I'm not a robot

# Blue dye pregnancy test

Home > Learn > FYI > >Blue-Dye vs. Pink-Dye Pregnancy Tests: Which is Better? You may hear in the online forums and blogs that pink-dye pregnancy tests are better than blue-dye tests. Is that true? Let’s dig in. By Halle Tecco, MBA, MPH There are a lot of pregnancy test options on the market. When it comes to analog options (you know, the one with two lines), you’ll find two types of tests: those with blue-dye pregnancy tests, and pink-dye pregnancy tests. You may hear in the online forums and blogs that pink-dye tests are better. Is that true? Let’s dig in. Pregnancy test 101 Regardless of the dye a manufacturer uses, all pregnancy tests work the same way. Home pregnancy tests detect a hormone called human Chorionic Gonadotropin (hCG). hCG is released into the body when an embryo has been implanted in the uterine wall. So, what does a positive pregnancy test look like? If hCG is detected, a test line (pink or blue, depending on the test) will appear. The farther along in the pregnancy, the more hCG will be present in the urine and the darker the line. What are evaporation lines? You might notice that after the allotted time has passed, sometimes a faint, colorless line appears on the pregnancy strip. This is known as the evaporation line. It occurs when the urine evaporates and leaves a residue on the test strip. On the other hand, a blue evaporation line occurs when the urine residue reacts with the dye on the test strip, which can cause confusion about the results of the test. Stepping back, what makes a good pregnancy test? There are a lot of factors that go into making a good pregnancy test. They should be easy to read, accurate, affordable, and sensitive (if you want to test as early as possible). Let’s start with easy to read. This is where the dye color makes a difference. Blue-dye tests are notorious for getting a blue-dye evaporation line. It’s unclear if they actually have more evaporation lines, or if they are more likely to be confused for an actual line since a gray-ish evaporation line looks very similar to a blue positive line. Now let’s talk about accuracy. This may be the most important factor, since you don’t want to get a false-negative result or false-positive result. It’s important to look at the accuracy stated on the box. Since all at-home pregnancy tests are FDA cleared, most brands have good accuracy these days. Of course more important than dye-color is the sensitivity of the test. Every brand of home pregnancy test has a numeric value of hCG at which it is supposed to detect it. Once your hCG level is at or above that level, you will get a positive result. Since this number varies between pregnancy test brands, one brand’s test may be negative while another will not. The Natalist Pregnancy test is highly-sensitive and can detect early pregnancy. Whereas other tests have a sensitivity of 20 mIU/mL (meaning there needs to be at least 20 mIU/mL of hCG in the urine), our test has a sensitivity level of 10 mIU/mL, and can detect the hCG hormone up to five days before your expected period. Blue dye vs. pink dye So which one is better? All else equal, we prefer pink dye tests because they are less likely to confuse users with evaporation lines. That being said, even more important is going to be factors like ease of use, readability, accuracy, and sensitivity. Sources: 1.Cole LA, Khanlian SA, Sutton JM, Davies S, Rayburn WF. Accuracy of home pregnancy tests at the time of missed menses. American Journal of Obstetrics and Gynecology. 2004;190(1):100-105. doi: 2.Gnoth C, Johnson S. Strips of Hope: Accuracy of Home Pregnancy Tests and New Developments. Geburtshilfe und Frauenheilkunde. 2014;74(07):661-669. doi: Backed by science, trusted by mothers We’re glad you’re here—join thousands of happy customers on the journey to parenthood and beyond. Shop Now We may earn a commission from affiliate links on this page.We all know that even a faint line still means you’re pregnant. But what if that faint line shows up on a blue dye test, is it any different? Pregnancy tests (no matter what color) work by detecting hCG (the pregnancy hormone) in your urine. There are two main antibody strips on the test. As your urine moves across the test, the hCG present in your urine (if you’re pregnant) binds to the antibodies of the test line, and a chemical reaction causes a change in color (blue for blue dye tests and pink for pink dye tests). There is always a control line. A line that will show up whether you’re pregnant or not. This is to make sure that the test is working. If you don’t see any lines at all, the test isn’t working! But as the urine moves through the test, it may leave a thin grayish line. This is often called the evap line, because it’s caused by the evaporation of urine. It doesn’t always happen, but it could!The Infamous Evap LineYou can get evap lines with any line-test. The problem with blue dye tests is that the blue line of a true positive can sort of resemble a gray-ish evap line that could