

Click to prove
you're human



Positive lh test

What is it?UsesNormal rangesRisksProcedureLH and FSHSummaryA luteinizing hormone (LH) test measures how much luteinizing hormone a person has in their blood. This is a hormone with key roles in both male and female reproductive systems.Luteinizing hormone (LH) is involved in many bodily processes, including pregnancy, puberty, and ovulation. LH levels increase or decrease at various points during these cycles.This article explores the uses of LH tests. It discusses high, low, and normal LH levels, as well as what they mean and how they relate to pregnancy.Share on PinterestAn LH test involves taking a blood sample.An LH test is a type of blood test that measures a person's LH levels.LH is made in the pituitary gland of the brain. LH is a sex hormone that affects how a person's reproductive organs work. In females, LH affects the ovaries. In males, it affects the testes.Reproductive health problems can affect a person's LH levels.LH is involved in the following bodily processes:Puberty: LH levels affect the onset of puberty. High LH levels may cause early puberty and low LH levels may delay puberty.Menstruation: LH works with another sex hormone called follicle-stimulating hormone (FSH) to control menstrual cycles.Ovulation: An increase in LH, called an LH surge, triggers the release of an egg from an ovary.Progesterone release: An increase in LH triggers ovulation. The cell structure that is left after ovulation releases progesterone. Progesterone is needed to maintain a pregnancy.Testosterone production: LH binds to Leydig cells in the testes and triggers testosterone production. Testosterone levels affect sex drive.Sperm production: Testosterone, which LH levels affect, is needed for sperm production.We explore the various uses of LH tests below.Doctors use LH tests to help diagnose fertility problems in both males and females. If a couple is having difficulty become pregnant, there may be a problem with:sperm countthe egg supply from the ovariesA person's LH levels can tell the doctor whether a person is having problems with their sperm count or egg supply. Either issue could make it more difficult for a person to become pregnant.People can measure their LH levels to find out how fertile they are on different days. LH levels surge just before ovulation, signaling the most fertile period of a female's menstrual cycle.To identify the fertile period, people can check their LH levels at home. They can do this using ovulation urine tests. These home tests can detect the surge in LH that happens 1-1.5 days before ovulation.Ovulation test kits normally contain several urine tests. The best time to use them is around the middle of the menstrual cycle, which is usually when a female ovulates. This may help her determine when she is about to ovulate.Having sex around the time of ovulation is a good idea if a couple wants to become pregnant.When a woman goes through menopause, her LH levels rise. For this reason, LH tests can help a doctor diagnose a person's menstrual changes or problems.LH levels can help a doctor determine why a child or teenager may have started puberty early or late. High LH levels may cause early puberty. Low LH levels may cause late puberty.LH is made in the pituitary gland. Measuring LH levels can help determine whether there is a problem with the pituitary gland.Share on PinterestLow testosterone can cause reduced beard growth.LH tests can help a doctor diagnose low testosterone in a male. Symptoms of low testosterone include:low sex driveproblems getting or maintaining an erectionreduced beard growthextreme tirednessdepressionloss of muscle massbeing overweightThe normal range of LH varies between males, females, and children. LH test results are measured in international units per liter (IU/L).The following information is a guide to what high, low, and normal LH levels mean. People should discuss their LH test results with a doctor.For males, the normal range is 1.24-7.8 IU/L.If LH levels are below the normal range, it may indicate a pituitary gland problem. Their pituitary gland may not be making enough LH, which may lead to low testosterone.If LH levels are too high, the testes may not be responding to LH properly. LH may not be triggering testosterone production in the way that it should.For females, the normal range depends on where they are in their menstrual cycle, as follows:follicular phase, or the beginning of the cycle: 1.68-15 IU/Lmid-cycle peak, around the middle of the cycle: 21.9-56.6 IU/Luteal phase, which is the end of the cycle: 0.61-16.3 IU/LFor females who have gone through menopause, the normal range is 14.2-52.3 IU/L.If LH levels are higher than normal when a person is not ovulating, they may be experiencing menopause. High