hospital or University Pointe location.

Intrauterine Insemination

If you are having timed intercourse, please have relations on the evening of the LH surge as well as the following evening

3. Please call the office (513-585-2355- Christ Hospital OR 513-475-8266 – University Pointe) if no color change (LH surge) by cycle day ____.

You may be asked to receive an injection of human chorionic gonadotropin (hCG) that will cause you to ovulate automatically. This injection can be administered at the office or at home.

If appropriate, your doctor will order a serum progesterone level, a blood test that should be drawn approximately 1 week after ovulation.

You may be instructed to take progesterone that should be started on the day after the insemination or post coital test (or 2 days following the LH surge).

Micronized Progesterone 200 mg; 1 capsule per vagina twice a day

Crinone Progesterone Gel 8%; 1 applicator per vagina once a day

Endomterin 100 mg per vagina once a day

If you are not using an LH kit and are timing your cycle by having intercourse on cycle days 12, 14, and 16, please call the office if you have not had a period by cycle day 35.

If you do not have insurance coverage for fertility treatment a package plan is available (please ask one of our staff)

If you are not pregnant, you should expect a menstrual period approximately 2 weeks following ovulation. If you have not had a menstrual period by that time, please wait 2-3 days and call our office for further instruction.

*****When calling on weekends and after hours, you may call our main office at 513-585-2355, and you will be connected to the paging operator. You may then ask for the physician on call for the Center for Reproductive Health to be paged. If you have trouble reaching a physician on weekends or after hours, you may call 513-768-3000 and speak directly to the paging operator*****

OUR OFFICE IS CLOSED FOR THE FOLLOWING HOLIDAYS; THEREFORE ANY TESTING OR INSEMINATIONS WILL NOT BE PERFORMED ON THESE DAYS:

**New Years Day
Thanksgiving Day
Christmas Day**