show up even if you’re NOT pregnant. This may lead you to doubt the results! If you wait long enough for hCG to build up, there won’t be any doubts regardless of what test you use. That is because you start producing hCG as soon as the embryo has implanted (which is often between 8-10 days after ovulation) and it doubles approximately every 48-hours. But it’s those early days that give the blue dye tests a bad rep! That’s when your hCG levels aren’t high enough yet to produce a very obvious line. If you wait until 14 days after ovulation (which is NOT necessarily when your period is due!), your levels should be high enough to produce an obvious line on any test.Pink vs Blue Dye Pregnancy Tests: What’s the Difference?The key difference between pink and blue dye pregnancy tests comes down to the visibility and intensity of the positive line that shows up when hCG is detected. The antibodies used in pink dye tests produce a darker, more vivid line. Meanwhile, the blue dye antibodies yield a lighter, more subdued line.This can make it harder to interpret faint positive lines on blue tests, especially in those early days when hCG levels are still relatively low. Evaporation lines may also be more prone to mimicking a true positive with blue dye. Therefore, many of us find pink dye tests offer clearer, undisputed results.However, neither pink nor blue tests are necessarily more accurate or sensitive overall. Both detect the pregnancy hormone hCG. It’s just a matter of the color intensity of the positive line.Why Choose Pink Dye Pregnancy Tests?So why do many women swear by pink dye pregnancy tests over blue? Here are some key reasons:– Easier to interpret results: The darker positive line is more definitive, whereas blue dye tests can produce faint lines that are hard to distinguish from evap lines.– Earlier detection potential: Some pink dye tests are famous for detecting lower levels of hCG, meaning you may get a positive result 1-2 days sooner.– Reduced ambiguity: Pink dye tests offer clearer positive/negative results, while blue dye tests may leave you questioning faint lines.– More vivid lines: The pink antibody reaction tends to produce bold, vivid lines compared to paler blue dye lines.Bottom line – if you’re questioning faint lines or want the earliest detection possible, pink dye tests are likely your best bet. The color makes a big difference in crispness and intensity.The Best Pregnancy TestsBlue or pink, any test can give accurate results. But many impatient testers have more confidence in obvious pink lines versus questionable faint blue ones.First Response Early Result (FRER) is the famous leader in early pink dye detection. They claim results up to 6 days before a missed period, though your personal timeline may vary based on luteal phase length. The key is that many women can get a positive long before their period is due, sometimes as early as 8 days past ovulation.For maximum sensitivity, look for a test rated 25 mIU – this detection threshold will pick up lower hCG levels. While FRER is the gold standard, cheaper pink dye tests can be equally sensitive. I got early positives (10 DPO) with inexpensive strips for my pregnancies.Stock up on multiple options – anxious testers admit to peeing on many sticks seeking reassurance (I’m absolutely one of them)! Know false negatives are common, but false positives are very rare. Any pink line likely means pregnancy, no matter how faint. Check out my favorites to find the perfect test for your needs and budget. We may earn a commission from affiliate links on this page. You’re a few days late for your period. You tested, and it’s negative! What’s… We may earn a commission from affiliate links on this page. The different types of BBT patterns If you’re charting your basal body temperature (BBT)… We may earn a commission from affiliate links on this page. Worried About Your Fertility Drugs Causing False Positives? If you are taking any fertility… Home > Learn > FYI > >Blue-Dye vs. Pink-Dye Pregnancy Tests: Which is Better? You may hear in the online forums and blogs that pink-dye pregnancy tests are better than blue-dye tests. Is that true? Let’s dig in. By Halle Tecco, MBA, MPH There are a lot of pregnancy test options on the market. 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I’ve got seven pointers to help you get the most accurate result on a pregnancy test, right from when to test and what type of test to use. Let me walk you through the ins and outs of home pregnancy tests. Taking a home pregnancy test is arguably one of the most simultaneously nerve wracking and exciting 5 minutes you’ll spend in your bathroom. Will you be pregnant? Is it still too early to test? Am I going to end up peeing all over my hand? How will I tell my partner if it’s positive? What if it’s negative? So many questions swirl around in your head when you unwrap that test. I realize not everyone is a pee on a stick addict (POAS addict) like me, but my excitement over POAS has left me with a wealth of knowledge about pregnancy tests. Let me share the wealth! 