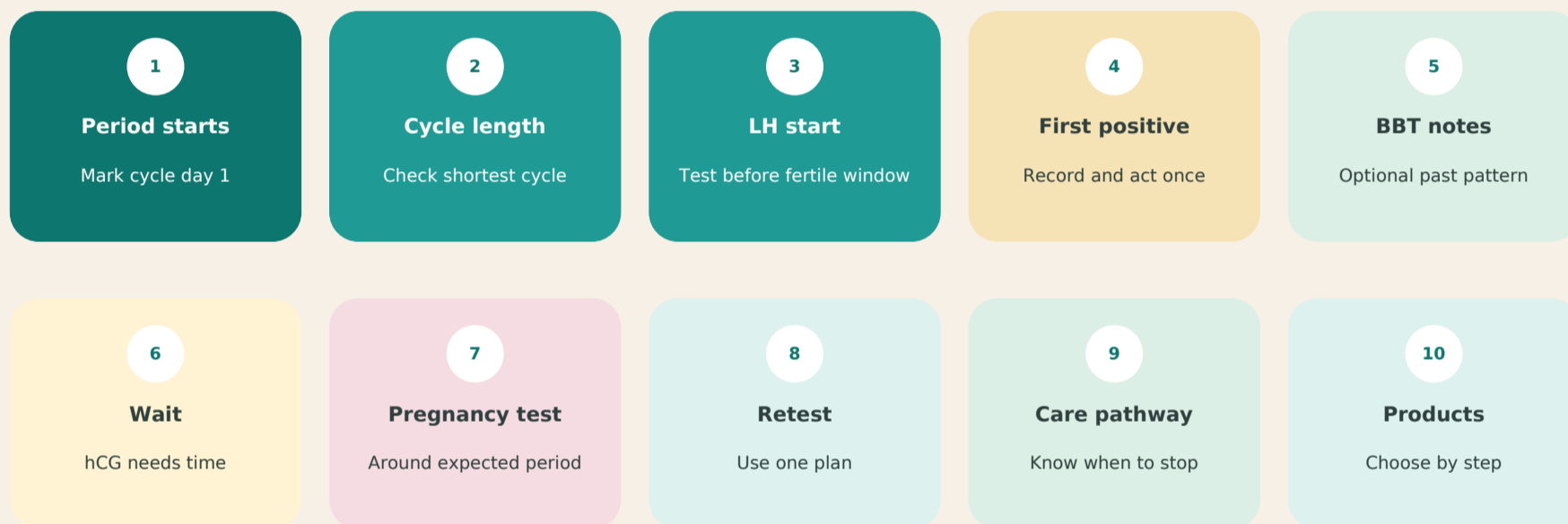


Simple TTC Testing Pathway Australia

A simple cycle-by-cycle pathway for using cycle dates, ovulation testing, optional BBT notes and pregnancy testing while trying to conceive.



Use this pathway to decide what to do next in one cycle.

It can help you plan when to start LH testing, when to wait, when to pregnancy test, when to retest and when home testing should stop.

Before you start

Home tests can support timing and next-step decisions. They cannot confirm ovulation, confirm fertility, date pregnancy, confirm pregnancy safety, rule out ectopic pregnancy or explain concerning symptoms.

[Start with contents](#)

Find your cycle step

Use this page to go straight to the part of the cycle you are in.

Period started - Page 3

Mark cycle day 1

Need LH start date - Page 4

Choose when to start testing

Clear positive LH - Page 5

Record it and act once

Want to use BBT - Page 6

Add optional notes only

Want to pregnancy test - Page 7

Wait until timing makes sense

Result unclear - Page 8

Choose one retest plan

Worried or trying for a while - Page 9

Use the care pathway

Need product links - Page 10

Match product to step

Need printable page - Page 11

Tick through the pathway

Sources and reviewer - Page 12

Check source method

What this PDF can do

It can help you put testing steps in order. It can help you avoid starting LH testing too late, avoid pregnancy testing too early, decide when to retest and decide when to ask for advice.

What this PDF cannot do

It cannot tell you whether ovulation definitely happened. It cannot confirm pregnancy viability or explain pain, bleeding, dizziness, fainting or feeling very unwell.

Start with cycle day 1

Cycle day 1 is the first day of full bleeding. Use it as the starting point for your TTC testing plan.

Small note

Spotting before full bleeding can be noted, but do not let it confuse your testing dates.

Planning item	Your notes
First day of full bleeding	
Usual cycle length	
Shortest recent cycle	
Longest recent cycle	
Date I will start LH testing	
Expected period date	
First pregnancy test date	
Retest date if unclear	

Why the shortest recent cycle matters

If your cycles vary, the shortest recent cycle helps you avoid starting LH testing too late. This does not diagnose a cycle problem. It is only a planning method.

Keep the record simple

Record dates, the first clear positive LH test if it happens, the first pregnancy test date and symptoms that do not fit your usual pattern.

Quick example

If your cycles have recently ranged from 26 to 32 days, plan from the shorter pattern so you do not miss an earlier LH rise.

