

# INSTRUCTIONS FOR RECORDING YOUR TEMPERATURE AND CERVICAL MUCUS

## Temperature:

- Your temperature readings confirm whether you have ovulated.
- This is most accurately taken with a proper fertility thermometer from a pharmacy.
- Your temperature is taken under your tongue first thing in the morning, before getting out of bed. On your chart place a dot in the box which corresponds to your temperature and day of cycle. Day 1 is the first day of your period.
- Your temperature needs to be taken at the same time each morning, because generally, temperatures rise gradually throughout the day until about 2.00 p.m. For each hour later than the usual time the temperature is recorded one temperature row below. For each hour earlier the temperature is recorded one row above. e.g. If you normally take your temperature at 6.00a.m., though you sleep in until 8.30 a.m. and your temperature is 36.7 degrees, you should record your temperature at 36.45 degrees. (Make a "slept-in" note in the "Conditions Affecting Temperature" box).
- Conditions affecting your temperature may include things like a late night, fever, a cold, broken sleep or alcohol. These may cause abnormally high or low temperatures, resulting in inaccurate chart interpretation if not noted down.

## Mucus:

- The nature of your cervical mucus tells you when you are approaching ovulation.
- Check your mucus every time you go to the toilet, before urination, although you only need record your most fertile reading of the day. Record the external sensation, the amount and the texture on your chart before going to bed at night. e.g. mucus may be dry, creamy with a small amount in the morning, but by evening it may be moist, creamy and increased in amount. Record the latter interpretation only.
- Between the thumb and forefinger collect the mucus from the vaginal opening.
- External sensation – Use one of the 3 following to describe the external sensation: dry, moist/damp, or wet. The wetter the sensation, the more fertile you are.
- Amount – this will increase as you get closer to ovulation. It is best recorded in a bar graph form which is easily read.
- Texture – this can vary from none or pasty in the non-fertile phases, to creamy or milky in the stages around ovulation, to clear, stretchy or like raw egg white at ovulation. Each woman is different and mucus can vary from cycle to cycle.

## Other:

The other rows on your chart will help both yourself and your practitioner understand what else is happening with your cycle. Give the pain and emotions a rating out of 10. Tick "intercourse" and "sexual desire", which usually increases around ovulation, and can help with timing of conception. When appropriate, mark in the "bleeding" row bleeding with a B and spotting with a S.

You may find this a little overwhelming at first; however, after about 3 cycles you will start to see an obvious pattern and be much more aware of your fertility. Your practitioner can help you to interpret your cycle to enhance conception attempts.

NOTE: Remember to photocopy enough charts for a few cycles before beginning.