1. Go Pink: Before you even get to that exhilarating 5 minutes in your bathroom, you need to buy a pregnancy test. Have you been to the “family planning” section of the drugstore lately? There are a LOT of pregnancy tests to choose from. How do you know which one will work best? When in doubt, go for a pink dye test. What does that even mean? Well, pregnancy tests come in three basic forms: pink dye, blue dye, and digital. Digital tests are not as sensitive as non-digital tests. What that means is that if your period is not already late (don’t worry, I couldn’t wait that long to test either), there may not be enough HCG in your system to be detectable on a a digital test. So as much as you want to see the word “Pregnant” on a HPT, it’s best to bye a low tech dye test to start out. That leaves you with the blue dye or the pink dye. Is there a real difference? Absolutely. Blue dye tests are notorious for false positives. In other words, you may test and see a blue + symbol, but not actually be pregnant. This is not only incredibly frustrating, but it can also be heartbreaking to realize you are not actually pregnant when you thought you were. So do yourself a favour, and avoid blue dye tests. Pink dye tests are more reliable and false positives are extremely rare. My preferred pink dye test is the First Response Early Result (FRER). Source: FirstResponse.com 2. Go Cheap: Look, pregnancy tests are expensive and the cost really adds up if you like to POAS every day starting just nine days after you ovulated (or sooner if you’re really impatient). This is where “internet cheapies” come in. You can order very inexpensive pregnancy test strips online for less than $0.50 per test. At that price you can POAS every day for weeks before you even come close to the cost of just one FRER. What I suggest is that you stock up on some “internet cheapies” and when you see a squinter (that’s a test that might look positive if you hold it just the right way and squint just a little) you can crack open an FRER and confirm the result. Test too soon with an FRER and you may as well just pee on a $10 bill. If you really want to see the word “Pregnant” on a test, wait until your period is late, test with an “internet cheapie” and confirm with a digital. I grab my “internet cheapies” from 2 Little Lines. 3. Test First Thing In the Morning: Now that you’re armed with a few at home pregnancy tests, it’s time to POAS. You always want to test with your first pee of the day, or as those in the TTC world call it first morning urine (FMU). HCG builds up in your system overnight, so it is most potent in FMU. That’s not to say you can’t get an accurate result later in the day, but you are much more likely to get an accurate result with FMU. This is especially true if you are testing before your period is late or on the day it is due to arrive. 4. Don’t Actually Pee On The Stick: I know, I know. I just said I was a POAS addict. I lied. It’s more like a PIAC addict. That’s pee in a cup. Why? Because you want to use FMU to test, if you just hold that “internet cheapie” in your urine stream and you get a squinter, you no longer have FMU available to confirm the result with your FRER! And yes, that second pee may no longer have a detectable amount of HCG in it to yield a positive result. Save yourself from having to wait another 24 hours to confirm, and just pee in a cup. Any old cup will do, but I prefer to have paper dixie cups just for this purpose. Collect your urine in the cup (significantly easier that trying to aim your urine stream over a teeny tiny test end), and then dip the test in the urine. You want to hold it in the cup for around 10-15 seconds, then remove it, and lay the test on a non absorbent surface (resting it on top of the cup is perfect). If you get a squinter, you can bust out the FRER, dip it in the same urine, and confirm your result. The bonus of the PIAC method is that the odds are really good you won’t pee on your hand! 5. Check The Test Within The Time Frame: The instructions that came with your at home pregnancy test will tell you how long you have to wait before reading the results and it will also tell you how long you have to read those results before they become invalid. Usually you can check after 3-5 minutes, and you have 10-15 minutes before the results are no longer valid. Why do the results expire? Because sometimes a test will look negative after the waiting period, but an hour or so later you go back and check again just to be sure because you can’t resist. Now you see a line. Maybe it’s not pink (or blue if you went that way), but it’s a line. That’s what’s called an evap line. This happens when the urine on the test strip fully dries and leaves a sign of the evaporation that occurred. It’s usually colourless, kind of grey, and/or quite a bit thinner than the control line. This does not mean the test is suddenly positive. If you see an evap line, you should wait until the next morning and test again with FMU being sure to read the results only within the recommended time frame. Evap lines are more common on blue dye tests than they are on pink dye tests. 