Choose your LH start date

Start LH testing early enough to see the rise. Do not wait until the day an app predicts ovulation.

Pathway rule

Apps estimate. Your cycle can shift.

Recent cycle pattern	Simple LH start plan	Why
Around 21 to 24 days	Start earlier in the cycle according to the product instructions	The fertile window may arrive earlier
Around 25 to 30 days	Start before the expected fertile window	This fits many regular cycle patterns
Around 31 to 35 days	Start later, but do not wait until ovulation day	Ovulation may be later, but the rise still needs to be seen
Irregular or changing cycles	Use your shortest recent cycle and test for longer	This reduces the chance of missing an earlier rise
Very short, very long, absent or unpredictable cycles	Speak with a GP	Home LH testing may not answer the main question

Fertility2Family LH testing routine

Use the packet instructions for your exact test. For routine Fertility2Family LH testing, avoid first-morning urine. Test between 10am and 8pm where possible. Try to test at a similar time each day. Reduce fluids for about 2 hours before testing.

What to avoid

Do not start only when an app says ovulation is today. Do not treat any faint LH line as positive. Do not keep changing the plan every time one test looks slightly darker. The next useful step is to record the first clear positive.

Record the first clear positive

The first clear positive LH test is the main action point in this pathway.

Positive LH result

For Fertility2Family LH tests, a positive result means the test line is equal to or darker than the control line.

What it suggests

Likely ovulation timing may be close. Use the result as a timing clue.

What it cannot prove

It does not prove egg release, confirm fertility or confirm pregnancy.

Record this	Why it matters
Date of first clear positive	Helps connect LH timing with the rest of the cycle
Cycle day	Helps plan future cycles
Approximate test time	Helps compare results without relying on dry tests
Whether you had sex around this time	Helps you understand whether timing matched the fertile window
Any unusual symptoms	Helps if you later need GP advice

Do not wait for the darkest test

A later test may look darker. That does not mean you should ignore the first clear positive. If trying this cycle, use the first clear positive as the result to act on and record.

If patterns stay confusing

If the same confusing pattern keeps happening across cycles, take your dates and test records to a GP or fertility specialist.

Add optional BBT notes

BBT means basal body temperature. Some people use BBT to look for a past cycle pattern. It is optional.

Low-pressure rule

You do not need BBT to use this pathway. The main pathway still works with cycle dates, LH testing, waiting, pregnancy testing and care decisions.

BBT note	How to use it
Taken before getting out of bed	Keeps the routine more consistent
Taken at a similar time	Makes notes easier to compare
Recorded beside cycle day	Connects temperature with the rest of the pathway
Compared across the cycle	May show a past pattern
Kept as one part of the record	Avoids treating one number as proof

What BBT cannot do here

It cannot prove ovulation by itself. It cannot replace LH testing. It cannot diagnose a hormone condition. It cannot confirm pregnancy. It cannot explain concerning symptoms.

Keep it simple

If BBT helps you see a pattern, record it. If it makes the cycle feel harder, leave it out.

Wait before pregnancy testing

Pregnancy tests check urine for hCG. hCG needs time before a urine test can give useful information.

<p>1 Before expected period</p> <p>Wait if you can</p>	<p>2 Around expected period</p> <p>More practical first test point</p>	<p>3 After missed period</p> <p>Test or retest if bleeding has not started</p>	<p>4 Symptoms concerning</p> <p>Use care pathway</p>
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Cycle point	What to do	Why
Before expected period	Wait if you can	hCG may not be high enough yet
Around expected period	This is a more practical first test point	Timing is usually clearer
After missed period	Test or retest if bleeding has not started	A later result may be easier to interpret
Ovulation timing unknown	Use extra caution with dates	Late ovulation can shift the period and test timing
Symptoms are concerning	Use the care pathway	A home test cannot explain symptoms

If you tracked LH

A first clear positive LH test can help estimate timing, but it does not clinically confirm ovulation. Use it as a planning clue, not as a pregnancy-dating tool.

If you did not track LH

Use your expected period date. If your period is late and the test is negative, retest later or speak with a GP if uncertainty continues.

Retest with a plan

Choose the next test time before you start. Repeated same-day testing often adds confusion without changing the next step.

Result or situation	What it can mean	Best next step
Negative before expected period	It may be too early for hCG to be detected	Wait until the expected period date if possible
Negative after missed period	Pregnancy is less likely, but late ovulation can shift timing	Retest in 24 to 48 hours if bleeding has not started
Faint coloured line inside read time	hCG may be present	Retest in 24 to 48 hours or arrange GP or midwife confirmation
Mark appears after read time	The test should not be counted as positive	Use a new test if needed and read inside the correct window
Invalid result	The control line did not appear	Use a new test and follow the instructions
Positive result	hCG was detected	Arrange GP or midwife confirmation and next-step advice
Concerning symptoms with any result	A home test cannot explain symptoms	Use the care pathway on Page 9

Calm retest rule

Set one retest time. Use first-morning urine if you are retesting after an unclear pregnancy test. Read inside the correct window. Put the test away after the read time. Use care advice if symptoms matter more than the test result.

