



Sympto Thermal Chart for One cycle - Recording information and Instructions

Temperature must be recorded first thing in the morning before getting out of bed at a similar time each morning for results to be accurate. As ovulation occurs, the increase in the production of progesterone generates a greater heat in the body and the basal Body Temperature increases. Temp should drop slightly just before ovulation then rise by 0.5° Celcius, the temperature should stay high until just before or during the menstrual period when it will fall again.

(If ovulation does not occur the temperature will not rise)

Affecting Temperature- any factors which will affect temperature- ie later reading time, illness,

Maybe Baby must also be done first thing in the morning with the temperature reading. It is a saliva ovulation tester (oestrogen) so nothing to eat or drink for 3 hrs prior to use, clean the internal surface of the view finder and place a smear of saliva over the lens. Let it dry for approx 10mins-15 mins then view soon after as a sample exposed to the air for too long may become corrupted. To view replace the lens into the holder and view the results with light at the bottom of the case.

Recordings

Non fertile	-	NF (pebbles and dots)
Transition	-	T (pebbles and ferns)
Fertile Fern	-	F (full ferning/ ovulation)

Lunar peak	New Moon	-	NM
(Moon cycle)	Full moon	-	FM
	Quarter	-	¼
	Half moon	-	½

Cervical Mucous – as the oestrogen levels rise as ovulation is approached the mucous will become more profuse, thinner, wetter and clearer.

When oestrogen levels peak just prior to ovulation the mucous will become jelly- like and can be stretched between the fingers (similar to egg whites).

Low oestrogen at the beginning and the end of the cycle results in scant amounts of sticky or tacky mucus which is more opaque.

Amount	None – N	Increasing - ↑	Profuse – P	Decreasing - ↓
Texture	Sticky – S	Wet – W	Dry – D	
Colour	White – C	Clear – C	Cloudy / White- CW	

SYMPTO THERMAL CHART FOR CYCLE

Date																																								
Day - Week																																								
Day - Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Lunar Peak																																								
TEMPERATURE	37.3																																							
	37.2																																							
	37.1																																							
	37																																							
	36.9																																							
	36.8																																							
	36.7																																							
	36.6																																							
	36.5																																							
	36.4																																							
	36.3																																							
	36.2																																							
	36.1																																							
	36																																							
	Intercourse																																							
Affecting																																								
Temperature																																								
Maybe Baby																																								
M																																								
U	Text																																							
O	Colour																																							
U	Amount																																							
Cervix																																								
Changes																																								
Pain																																								
Headaches																																								
Nausea																																								
Vomiting																																								
Bowel																																								
Skin																																								
Breasts																																								
Fluid retention																																								
Energy /10																																								
PMS																																								
Cravings																																								
Libido																																								
Bleeding																																								