6. A Line Is A Line: When it comes to pregnancy tests a line, any line, that appears within the time frame for that particular test counts. Unlike an ovulation predictor kit where only a really dark test line means it’s positive, with an at home pregnancy test any test line that shows up within the time frame, no matter how faint, means you’re pregnant. That’s because HCG is only in your system when you’re pregnant. It doesn’t come and go throughout a woman’s cycle, you’re either pregnancy or you’re not. 7. Decide When To Test: Now you know to test with FMU, but what day in your cycle should you test? This is going to vary depending on the length of your luteal phase (that’s the time between ovulation and your period), but some women can test as early as five days before their period is due. If you want to test that early, use “internet cheapies” so you can test daily without racking up a crazy bill for pregnancy tests! Many women can get accurate results a good two days before their expected period, so if you really want to know, but don’t want to test SUPER early, two days early is a happy medium. There you have it! Those are my tips for getting the most accurate results out of your at home pregnancy tests. Remember that if you do get a positive test, you should arrange an appointment with your health care provider to confirm the results. If you’re hoping for a midwife, the time to start calling around is as soon as that pregnancy test dries! Do you have a favourite pregnancy test? How early have you tested and gotten a positive result? Hey there! Having had five wonderful kiddos of my own, I’ve had my fair share of encounters with pregnancy tests. So, I completely get the excitement, anxiety, and a million other emotions that flood in when taking one. One of the concerns that often pops up (and happened to me with my third) is the ‘dye run on a pregnancy test.’ So, let’s dive right in and understand what it means! ? To put it simply, a dye run happens when the dye on a pregnancy test spreads outside its designated test area. Imagine drawing with a wet marker and seeing the color spread outside your lines – that’s pretty much it. This smudged or distorted result often causes confusion. I remember squinting at my test, trying to figure out if that smudged line meant a yes or a no! There’s more to the story, though. A dye run typically happens when the dye doesn’t get enough time to settle. It’s kind of like pouring too much syrup on pancakes. The syrup (or dye) just goes everywhere! This oversaturation means the dye can’t mark the test area properly. So why should this matter to you? Well, when a dye run occurs, it often invalidates the test. It’s a bit like spilling coffee on a paper – the original message gets obscured. This can lead to unclear results and potential false positives or negatives. Believe me, I’ve been there! Too Much Urine: Just like watering a plant, there’s such a thing as too much of a good thing. Overloading the test strip with urine can cause the dye to run. Skipping the Manual: Pregnancy tests come with instructions. They’re there for a reason! Not sticking to them can up your chances of a dye run. Trust me, even after my second child, I still double-checked the manual. A Bummer of a Test: Sometimes, through no fault of yours, you might just end up with a dud of a test. If it’s defective, it can result in a dye run. FactComparisonDye runs on pregnancy tests can be caused by various factors, from too much urine to just plain faulty tests.It’s easy to confuse dye runs with faint positive results, hence it’s vital to retest if you notice one.Blue dye pregnancy tests are more prone to dye runs compared to their pink or digital counterparts.Pink dye and digital tests tend to be more accurate and are less likely to dish out false positives than blue dye tests. Now, a dye run on a pregnancy test doesn’t necessarily shout out, “You’re pregnant!” In fact, all pregnancy tests are hunting for one thing – the hormone human chorionic gonadotropin (hCG) in your urine. After an egg gets cozy in the uterus, the placenta starts producing hCG. If your test showcases a dye run, the golden rule is – retest! If round two yields a positive result, chances are, you’re expecting! ? However, a negative can sometimes mean that it’s too early for the test to pick up on hCG. Been there, done that with my fourth! If this happens, patience is your friend. Give it a few more days and try again. So, you’ve gotten a dye run on your pregnancy test. What now? Firstly, don’t panic. I’ve been down this road, and the best advice I can offer is to take a deep breath and retest in a few days. If you’re still in doubt after the second round, or if other concerns pop up, it might be time for a chat with your doctor. Let me share a few tricks from my playbook: Stick to the Script: All pregnancy tests come with instructions. They’re your guide. Stick to