LH levels may also indicate a pituitary disorder or polycystic ovary syndrome.If the LH levels are lower than normal, it may indicate:malnutritionanorexiastressa pituitary disorderFor girls who are yet to go through puberty (aged around 1-10 years), the normal range is 0.03-3.9 IU/L.Share on PinterestPeople afraid of needles should speak to their doctor before having a blood sample taken.An LH test is a safe procedure, though having any blood test involves a low risk of:bleedingbruisingfeeling lightheadedPeople who are afraid of needles or prone to fainting should let the doctor know before they get a blood test.Doctors use a simple blood test to measure a person's LH levels. They will draw a sample of a person's blood using a needle and send it to a laboratory for testing.People can also measure their LH levels at home using a home ovulation test. This is a urine test that involves adding a few drops of urine to a test strip. Follow the instructions on the package.To diagnose issues with a woman's ovaries, the doctor may also carry out an FSH test.Increased levels of both LH and FSH may indicate primary ovarian insufficiency. In this condition, the ovaries stop working properly before the female reaches the age of 40.LH test results help a doctor determine whether a male or female has problems with their reproductive system. Doctors also use LH tests to diagnose pituitary gland problems and the early or late onset of puberty.Females can take LH urine tests at home to work out when they are ovulating, which can help them conceive. A person is most fertile around ovulation.FertilityWomen's Health / GynecologyParenthood Skip to contentA luteinizing hormone test measures how much luteinizing hormone (LH) is in your blood.LH helps your reproductive system: specifically, a woman's ovaries and a man's testes. It's also called lutropin and interstitial cell stimulating hormone. It's made in your pituitary gland, which is about the size of a pea and sits just behind your nose.There are different reasons you might get a luteinizing hormone test. Your doctor might order an LH test as part of an infertility workup or to check for a pituitary gland problem.Signs of a pituitary gland disorder include:FatigueUnexplained weight lossWeaknessDecreased appetiteOther reasons for doing an LH test can differ depending on your sex and sometimes, your age.WomenAn increase in LH during the middle of your cycle causes your ovaries to release eggs (ovulation)Your doctor might order an LH test if:You're having trouble getting pregnantYour periods aren't regularTo see if you are in menopause If you are trying to become pregnant, your doctor might want you to get an LH test several times to pinpoint when your body releases an egg. The amount of LH in your blood surges with ovulation.There are at-home LH tests that help pinpoint when during your cycle you're most likely to get pregnant. You can buy these types of tests in drug stores. During the middle of your cycle, you pee on the test stick. If the test is positive, that means there's an LH surge. This could mean you'll ovulate within the next day or two, but that might not be the case for everyone. These tests aren't as accurate as the ones done at a doctor's office.MenFor men, your doctor might order an LH test if:ChildrenFor children, a doctor might order an LH test if:Your child seems to be going through puberty earlyYour child seems to be going through puberty lateLow LH levels are linked to late puberty, and high levels are linked to early puberty. Signs of early puberty include these things happening before age 8 in girls and 9 in boys:You don't need to do anything special to prepare for this test.The health care worker who takes blood for your test will wipe the inside of your elbow with a germ-killing liquid. You'll have an elastic band around the upper part of your arm.To collect the sample for the test, the health care worker inserts a thin needle into a vein in your arm, and the blood flows into a vial. You might feel a sting when the needle goes in.When the vial is full, the tech or nurse will remove the needle and the tourniquet. You'll get a bandage to stop the bleeding. The whole thing takes only a few minutes.You might feel lightheaded after the test. You also might develop a bruise at the puncture site.Your doctor may also check your level of something called follicle-stimulating hormone – or FSH – at the same time.Your doctor will probably have the results in a few days. Normal LH numbers depend on a few things, like your sex and age. For women, normal results are:5-25 international units per liter (IU/L) before menopause14.2-52.3 IU/L after menopauseThe level peaks higher during the middle of your cycle.For men, the normal levels are around 1.8-8.6 IU/L.For children, LH