



At-Home Hormone Testing

Protocol

by
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Hello, Mama!

I put together this protocol at the age of 45 when our 15th child was about 17 months old, and I wanted to get clearer answers on what my hormones might (or might not) still be doing at that point. I know I'll be having a "last baby" in the relatively near future, but we were hoping to welcome at least one more little one if we should be so blessed, and I wondered if some simple testing could reveal if my hormones were still behaving normally or not. After doing some research, I followed this 4-part testing protocol to find out the following information:

1. Are my ovaries still maturing eggs normally each month?
2. Are the matured eggs being released normally and when?
3. Am I producing sufficient progesterone to allow implantation?
4. Did the baby actually implant successfully?

If you are younger than 35, you are generally safe to assume that you are probably not in perimenopause yet (though some women do begin this process much earlier than others) and could skip the FSH test unless you feel there is a reason to take it. In that case, your protocol would only be 3 tests: LSH, PdG, and HcG.

Important! Plan ahead! Purchase your tests and be sure to read all package inserts carefully at least a week before the cycle begins in which you plan to start testing. Pencil in all of your expected testing days early in the first week of that cycle in order to avoid missing any. Record your results on a calendar to keep track of them all. The exact days you will take each test can't be 100% predicted in advance, but you can pencil in the expected dates ahead of time and adjust as you go along based on what your body is actually doing. Note: if you do the full protocol, you may be taking more than one kind of test on the same day.

My experience: I tested this protocol for myself in December 2024, and I discovered that my FSH levels were normal (indicating that my ovarian function still appears to be fine at age 45!), I was ovulating normally though just a little early (cycle day 12), and my progesterone was just a little on the low side: it had risen into the normal range but not by much, and then dropped back a bit, which is not ideal. I had some over-the-counter Progesto-Life progesterone cream by Smoky Mountain Naturals on hand already, so I started using $\frac{1}{4}$ tsp. daily (21 mg USP) in hopes that would help the little guy implant if we had in fact conceived. I don't know if that was strictly necessary or not, but that is what I did to be on the safe side, especially since I already had the cream in my cabinet. I WOULD RECOMMEND KEEPING THIS ON HAND!!

Interestingly, I have often had positive pregnancy tests in the past as early as 10 days past ovulation, and this time, though I tested on multiple days beginning at 10 dpo, the result was not positive until 15 dpo, which is quite late for a positive test to show up. I'd pretty much

concluded I wasn't pregnant on this cycle after all but decided to test one more time, and sure enough—there was the double line! *Baby #16 is due September 2025, and I will be 46 years old.*

So, again, this is my personal experience, and your situation could be very different. However, if you are trying to conceive, or even if you just want more information about what your body is doing, I have found this protocol to be very helpful. If you ARE trying to conceive, I would recommend having progesterone cream on hand in case, like myself, you suddenly find that your PdG level isn't as high as you'd like to see it—there are no guarantees, but it could possibly save your baby, and it is a very low-cost, non-invasive thing to try. This is not intended as medical advice—just friend-to-friend, sharing my experience and what I would personally do again in the future.

Please note: all hormonal tests can be affected by pregnancy, breastfeeding, or any kind of hormone therapies, potentially including natural supplements.

Disclaimer: This information is presented for educational purposes only and is not intended to be construed as medical advice. You alone are responsible to do your own research and make your own decisions regarding any health or other needs for yourself and your family. Please consult with an appropriate health care provider for any questions or concerns you have about your medical situation.

1. FSH Test (I used [Lytroncare brand](#))

This test is used to determine whether perimenopause has begun, indicated by rising Follicle Stimulating Hormone (FSH) levels. FSH stimulates the ovaries to ripen an egg at the beginning of the menstrual cycle. As estrogen decreases and ovarian function slows at the end of the child-bearing years, FSH rises higher than previously in an attempt to compensate for the falling estrogen and to “try harder” to stimulate ovulation. FSH levels high enough to show a positive test result indicates a probability of reduced ovarian function and the beginning of the perimenopause phase of life.

*This test does not require first-morning urine.

*Test 1 (baseline) should be taken during the first week of the menstrual cycle.

*Test 2 should be taken one week later, after bleeding has completely stopped.

*Test 3 should be taken one day later.

*Test 4 should be taken one day after that.

*Two or more positive results indicates likely ovarian decline. You may wish to speak with your care provider about appropriate nutrition, supplements, further testing, or bioidentical hormone therapies to begin now.

2. LH Test (I used [Wondfo Ultra-Accurate test strips](#))

*These are used to detect the Luteinizing Hormone (LH) surge that causes the egg to be released from the ovary. The surge occurs approximately 24-48 hours before ovulation. Peak fertility is the day of and day after the LH surge.

*"Ultra-Accurate" tests give a quantitative level (actual numbers to compare as levels rise and fall) rather than just indicating a "peak" like standard tests.

*Several consecutive tests will be needed, usually over 5-10 days

*Test anytime between 10 am-8 pm, but test at the same time each day until LH has peaked and then dropped again.

*When you're getting close to the expected surge day, test twice daily: noon and early evening, to help ensure you don't miss it if you are trying to conceive!

*The package insert contains a chart suggesting which day to begin testing. For a 28 day cycle, begin testing on day 11. For shorter or longer cycles, adjust the testing day accordingly (for a 27 day cycle, test on day 10; for a 29 day cycle, test on day 12, and so on).

*The "ultra-accurate" tests include a color chart with which to compare the shade of the line on the test strip for a quantitative result. The line will get darker as more LH is produced. "Low" is below 25, "High" is 25-45, and "Peak" is above 45. If you have tested throughout a full cycle previously and know your own peak number, that can also be used for future reference. Continue testing daily until the result is getting lighter again in comparison to your personal darkest line/peak.

3. PdG Test (I used [Proov Confirm](#))

*Positive PdG testing indicates rising progesterone which coincides with successful ovulation. Sustained high levels of PdG for 7-10 days after peak fertility confirm successful ovulation and a strong implantation window.

*This test DOES require first morning urine. Also, for this test, two lines = NEGATIVE.

*Baseline test is taken the day after your period ends, or cycle day 5, whichever is later. This test is expected to be negative.

*Test for peak fertility through LH testing, cervical fluid, and/or basal body temperature. If using LH tests, record the first date the test was positive (or highest number on a quantitative test like the Ultra-Accurate tests I used).

*Comparison tests are taken on days 7, 8, 9, and 10 AFTER the peak fertility date. Positive tests throughout this window indicate that progesterone has remained high enough to support implantation. The Proov Confirm tests have an app for your phone that reads the test and gives quantitative results: actual numbers you can track throughout the testing window.

4. HCG Test (I use [Pregmate brand](#))

*Good ol' pregnancy test! First morning urine may show a positive result earlier in the cycle than tests taken later in the day. Implantation (and a faint second line) can occur as early as day 8 past ovulation, but could take longer. In my fairly extensive experience, a second line is the real deal, no matter how faint it may be!

I hope you have found this information helpful, and if you have been trying to conceive, my prayers are with you that you will soon be blessed! ❤️ Please let me know if this works for you too, as I would be honored to celebrate new life with your family! You can email me at michelle@fullhandsfullhearts.com. 🧑🏻‍🤰

