

BBT CHARTING | INSTRUCTIONS

TAKING THE TEMPERATURE |

- Use a special fertility thermometer. It should have two decimal places and is more sensitive than a standard thermometer.
- Keep the thermometer next to your bed ready to be used in the morning.
- Your temperature should be taken at the same time every morning after at least three consecutive hours of sleep and immediately when you wake up, before you get out of bed or do anything else (for example before you go to the toilet, feed a cat etc).
- Most people prefer to take their temperature orally. But it can also be taken vaginally, rectally or under your arm. Use the same method throughout.

RECORDING THE TEMPERATURE | Start taking your temperature on day one of your menstrual bleed. If you have spotting before proper bleeding starts, wait until the proper bleed and this will be classed as your menstrual cycle day 1.

- Record on the chart the date and the time on the relevant menstrual cycle day.
- Put a cross on the square with the temperature nearest to the one your thermometer is showing.

INTERCOURSE | It would also be helpful if you could mark the days when you have intercourse.

CERVICAL FLUIDS | Observe what kind of vaginal secretions you have and log at the end of the day. Use the relevant keys provided at the bottom of the chart. For example, if you have fertile mucus, which looks like egg white and stretches without breaking, enter E on the relevant day, for blood enter B, if you have no secretions, enter D and if your secretions are moist or creamy, enter C.

OVULATION TEST RESULTS | If you use an ovulation detection kit, mark the days on the chart when you get positive or peak reading on your ovulation test.

OTHER NOTES | The following factors are known to affect the temperature. Please make a note in the "special notes" section when any of these are applicable:

- If you have alcohol the night before (even small amounts)
- If you have an illness (for example cold, flu or other infections)
- If you have bad night's sleep (especially if you slept for less than 3 hours before taking temperature)
- If you had to take medication (especially temperature lowering medication, such as paracetamol or ibuprofen)
- If the bedroom is unusually hot or cold
- If you feel stressed
- If you travel, especially air travel



URBAN ACUPUNCTURE

KIMBERLEY SHEPHERD ACUPUNCTURIST BSCHONS MBACC

KIM@URBANACUPUNCTURE.CO.UK | URBANACUPUNCTURESHEFFIELD.CO.UK | 07545 866 890