levels are generally low.Keep in mind that the "normal" value ranges can differ depending on the lab, so you should always talk to your doctor about what your result means for you.For womenHigh levels of LH in a woman's blood can be a sign of what's called "primary ovarian failure," which means that the problem is with the ovaries themselves.Doctors often can't pinpoint why primary ovarian failure happens. But it can happen if:You have a metabolic disorder, a genetic disorder, like Turner syndrome, or an autoimmune disorder, like Addison diseaseYou have a low number of follicles, the tiny sacs in your ovariesYou've gone through chemotherapy or radiation therapyYou were exposed to toxins like chemicals, pesticides, or smoke from cigarettes in the past Low levels of LH may be a sign of "secondary ovarian failure," which means the problem starts with the pituitary gland or hypothalamus (a part of the brain).For menIn men, high levels of LH in the blood are a sign of a problem with the testicles and can be a sign of primary testicular failure.Primary testicular failure isn't common, but it can happen if you:It can also happen if your testicles are injured or if you do activities that cause low-level injury to your scrotum, like when you ride a bike or a motorcycle.Low levels of LH mean the issue is with the pituitary gland or hypothalamus.For childrenIf your child has high LH levels, it could mean they're about to go through puberty or that it's already started. But if they're a girl younger than 8 years old or a boy younger than 9, it could be a sign of something like:An injury to their brainA central nervous systems disorder If your child has low LH levels, they might have delayed puberty, which is where they go through puberty much later than expected. This could happen because of:An eating disorderA disorder of the ovaries or testiclesA genetic disorder, like Turner syndrome in girls or Klinefelter's syndrome in boysA hormone deficiencyAn infectionYour LH level, by itself, isn't enough to make a diagnosis. So you may get other tests too. Originally published 05/26/2020. Updated for accuracy and relevancy on 10/11/2023. In this guide, we share how ovulation tests work, how to read your midstream ovulation test results, and show you actual results from real women who have used Natalist Ovulation Tests to get pregnant. By Halle Tecco, MBA, MPH Ovulation tests (aka ovulation predictor kits or OPKs) are an easy, affordable, and clinically proven way to identify your fertile window. They help you get to know your body and its variations and identify the time when you're most likely to conceive. The midstream Natalist Ovulation Test stick is designed to be easy to use, but it's always helpful to see what results could look like. In this guide, we'll share more about how to read ovulation tests and show you actual results from real women who have used midstream Natalist Ovulation Test sticks to get pregnant. How Do Ovulation Tests Work? Ovulation testing can help some increase their chances of getting pregnant, as long as they are used correctly. For others, ovulation testing isn't as helpful. While lab testing has been found to be more effective, at-home ovulation testing can be more convenient. Although they aren't guaranteed to be effective, these tests can be very useful in determining your peak fertility. So, let's discuss how ovulation tests work. Similarly to pregnancy tests, ovulation tests work by identifying the presence of a hormone in urine. While pregnancy tests measure human chorionic gonadotropin (hCG), ovulation tests measure luteinizing hormone (LH). LH is produced by the anterior pituitary cells in the brain, and they signal to your ovaries that it's time to ovulate. About 24-48 hours before ovulation, your brain will release a spike of LH called the LH surge. Ovulation tests can detect this surge in your urine, causing a dark line to appear in the test window. When you get a positive test, you are releasing a mature egg very soon and are in the middle of your fertile window—when you are most likely to conceive—so now is the time to take action if you're trying to make a baby this month. Next steps are to take a prenatal vitamin, use sperm-friendly lubricant, and have some fun! How To Read Your Ovulation Test Results Follow the test instructions, pee on the stick (be careful not to pee above the designated area) or put the test in a small cup of urine, and wait a few minutes for the result. Then, take a look at the test window which can display up to two lines. One for the control line (C) to make sure the test worked And another, the test line (T), which shows the ovulation test result. Unlike a pregnancy test, seeing two lines on an ovulation test is not necessarily a positive result, since your body