



PdG Urine Test

www.premom.com

Note: If you have any questions or need further assistance, please feel free to contact our professional customer service team via email at support@premom.com. We're here to help!

Q1: How do I use the PdG urine test?

How to Use?

*Please use first morning urine



1

Dip

Dip for **5-10 seconds** until dye rises up

*Urine cup not included



2

Wait

Wait **5 minutes** after laying test flat on a clean, dry, non-absorbent surface



3

Record with premom

Scan and track results with the **premom** App within 5-10 minutes

Q2: What are the benefits of measuring PdG levels?

Measuring PdG level is a simpler, non-invasive way to track ovulation and monitor conception compared to traditional serum progesterone tests.

Q3: What does it mean if there is a pale-gray line in the Test Zone?

A pale-gray line in the Test Zone may be caused by certain substances in the urine. When interpreting the test result, disregard the pale-gray line (as if it is not there) and base your interpretation on whether or not a rosy-pink line appears in the Test Zone.

Q4: Are there any factors that can affect PdG urine test results?

Yes, several factors can influence PdG test results, including medications and personal habits. Hormone treatments—such as progesterone supplements or other fertility medications—can also impact PdG levels. Additionally, factors like stress, diet, and sleep may affect hormone levels. It's advisable to consult your physician to understand how these factors might influence your results. Maintaining a healthy lifestyle can help ensure more stable and reliable outcomes.

Q5: Is it normal for PdG levels to vary among different cycles?

Yes, it is normal for PdG levels to vary from cycle to cycle due to changes in hormone levels, lifestyle factors, and individual health conditions.

Q6: Do urine PdG levels always correlate with blood progesterone levels?

In general, yes, but there can be individual variations. Some women may not metabolize progesterone into PdG at levels high enough to produce a positive test result. If you consistently receive negative PdG results despite other signs of ovulation, it's advisable to consult your physician for further evaluation.

Q7: Are PdG test results useful to assess my fertility status?

PdG test results can help women track ovulation and conception. However, because fertility is influenced by multiple factors, PdG results alone do not provide a complete picture of fertility. If you have any questions about your fertility, please consult your physician for comprehensive guidance.

Q8: Is first morning urine the best for testing PdG?

Yes, first morning urine is generally the most concentrated and can provide the most reliable results for hormone testing, including PdG levels.

Q10: Can this test be used alongside ovulation predictor kits (OPKs)?

Yes, Easy@Home PdG urine tests can be used alongside OPKs. OPKs help predict your fertile window (when you will likely ovulate) by detecting the LH surge before ovulation, while PdG tests track ovulation by measuring PdG levels in the urine after ovulation.

Q11: Are these test strips easy to read and interpret?

Yes, the test strips are easy to interpret: a single control line indicates a positive result, meaning the PdG level is above 5 μ g/mL, while two lines (both a control and a test line) indicate a negative result, meaning the PdG level is below 5 μ g/mL.

Q12: Does the test measure levels of progesterone directly?

No, the Easy@Home PdG urine test does not measure progesterone levels directly. Instead, it detects the presence of PdG (Pregnanediol-3-Glucuronide), a urine metabolite of progesterone, which helps track ovulation.

Q13: Why do I need to test PdG levels for several days?

Testing PdG levels over several days helps establish a pattern of PdG levels throughout your cycle, providing better insights into your ovulation and ovarian health.

Q14: Do results vary if testing is done at different times?

Yes, testing at different times of the day may yield varying results due to fluctuations in hormone levels. For consistency and best results, it's recommended to perform PdG urine testing at the same time each day.

Q15: Can PdG urine test strips detect pregnancy besides ovulation?

No, PdG urine tests are specifically designed to track PdG levels in the urine and are not intended for detecting pregnancy. For pregnancy testing, a dedicated pregnancy test should be used.

Q16: Are instructions included for proper testing?

Yes, each package includes detailed instructions to guide you through the testing process and help obtain reliable results.

Q17: How accurate are the PdG urine test strips?

The PdG urine test strips are designed to provide reliable results when used correctly. However, for definitive assessments of hormone levels, it is advised to consult with a healthcare provider.

Q18: How should I store the PdG urine test strips?

The PdG urine test strips should be stored in a cool, dry place away from direct sunlight and moisture to maintain their effectiveness.

Q19: Can I use the PdG urine test strips if I am on hormonal medications?

Hormonal medications may affect your PdG levels and could influence the test results. It's best to consult with your healthcare provider before using the test strips.

Q20: What cycle days should I start testing for PdG levels?

You can start PdG testing 5 days after achieving a positive result with OPKs, and continue testing daily until you get a positive PdG result. If you're not using OPKs, refer to the cycle chart to determine your best starting day and continue testing daily until you see a positive result before your next period.

Q21: Is there a specific time of day that is best for testing?

Testing in the morning with first morning urine is often recommended, as it tends to be the most concentrated. However, the most key factor is consistency - try to test at the same time each day for the most reliable results.

Q22: Are there any side effects to using the PdG urine test strips?

There are no known side effects associated with using the PdG urine test strips, as they are non-invasive and designed for at-home use.

We hope these tips were helpful. If you have any inquiries about our products or services, please feel free to contact us via email at support@premom.com, call our customer service at 1-855.822.6999 (M-F 9 AM - 5 PM CT), or visit us at www.premom.com