Fertility Chart

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This is a sample of what the chart should look like. Note any physical changes that may occur - rise or fall.

EXPLANATION

A temperature chart is a very simple and traditional way to monitor a woman's ovary behaviour and to help to understand the individual. It is particularly very helpful to see it changing during the treatment. We would like to recommend you use the **Fertility Thermometer** for the best advantage. It is important to read and record the temperature accurately, although it is unlikely that your pattern will look like that in the sample.

A woman's early morning temperature is usually lower during the first half of the menstrual cycle than it is in the second half, though the difference may be only a fraction of a degree.

Directions for use:

- 1. Before retiring to bed each evening, ensure that the mercury column of the thermometer has been reset below or 36°C.
- 2. Place within easy reach of the bedside.
- 3. Upon waking each morning, before talking, eating, drinking, smoking, or getting out of bed, take your temperature, either orally or rectally. Leaving the thermometer in place for at least 5 minutes.
- 4. Remove and read the thermometer carefully to one sub division and record on the current chart.

How to use the temperature chart:

- 1. Record name and calendar dates on top of chart, adding calendar dates.
- 2. Begin a new chart as soon as menstruation has started.
- 3. Record your temperature each morning, by making a dot on the chart at the temperature indicated on the thermometer. As soon as there is more than one dot on the chart, join them together with a straight line in order to bring the temperature record up to date.
- 4. Should a disturbed night occur, a cold, sore throat or attack of indigestion, mark this, or anything similar, alongside the dot.
- 5. Whenever bleeding or intercourse occurs, record with a cross in the space provided.

How to look after the thermometer:

After use always wash the thermometer in cold water. **NEVER HOT.**

Warning

Every precaution should be taken to prevent either breaking or displacement of the thermometer whilst in use.

Fertility Chart

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| 38.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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