KAISER PERMANENTE

Center for Reproductive Health
1650 Response Road, Suite 1A
Sacramento, CA 95815
1600 Eureka Rd, MOB II
Roseville, CA 95661
Phone: 916-614-5005

OVULATION PREDICTOR KIT (OPK) TESTS

Urine Test Kits to Measure Luteinizing Hormone (LH) Levels

Several ovulation prediction tests are available at your local drug store or retail pharmacy. These kits use test strips that show changes in the level of luteinizing (LH) in the urine, which peaks before ovulation. A positive test result predicts the release of an egg within 24-36 hours.

The first day of your full menstrual flow is considered to be cycle day 1. For women with 28-day cycles, ovulation usually occurs on cycle days 13 to 15. For women with irregular menstrual cycles, urine testing should be timed according to the earliest and latest possible dates of ovulation. Unless told otherwise by your provider, testing should begin on day 10 and continue until ovulation is indicated.

We recommend testing only once daily between 10-11am. Although most packaged inserts will recommend testing with the first urine of the day, this might lead to false positive results. We recommend that you try not to drink a large amount of water 1-2 hours before testing as it may also affect the accuracy of the test.

There is an 80% chance of detecting ovulation with five days of testing and a 95% chance with 10 days of testing. If you do not have a positive result by cycle day 15, we recommend that you call our office to schedule an ultrasound evaluation.

Once ovulation is documented, it is no longer necessary to continue testing during that cycle. Occasionally, ovulation may not occur in a particular cycle. If ovulation is not detected in two or more consecutive cycles, an ovulatory problem may be present.

We recommend using the Clear Blue Easy digital ovulation predictor kit.

Please do not utilize the Clear Blue Easy "Advanced" digital kits, as these tend to provide unnecessary information and are more expensive. Other test kits can be purchased; however, in our experience, they may be more confusing and give less definitive results.