

Pregnancy Keys
UNLOCK THE SECRETS TO GETTING
PREGNANT FASTER



OVULATION PREDICTOR TESTS

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USING OVULATION PREDICTOR TESTS

Once you've decided to try to conceive a child, you need to decide when the best time to make love is. Using an ovulation predictor test can assist you in identifying your fertile window.

Most women ovulate between the 12th and 16th days of their cycle, counting from the first day of your last period. But some women will ovulate earlier (some on their period, though it's rare) and others will ovulate later.

You will begin to notice changes in your cervical mucus. Charting your cervical mucus changes and ovulation predictor test results can help you identify the days of the month you most likely ovulate. Make sure you have several (10) ovulation prediction tests on hand, so you can check regularly. In the next section, I'll discuss the various ovulation monitors that are available to help you pinpoint ovulation too.

Ovulation tests detect the luteinizing hormone (LH) in your urine, which surges 12-48 hours before ovulation. The surge in LH triggers ovulation. Since the sperm can live for an average of 72 hours in your body, it's good to begin making love when you first notice a change in your cervical mucus, indicating that you've entered your fertile window. Use an ovulation test each day and when you get a positive test, be sure to make love on that day and the next, if possible.

To perform the test, reduce your liquid intake at least 2 hours before you plan to test. This ensures that you will have an adequate concentration of LH in your urine. You don't want the LH to be diluted or you could get a false negative reading.

Collect a urine sample each day at the same time. Do NOT test with your first morning urine; instead collect a sample some time between 11:00 a.m. and 8:00 p.m. Many women find that they get their best results in the mid-afternoon, around 2:00 p.m. You may even wish to test twice a day to be sure you don't miss your surge.

I prefer to catch my urine in a cup and then dip the test in, rather than holding the test in my stream of urine. I feel I have more control over the test this way. Wait about five minutes and then check for results (or follow the manufacturer's instructions.)

A positive test will have two lines equally dark in color OR the test line will be darker than the reference color. A light test line and a dark reference line is a negative test and it's very common to see this. So even though a positive PREGNANCY test will have a light test line, and a dark reference line, a positive OVULATION test will be two (2) dark lines. If you get a light test line on the ovulation prediction test consider it negative and keep testing until you see those two dark lines.

Once you are sure you are close to ovulation, and your test is positive, you should make love that

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Be sure to make love the day you get a positive test and the day after that.

day and the next to increase your chances of conceiving. We want the sperm to be waiting happily for the egg when it's released. Be sure to include solid relationship building and lots of romance during your fertile window. Sometimes the urgency brought on by a positive ovulation test can interfere with the natural sensuality of lovemaking. You will spend the rest of your lives remembering the time you conceived. Make sure you remember it for the passion, not the panic.

One word of caution – some women who have P.C.O.S. (Polycystic Ovary Syndrome) will often see a positive ovulation predictor test every time they test. This is due to high levels of luteinizing hormone (LH) early in the cycle.

Some women with PCOS will rarely or never see a positive ovulation predictor test simply because they don't ovulate regularly. Trying a variety of ovulation predictor tests and monitors to find out which one works best for your level of luteinizing hormone has proven helpful for other women with PCOS and some have conceived when noticing the good, egg white fertile mucus, and getting a positive ovulation predictor test. Some Reproductive Endocrinologists recommend the Clear Blue Fertility Monitor for women with PCOS. I'll be discussing a variety of monitors on the next page.

I recently read a story of a woman who got a faint positive ovulation predictor test (which is actually a negative result, because the test line wasn't as dark as the reference line) and at first she thought she wasn't ovulating. But then she noticed that she had that good, stretchy, egg white cervical mucus, and so she decided to use a digital monitor, and she was pleasantly surprised when that monitor gave her a smiley face - a positive result.

She ended up getting pregnant on that cycle. This shows you how very important it is that you watch your cervical mucus changes - it will give you the best indication of ovulation, even for women who don't have regular cycles.

FERTILITY MONITORS: A QUICK EXPLANATION

If you are looking for accurate methods to determine when you are ovulating during any given month, you may be overwhelmed with the amount of options available. Here are easy to understand descriptions of some of the leading fertility monitors for your review. If fertility monitors aren't what you're looking for, remember that you can always use inexpensive ovulation tests. Each method has its benefits and drawbacks; some are very affordable while others are more expensive. I hope this list helps you to choose the best monitoring device for you.



ClearBlue Fertility Monitor

This fertility test searches for hormonal changes in a woman's urine. And, from these hormones, this technology will tell you how fertile you are on a daily basis. This test is easy to use and comes with a month's worth of testing strips. This technology gives you results that are 99% accurate.

Fertility Focus- Ovulation Microscope

If you are trying to determine when you are ovulating, you may want to consider the Fertility Focus Ovulation Microscope. This powerful microscope detects the changes in saliva due to rising estrogen just prior to ovulation. Their system is easy to use, affordable and available in a conveniently small size, making it possible for you to carry it with you virtually anywhere. And, their technology allows you to view these changes up to 72 hours prior to ovulation, making it even easier to time your baby making sex.



OvaCue Fertility Monitor

If you are looking to monitor the time of the month when you are the most fertile, OveCue's technology will allow you to identify when you are most fertile up to 7 days in advance of your ovulation. Their technology uses saliva samples, so there is less mess than those which use urine to test. OvaCue creates a digital ovulation calendar which tells you when you're entering your fertile window, when you are most fertile (just before ovulation), and when you are no longer fertile.

OV Watch- Fertility Wrist Watch Computer

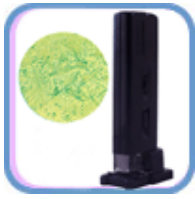
This technology is unique in that it monitors your fertility while you sleep. You simply strap this device to your wrist during your period and it will begin to measure changes in your hor-



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Combining the use of an ovulation monitor with your own cervical mucus observations can give you the best indication of your fertile window. When you make love over a 4 or 5 day fertile window your chances of conceiving improve.

mone levels. When you wake up in the morning, the watch will tell you when you are the most fertile throughout the month.



Fertility Tracker

This fertility monitor is a table top device that works similar to other microscope products. It uses your saliva on reusable slides to determine when your levels of estrogen are changing. You will be able to watch your own changes in hormones, often displayed in fern like patterns under the microscope. One of the biggest benefits of this technology is that it comes with a detailed instruction manual, allowing you if you choose to read about and understand the technology and the process of when and why your hormones are changing.



Fertility Scope

The Fertility Scope uses saliva to determine when you are the most fertile during any given month. The product is FDA registered and over 98% accurate at detecting when you are ovulating. You will be able to reuse the lenses for an unlimited amount of accurate testing.

I hope this gives you a better idea of how best to use ovulation predictor tests, and how the various ovulation monitors work. If you'd like more information on these fertility monitors, [click here](#). Use whichever you think will work best for you and what you can afford and you should boost your chances of conceiving even more.

Best wishes on your quick pregnancy!

Your friend,

Kirstyn Sierra

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