them. Goldilocks Principle for Urine: Not too much, not too little. Use just the right amount. If in doubt, the test manual is your buddy. Level Ground: Keep your test strip on a flat surface. Helps the dye settle correctly. Time it Right: Read your results within the time frame given on the pack. No earlier, no later! Apart from the factors I’ve already shared, there are a couple of reasons why you might encounter a dye run. Following Instructions Halfway: Pregnancy tests are precise. They’ve got a set way they like to work. Maybe you didn’t dip the strip long enough, or perhaps you checked the results a tad too late. Both can increase your risk of a dye run. Faulty Tests: They’re rare, but yes, they exist. Sometimes, you just end up with a test that’s off. It’s not always easy, especially when your emotions are riding high. A dye run usually appears as a smudged or blurry line on the test strip. The color might vary, but they’re often gray or blue. These runs can be anywhere on the strip, faint or dark. Test Sensitivity: Just like how some of us have a keen sense of smell, some tests are more sensitive than others. While most detect hCG at similar levels, a few champions pick up even lower amounts, super early in pregnancy. Evaporation Lines: An evap line is like a ghost line that appears after urine evaporates from the test. I’ve mistaken these for positives, so beware! Test Timing: It’s all about the timing. Too early, and you might get a false negative since hCG hasn’t reached detectable levels yet. Storing Your Tests: Keep them in a cool, dry spot. Just like how you wouldn’t leave chocolate in the sun, these tests need some TLC too. There’s a lot more you should know about the distinctions between these types, especially when it comes to their sensitivity and their peculiarities. And while some might argue that one is better than the other, it really boils down to your individual circumstances and preferences. Let’s dive deeper! A dye run on a pregnancy test is a bit like an ink blotch on paper. It happens when there’s an overflow of the dye, and trust me, it can be super misleading. Imagine getting excited over what looks like a positive result, only to find out that it was just a smudge! ? So, always keep an eye out for those pesky dye runs. Quick Tips to Avoid Misreading a Dye Run: Always read the instructions, even if you think you’ve taken a million of these tests. Each brand could be slightly different. Wait for the recommended time. Yep, no matter how eager you are, those few minutes could make a difference. If the result looks off or weird, take another test. Better safe than sorry! On the flip side, we’ve got the dye stealer. It’s like the pregnancy test’s way of screaming, “Girl, you’re definitely pregnant!” When the test line is darker than the control line, it’s called a dye stealer. This happens when the hCG level is so high that it, well, ‘steals’ the dye from the control line. Think of it as a very exuberant way of your body saying, “Yep, there’s a baby on board!” ? If you thought choosing between two pairs of shoes was tough, try picking between blue dye and pink dye tests! ? Both tests show a line for a positive result. The main difference? You guessed it—the color of the line. Blue Dye Tests: These tests have a reputation for showing what’s known as evaporation lines. These faint lines can appear after the urine has evaporated, and they can trick you into thinking you’ve got a positive result when you might not. Pink Dye Tests: These are generally considered a safer bet since they’re less likely to show evaporation lines. In the battle of the dyes, many believe pink is the clear winner. With technology advancing at warp speed, digital pregnancy tests are like the Teslas of the pregnancy test world. Instead of deciphering lines, they display a clear message: “pregnant” or “not pregnant.” No more squinting or holding the test up to the light! Pros: Straightforward results that leave no room for doubt. Generally more sensitive, potentially detecting a pregnancy earlier than manual tests. Cons: They’re pricier. You’re paying for that high-tech experience. Not as eco-friendly because of the electronic components. If you’ve ever wondered how a tiny stick can tell you if you’re going to be a parent, it’s all thanks to the hormone hCG. This hormone skyrockets in the early stages of pregnancy and doubles approximately every 72 hours. It peaks in the first 8-11 weeks and then takes a chill pill, declining and leveling off for the rest of the pregnancy. Here’s something crucial to note: while a super dark test line might give you the impression of a super healthy pregnancy, that’s not always the case. The darkness of the line is not a guaranteed indicator of the health of your pregnancy. Everyone’s body is different, and factors like metabolism rates, urine concentration, and the exact time you take the test can influence the result. Table: hCG levels during pregnancy Weeks of pregnancyhCG levels (mIU/mL)35-5045-426518-7,34061,080-56,5007-127,650-229,00013-2425,700-288,00025-4221,000-100,000 