At-Home Kits to Predict Ovulation With Less Mess Are Coming to U.S.

Microscope Indicates Fertility by Detecting "Tenting" Pattern in Eggs Caused by Estrogen Surge

By LISA JONES

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The Acon at-home ovulation predicting methods use the optional fertility, such as a test strip, can be money and expensive — and sometimes don’t work.

The Claims: Aine, a technique called “Tenting.” A microscope is used to monitor saliva samples as they allow the pattern caused by the estrogen surge just before ovulation. The microscope offers a new way for women to track their fertility cycles without the use of expensive ovulation tests.

The Verdict: Aine’s microscopes are accurately detected estrogen surges 85% of the time in a German study published last year. Because breastfeeding microscopes tend to give a positive result at a day earlier than a test strip, there may be a chance that it will not be as convenient as other methods. Aine’s microscopes offer a new way to track your fertility cycles without the use of expensive ovulation tests.

A positive result in a saliva sample indicates that estrogen surge is occurring. A negative result indicates that ovulation has not occurred.

If positive, you can use a test strip, which indicates ovulation in your saliva by analyzing hormones.

The strip is used to detect estrogen, but it’s not always a clear signal because the hormone surge is prolonged and in some women, may be undetected. Aine recommends using a saliva test or a saliva ovulation test to confirm ovulation.

In addition, Aine’s microscopes are cost-effective because they are only purchased for one test. The Perilous Drive, from Anemone Health, Stirling, N.J., can cost $85 and can be used indefinitely, says Aine’s founder, company president.

Until recently, saliva tests showed no effectiveness has been seen. The German study, published last year by the journal General and Obstetric Medicine, involved 1,000 women taking fertility drugs in a test of a microchip device from Germany’s Gynecostics Medical AG. It is preparing to launch the device in the U.S. under the brand name Your Fertility, Your Time.

The researchers, from the University of Heidelberg, concluded that saliva microchips can detect a hormone surge, which is confirmed by ovulation tests.

The study, led by Gynecostics AG, is in trials in terms of the quality of the test and the "syndrome," says Dr. Thomas, who is not involved in the company. But because the women were taking fertility drugs, their hormone surge will be higher and easier to detect, he says.

Additional studies are needed as more women are using fertility drugs, he adds.

In a separate trial, the Aine kits were used by 100 women who weren’t taking fertility drugs. It found a 90% success rate, according to a recent study from a different group.

The test gives a false positive result 1% of the time, which is far lower, says Aine, which owns a small company stake.

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John Rappaport

I need this in 3 years before trying to have a baby. I hope my insurance takes this under consideration.

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I would also say Natural Fertilization. Planing to try, focused on every fertility, however, and just defines the intercourse.

Jan. 5, 2016 5:55 AM ET

Thomas Wilke

"The entire thing is about 96% accurate but doesn’t always give clear results because the hormone surge isn’t measured at the same time in some cases, and not all women...

In other words, they are unreliable," says Janet, who can’t afford a consultation.

Dec. 1, 2015 7:21 PM ET

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