

Ovulation Monitoring Protocol

Confirmed ovulation is one of the gold standards to identify that athletes are not suffering from problematic LEA (LEA). Recently termed, "Relative Energy Deficiency in Sport (REDS)", longstanding LEA in athletes can contribute to an increased risk of injury & illness and impaired training adaptation, both of which may cause a decrement in sport performance and health.

Is ovulation monitoring appropriate for you?

YES

- Consistent period (every 21-35 days) or irregularly long or short periods (>35 or <21 days).
- Not taking hormonal contraceptives. Copper IUDs are acceptable.

Proceed with ovulation monitoring

NO

- Any exogenous hormone therapy for the past six months, such as oral contraceptives, hormonal IUDs, estrogen, progesterone and testosterone.
- Use of medications that would affect the hypothalamic-pituitary-ovarian (HPO) axis.
- Illness or disease that causes disruptions to the menstrual cycle.
- Pregnancy, Menopause.

NO

- No period (Primary or Secondary Amenorrhea)



Follow up with a physician for immediate review is advisable

Ovulation Monitoring Protocol

STEP 1



DOCUMENT MENSTRUATION

- If menstruating, document the start of your next period using a calendar as 'M1' (or 1st Menstrual Cycle). If NOT currently menstruating, skip to STEP 2.

STEP 2



BEGIN OVULATION MONITORING

- Ovulation testing begins 7 days after Day 1 of a new menstrual cycle (or M1) using the ovulation strips. If not currently menstruating, begin monitoring right away.
- Conduct the test and interpret the test result according to the testing kit instructions.
- Measure ovulation using the ovulation strips first thing in the morning to capture the Luteinizing Hormone (LH) surge that precedes ovulation (as LH surge generally occurs in the 12 pm-8:00 am window).
- Test daily until a positive test is shown. A positive test represents the LH surge that confirms ovulation. If no ovulation occurs, test daily until your next menstrual cycle, and then follow the guidelines outlined in Step 5.

STEP 3



DOCUMENT OVULATION

- If ovulation occurs, document the date in a calendar as 'O1' (or 1st Ovulation Cycle)].

STEP 4



CONSIDER SHARING RESULTS

- If you are an athlete with a physician, consider sharing a photo of the positive ovulation test as a confirmation of ovulation. Include your name and the date of the ovulation result with the photo. This information can be recorded on the tip of the ovulation stick if room permits.

STEP 5



REPEAT PROCESS

- Repeat process for two more months, following steps 1-4 as outlined above. For consecutive cycles, document the dates of menstrual cycle as "M2" (or "M3"). Begin testing using the ovulation strips 7 days before the expected Ovulation Day, based on when ovulation occurred during the previous cycle. If ovulation occurs, record it as "O2" or "O3," respectively.
- Ovulation monitoring should be conducted for a minimum of 3 consecutive months, and then repeated at other times in the year depending on recommendations from your physician.
- If ovulation does not occur during the 3-month window, immediate follow-up with a physician is recommended.

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