Choosing a pregnancy test can be overwhelming with all these options, but here’s the bottom line: the best test for you is the one that suits your needs and comfort. Whether you’re on a budget, aiming for eco-friendly options, or seeking clarity and accuracy—there’s a test out there with your name on it. And while the whole “dye run on pregnancy test” fiasco can be a little confusing, just remember to take a deep breath, read those instructions, and always, always trust your gut. If in doubt, reach out to a healthcare professional or take another test. In the end, whether it’s through pink or blue dyes, a digital display, or even a little “dye run on pregnancy test” mishap, the journey to discovering you’re about to bring a new life into the world is nothing short of magical. Pregnancy tests have a time window, usually a few minutes, during which the result should be read. This window ensures that the test is read when the reaction is complete and the dye has settled. If left for too long, an evaporation line can appear, making it look like a faint positive result when it’s actually negative. It’s crucial to follow the manufacturer’s instructions to the tee for an accurate reading. Most over-the-counter pregnancy tests claim to be effective as early as the first day of a missed period. However, some sensitive tests can detect pregnancy as early as 5-7 days before a missed period. It’s worth noting that testing too early can result in false negatives because hCG levels might still be too low to detect. Testing first thing in the morning is often recommended because urine is more concentrated, making it easier to detect hCG. As the day progresses, frequent urination can dilute hCG levels. If testing later in the day, it’s wise to avoid excessive fluid intake to keep the urine as concentrated as possible. Absolutely! Women with longer cycles might ovulate later, meaning that hCG production starts later too. So, they might need to wait a bit longer after a missed period to get an accurate test result. On the flip side, those with shorter cycles might get accurate results sooner. Drinking an excess of water before taking a pregnancy test can dilute the urine. This might lead to a false negative as diluted urine may not contain enough hCG to be detected, even if you’re pregnant. Best to stick to your normal fluid intake. hCG levels rise dramatically in early pregnancy. Here’s a quick glance: Weeks of PregnancyhCG Levels (mIU/mL)35-5045-426518-7,340 Remember, these numbers are averages and can differ among women. It’s possible. Different pregnancy tests have varying sensitivities to hCG. Some tests might detect lower levels of hCG sooner than others. Always check the sensitivity level on the test’s packaging, and when in doubt, consult a healthcare professional. Blood tests, done at a doctor’s office, are incredibly accurate. They can detect even the tiniest amounts of hCG. Plus, there are two types: qualitative (gives a yes/no answer) and quantitative (provides the exact amount of hCG). So, while home tests are super handy, blood tests offer a definitive answer. Some medications, especially those containing hCG like fertility treatments, can influence the test results. Most common medicines, like antibiotics or painkillers, won’t interfere, but it’s always good practice to read the leaflet or ask your doctor. Several factors can cause misleading results: Expired Tests: Always check the expiry date. Medications: Some drugs can interfere with the results. Improper Testing: Not following instructions can lead to false readings. Chemical Pregnancy: A very early miscarriage can result in a false positive. False negatives are typically due to testing too early, diluted urine, or checking results after the recommended time frame. Both digital and traditional tests are designed to be over 99% accurate when used correctly. However, digital tests eliminate guesswork by clearly displaying the result, while traditional tests might require a bit more interpretation. Choose what feels right for you. There’s a widespread belief that lying down for about 20 minutes after intercourse can boost the odds of conception by helping sperm travel to the egg. While it doesn’t hurt to try, there’s limited scientific evidence to back this up. Pregnancy tests detect the presence of hCG, a hormone produced after implantation. When you dip the stick or expose it to urine, it allows the urine to mix with hCG antibodies. If hCG is present, it reacts with these antibodies, causing a color change. While stress can impact various aspects of your health and potentially delay your period, it won’t influence the accuracy of a pregnancy test. hCG detection is a biochemical process, and emotional or mental stress doesn’t interfere with its detection. If you’re ever in doubt, take another test a few days later. hCG levels double roughly every 72 hours, so waiting a bit can provide a clearer result. Alternatively, visit a healthcare professional for further guidance.