



## PROGESTERONE LEVELS IN nmol/L and ng/mL

To calculate progesterone levels  $\text{ng/mL} \times 3.18 = \text{nmol/L}$

**0 – 2 nmol/L (0-0.62 ng/ml)**

Baseline.....too early to estimate ovulation – retest 3 days

**3 – 6 nmol/L (0.94 – 1.88 ng/mL)**

Minimum 2 days before ovulation. Earliest estimate for breeding 4 – 6 days - advise retest in 5 days

**7 – 12 nmol/L (2.20 – 3.77 ng/mL)**

Minimum 1 day before ovulation. Earliest estimate window for breeding 3 – 5 days – advise retest

**13 – 18 nmol/L (4.08 – 5.66 ng/mL)**

Ovulation pending – estimated breeding window 2 – 4 days

**19 – 31 nmol/L (5.97 – 9.74 ng/mL)**

Ovulation has occurred, estimated breeding window 1 – 3 days

**32 – 64 nmol/L (10.06 – 20.12 ng/mL)**

Ovulation has recently occurred, optimum potential for fertility. Estimated breeding window – 0 – 2 days

**65 – 90 nmol/L (20.44 – 28.3ng/mL)**

Ova have matured but ageing, decreased potential for fertility, breed immediately

**60 – 70 nmol/L – (18.86 – 22.01 ng/mL)**

Ideal range for AI

**Above 90 nmol/L – (28.3 ng/mL)**

Too late