When home testing should stop

Home testing is useful for timing and next-step decisions. It is not the right tool for every question.

Situation	Best pathway
Positive pregnancy test	Book GP or midwife confirmation and early pregnancy advice
Regular medicines or health condition	Book a preconception or early TTC check with a GP
Under 35 and tried for 12 months without pregnancy	Speak with a GP
35 or older and tried for 6 months without pregnancy	Speak with a GP
Known fertility, cycle, pelvic pain, endocrine or sperm-related concerns	Ask earlier rather than waiting
Cycles absent, very irregular or suddenly different	Speak with a GP
Need investigation or referral	A GP can discuss blood tests, ultrasound timing, semen analysis or fertility specialist referral

Symptoms that should not wait

In early pregnancy or possible pregnancy, seek prompt medical advice for severe lower abdominal pain, one-sided pelvic pain, shoulder-tip pain, dizziness, fainting, heavy bleeding or feeling very unwell. Call triple zero if symptoms are severe or you are worried about immediate safety.

What to take to the appointment

Cycle dates, LH test dates, your first clear positive LH result if seen, pregnancy test dates and results, medicines, supplements, symptoms, how long you have been trying, and any known fertility, cycle, pelvic pain, endocrine or sperm-related history.

Products and next steps

Choose the product by the step you are working on. A product should make the step easier to complete, not replace clinical advice.

Cycle step	Product fit	Main limit
Planning LH timing	Ovulation test strips or midstream ovulation tests	LH testing suggests likely timing. It does not prove ovulation happened
Optional pattern notes	Basal ovulation thermometer	BBT may support past-pattern notes. It is not proof by itself
Pregnancy testing	Pregnancy test strips or midstream pregnancy tests	A home test checks hCG at that testing time. It does not confirm pregnancy safety
Strip testing	Urine collection cups	Cups support clean sample collection. They do not change what a test can show

1. Product instructions

Read Fertility2Family product instructions

2. Ovulation test category

Compare Fertility2Family ovulation tests for your next cycle step

3. Ovulation test formats

Ovulation test strips or midstream ovulation tests

4. Optional BBT notes

Basal ovulation thermometer

5. Pregnancy test formats

Pregnancy test strips or midstream pregnancy tests

6. Strip testing support

Urine collection cups

Midstream ovulation tests

Pregnancy test strips

Midstream pregnancy tests

Use the instructions first. Then choose the format that fits your routine, how often you need to test and whether you prefer strip or midstream handling.

One-page printable TTC testing pathway

Use this once per cycle. Tick each step as you complete it.

Step	Tick	Notes
1. Period started	<input type="checkbox"/>	Cycle day 1 date:
2. Cycle length checked	<input type="checkbox"/>	Usual length:
3. Shortest recent cycle noted	<input type="checkbox"/>	Shortest recent length:
4. LH start date chosen	<input type="checkbox"/>	Start date:
5. LH testing started early enough	<input type="checkbox"/>	Time of day:
6. First clear positive LH test recorded	<input type="checkbox"/>	Date and cycle day:
7. Optional BBT notes added	<input type="checkbox"/>	Yes, no or not using:
8. Waiting period before pregnancy test used	<input type="checkbox"/>	First planned test date:
9. Pregnancy test read inside window	<input type="checkbox"/>	Result:
10. Retest plan chosen if unclear	<input type="checkbox"/>	Retest date:
11. Care pathway used if needed	<input type="checkbox"/>	GP, midwife, fertility specialist or urgent care:
12. Next cycle note written	<input type="checkbox"/>	What I will change next time:

Short reminders

Start LH testing early enough to see the rise. Record the first clear positive. Use BBT only if it helps. Wait before pregnancy testing. Retest once with a plan. Use care advice if symptoms, cycle patterns or time trying need more than a home test.

Sources, method and reviewer

These sources support the pathway, safety limits and product-use claims in this PDF.

Source method

Fertility2Family publishes Australia-focused fertility education. We use Australian consumer health information, Australian clinical and public health guidance, Fertility2Family product instructions and relevant clinical sources where appropriate. We explain what home testing can suggest, what it cannot confirm and when to seek advice.

Reviewed by

Reviewed for general health accuracy by Evan Kurzyp RN, BSN, Master of Nursing. AHPRA registration NMW0002424871. Last reviewed: 2 June 2026. Next scheduled review: 2 December 2027, or sooner if Australian guidance or Fertility2Family product instructions change.

Source URLs

Your Fertility. Right time for sex and fertile-window timing.

<https://www.yourfertility.org.au/everyone/timing>

healthdirect. Fertility awareness and natural family planning.

<https://www.healthdirect.gov.au/fertility-awareness-natural-family-planning>

Better Health Victoria. Pregnancy testing.

<https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-testing>

healthdirect. Infertility and when to see a doctor.

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Fertility2Family. Urine collection cups.

<https://fertility2family.com.au/product/urine-collection-cups/>