

**The Fertility Center of Oregon**  
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Infertility • Reproductive Endocrinology  
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## **OPK INSTRUCTIONS**

If you have not used an OPK (ovulation predictor kit) before or if you are unsure of the best cycle day to start testing, please call the Nurse Coordinator when your menses begins.

We are looking for the **first significant color change** in the test line which indicates the onset or first sign of the LH surge. This color may be less dark than the reference line.

If you are not sure this is a clear surge, we recommend retesting again 4-5 hours later or on a first morning urine sample the next day. If the repeat sample is as dark or darker, then the first color change was your surge. If you have any questions about your surge, please call us that afternoon or by 8 a.m. the next morning for further instructions.

Testing should be done between 2 and 4 p.m. at the same time each day.

If you have your surge on a weekday, call the office before 5 p.m. for instructions.

If you have a surge on the weekend, call the office at 7 a.m. the following morning for instructions.

If you are planning well timed intercourse you can start the day you begin using the OPK and have intercourse every other day for one week **OR** you can have intercourse the day of the surge and the following day.

If you are planning an IUI you will be given a time for a fresh specimen collection. The lab will process the specimen then you will return approximately two hours later for the procedure. You will be given a specific time for your appointment.

If you are planning a TDI the lab will begin thawing the specimen and you will return to the clinic approximately one hour later for the procedure. You will be given a specific time for your appointment.

The Fertility Center of Oregon is open seven days a week for fertility procedures including sperm washing, intrauterine insemination and ultrasound examination. Weekend hours are only from 7:00 a.m. to 10:30 a.m.

**PLEASE NOTE:** It is **extremely important** that all semen specimens for insemination be collected in a **sterile container** from our office. We are unable to accept a sperm sample in any other container due to the **serious risk** of infection. Thank you!