



PATIENT'S FACT SHEET: **INSTRUCTIONS FOR DOING INTEGRATED (SERIAL) PROGESTERONE LEVELS**

This test is done to evaluate the amount of progesterone your ovaries make during the part of your cycle after ovulation (the second half or luteal phase of your cycle). This information is important because adequate progesterone levels are needed to make the uterine lining ready to receive the fertilized egg and to support the pregnancy.

In order for the test to be done properly, the date of ovulation needs to be determined accurately. This can be done either with an ovulation predictor kit or with basal body temperature charting.

IF USING OVULATION PREDICTOR KIT:

Ovulation predictor kits turn positive the day before ovulation. Begin testing daily 2-3 days before you expect to ovulate. Ovulation usually occurs 14 days before start of period. For example, if you have 28-day cycles, you would expect to ovulate about day 14, so begin using the kit on day 12. The ovulation predictor kits we recommend are ClearBlue® or OvuQuick®.

The day of the color change is day 0; the day after the color change is considered day 1. Blood progesterone levels should be drawn three times: day 7, day 9, and day 11. The lab in our office building is open weekdays; the hospital lab is open weekends as well as weekdays.

IF USING BASAL BODY TEMPERATURE CHART (BBT):

- Temperature rises the day after ovulation.
- The day of the temperature rise is day 2.
- If you have difficulty interpreting the temperature chart, call us. We can always have you fax us the chart to Barbara's attention at 603-882-0360, if you're not sure what is happening.
- Blood progesterone levels should be drawn day 7, day 9, and day 11.

RESULTS:

The results of the three progesterone levels will be added together. A total of 30 ng/ml or higher is considered normal. We should be getting back to you with the results within a few days of when the last level is drawn. If you have not heard from us in a reasonable time frame, give us a call.