makes LH at low levels throughout your cycle. If the test line (T) is as dark or darker than the control line (C), you have a positive test, and you'll likely ovulate within approximately the next 36 hours. If you want to get pregnant this month, now is the time to have vaginal sexual intercourse. What Can Affect Ovulation Test Results? There are many factors that can influence ovulation test results, so before you compare your results or cycle to someone else's, keep the following in mind: Everyone has their own unique urinary LH level pattern. Ovulation usually happens mid-cycle, so if your menstrual cycle lasts around 28 days, you'll likely ovulate on Day 14. Though a 28-day cycle is the most common scenario, you may have a different pattern that you want to catch. Your LH surge will start around 24-48 hours before ovulation, and the length of your LH surge can vary. Your negative test results may look different from these examples. Baseline LH levels generally range from 1.9 - 14.6 IU/L (a positive result will appear when LH levels reach 25 IU/L). Examples of Ovulation Test Results Here are real examples of ovulation test results to show you what to look for and just how much test results can vary. 1. Day 15 of a 28-Day Cycle These are test results from a 33-year-old woman with a 28-day cycle who tested every morning starting on cycle day 13 (CD 13). On day 15, she saw her peak LH results, where the test line was as dark as the control line. She tested again on cycle day 15 and saved the remaining tests in the box for the next month. 2. Day 14 of a 28-Day Cycle These are test results from a 34-year old woman with a 28-day cycle who tested every 12 hours starting on cycle day 12. On day 14, she saw her peak fertility results in the evening. She continued testing until cycle day 17. 3. Day 14 of a 28-Day Cycle These are test results from a 26-year old woman with a 28-day cycle and unexplained fertility. She tested once every morning starting on cycle day 11. On the morning of Day 14, she saw her peak LH surge. She continued testing until Day 15. 4. Abnormal Cycle Ovulation Test Results These are daily test results from a 36-year old woman who does not have a normal 28-day cycle. She started testing on Day 8, and saw her strongest result on Day 11. However, it is not a strong LH surge. Not everyone gets a strong LH surge result. It could be because it happened in the afternoon and she tested in the morning. Or it could be that her LH surge wasn't very strong to begin with. She should try testing again next cycle, and if ovulation is not detected in two or more cycles in a row, it's time to talk to an OBGYN. 5. Day 16 Positive Result These are daily test results from a 33-year old woman with a regular menstrual cycle. She began testing on Day 13 of her cycle and peaked in the evening of Day 16 through the morning of Day 17. 6. Mild Premature Ovarian Failure Test Results These are the daily test results from a 34 year old woman who had a Liletta IUD for two years before TTC and experienced mild premature ovarian failure. You can see the darkest line is on Day 16; however, it is not as dark as the control line. 7. Negative Ovulation Test Results These are daily results from a 22-year old woman with a regular 33-day cycle who tested once a day, first thing in the morning. None of these are a positive test result, so she should continue testing until the test line is as dark as the control line. 8. Day 20 Positive Result These are test results from a 35-year old woman with an irregular cycle who tested every morning starting on cycle day 15. On day 15, she captured her baseline results and tested each morning (8 am) until an LH peak or surge was present. On cycle day 20 she found an LH peak and tested twice to confirm, once in the am and once in the pm. What to Keep in Mind A positive ovulation strip is a sign that your body is trying to ovulate, but it doesn't guarantee that an egg was released. It's rare but possible for LH to surge without actual ovulation. Combining ovulation test results with other tracking methods, like basal body temperature monitoring can help confirm ovulation. As you can see, menstrual cycles are different from person to person—and also from month to month. Ovulation tests are a useful tool to inform and educate you on your journey to parenthood; they help you get to know your body and its variations so that you can identify the time when you're most likely to conceive. If you want to support a regular menstrual cycle and healthy ovulation, consider a supplement such as inositol. You can also bundle and save on products for ovulation support with Natalist Cycle Support Bundle! As always, remember to speak to your healthcare provider before taking any new supplements. Next Up: Skip to content