

Follicular Dynamic Ultrasounds

Follicular dynamic (FD) ultrasounds are vaginal ultrasounds done mid-cycle to evaluate timing of ovulation. In a normal cycle, beginning about four to five days prior to actual ovulation, ultrasound can identify the dominant ovarian follicle. In some women this process may not occur in a normal fashion. We can follow the growth of the follicle and determine its size just prior to ovulation.

Directions

We want you to do the daily ovulation predictor kits (OPK's) along with the ultrasounds in order to determine when the signal (LH surge) occurs (it should occur when the ovarian follicle is mature prior to ovulation). If you get a positive on your OPK before your scheduled ultrasound please contact your nurse.

When your physician recommends these ultrasounds, you will be instructed what day you should start using your ovulation predictor kits and which day you should come to the clinic for your first ultrasound. You may or may not have more than 1 ultrasound spread over a week.

- Cycle length: ____ days.
- Start ovulation predictor test (OPK) on cycle day ____.
- First ultrasound on cycle day ____.