

## Clinical Proof by Doctors

### What leading fertility specialists have to say:

"We recommend the Assure LH to all of our patients because it's reliable and easy to read. Utilizing the Assure LH kits has helped our very busy patients pinpoint timing for planning various reproductive procedures."

Dr. Joe Massey, MD  
Reproductive Biology Associates  
Atlanta, Georgia

"We dispense the Assure LH kits to our patients to ensure the timing for inseminations, we found the Assure LH kit to be more sensitive, consistent, and reliable when compared to other ovulation kits."

Wayne S. Maxson, MD  
David I. Hoffman, MD  
Steven J. Ory, MD  
Marcelo J. Barrionuevo, MD  
IVF Florida

"We provide the Assure LH Ovulation Predictors to our patients and we also use them in clinical research. The kits are very easy for patients to use and provide definitive results."

Dr. K. Elkind-Hirsch, MD  
Director of Research and Development,  
Center for Reproduction at Gramercy  
Houston, TX

## From users of Assure<sup>LH</sup><sup>TM</sup> Ovulation Predictor

"When I used Assure LH I was able to determine that my surge was on day 17 rather than day 14. By the length of my cycle day 14 or 15 would have been my expected time of ovulation. My doctor confirmed the result with ultrasound and I conceived the following cycle. The extra tests allowed me to see the decrease in LH on days 18 and 19. A five day kit would have missed my surge altogether."

Jennifer in Los Angeles

"I had used other ovulation predictors. They were difficult to use and confusing to interpret. Assure pinpointed my surge the first month. I would recommend it to anyone trying to conceive."

Lori in Detroit

Assure LH Ovulation Predictors are available in 6 and 9-day kits. For questions or to place an order call **800-995-8081**. Visit our website at [www.conceptiontechnologies.com](http://www.conceptiontechnologies.com)



## Timing

can be  
everything...



## Assure<sup>LH</sup><sup>TM</sup> Ovulation Predictor

Dispensed by leading fertility specialists

## Why should I use an ovulation predictor?

### Because timing can be everything.

The basis of ovulation is Luteinizing Hormone (LH), the hormone that triggers the release of the egg. The release of the egg from the ovaries is referred to as ovulation. LH is usually produced in very small quantities and increases significantly prior to the release of the egg. Using a very sensitive test to pinpoint this increase in LH is critical when determining the best time to conceive.

The Assure LH Ovulation Predictor is a test for detecting an increase of LH in your urine. Normally about 1-2 days before the middle of each menstrual cycle the level of this hormone increases suddenly (referred to as the LH surge). Usually an egg is released from the ovary 24-36 hours after the LH surge is detected in the urine. The released egg can only be fertilized during the first 24 hours after ovulation. Your most fertile time only lasts for a short period each month.

To maximize the chance of becoming pregnant it is recommended that intercourse take place within 2 days after you detect your LH surge.

## When to begin testing and preparing for conception.

### Chart of when to start testing:

Length of cycle:	Begin testing on:	Length of cycle:	Begin testing on:
21	Day 6	29	Day 12
22	Day 6	30	Day 13
23	Day 7	31	Day 14
24	Day 7	32	Day 15
25	Day 8	33	Day 16
26	Day 9	34	Day 17
27	Day 10	35	Day 18
28	Day 11		

The Assure LH Ovulation Predictor is 99% accurate, very quick and easy to use. Use the dropper to add urine then read the results in 3-5 minutes.



A surge is detected when the test line is as dark or darker than the reference line.

## Frequently asked questions:

### 1. Is this test more accurate than using a basal body temperature (BBT) method?

BBT charting will not reliably show you when you will ovulate. The Assure LH ovulation predictor detects a surge in your LH prior to ovulation.

### 2. Do I have to test my urine at any particular time each day?

You may take the test at any time of the day you find convenient. However you should test at approximately the same time each day. You should avoid consuming excess amounts of liquid for at least 4 hours prior to performing the test. Many experts recommend testing in the evening.

### 3. What could interfere with my test results?

If you are or recently have been pregnant, or have reached menopause, you may get a misleading result. This may also be true if you are taking drugs or receiving injections that contain hCG or LH.

LH also increases immediately after taking clomiphene citrate; the LH test device may be positive for a few days after the last pill, but the preovulatory LH surge has not yet occurred. Speak with your health care professional about when to start testing after taking clomiphene citrate.