ovulation chart

Month																																									
Day																																									
Temperature																																									
Take your temperature before you get out of bed	37.4°C																																								
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Mucous:	Dry																																								
	White, sticky																																								
	Clear, stretchy																																								
Bleeding																																									
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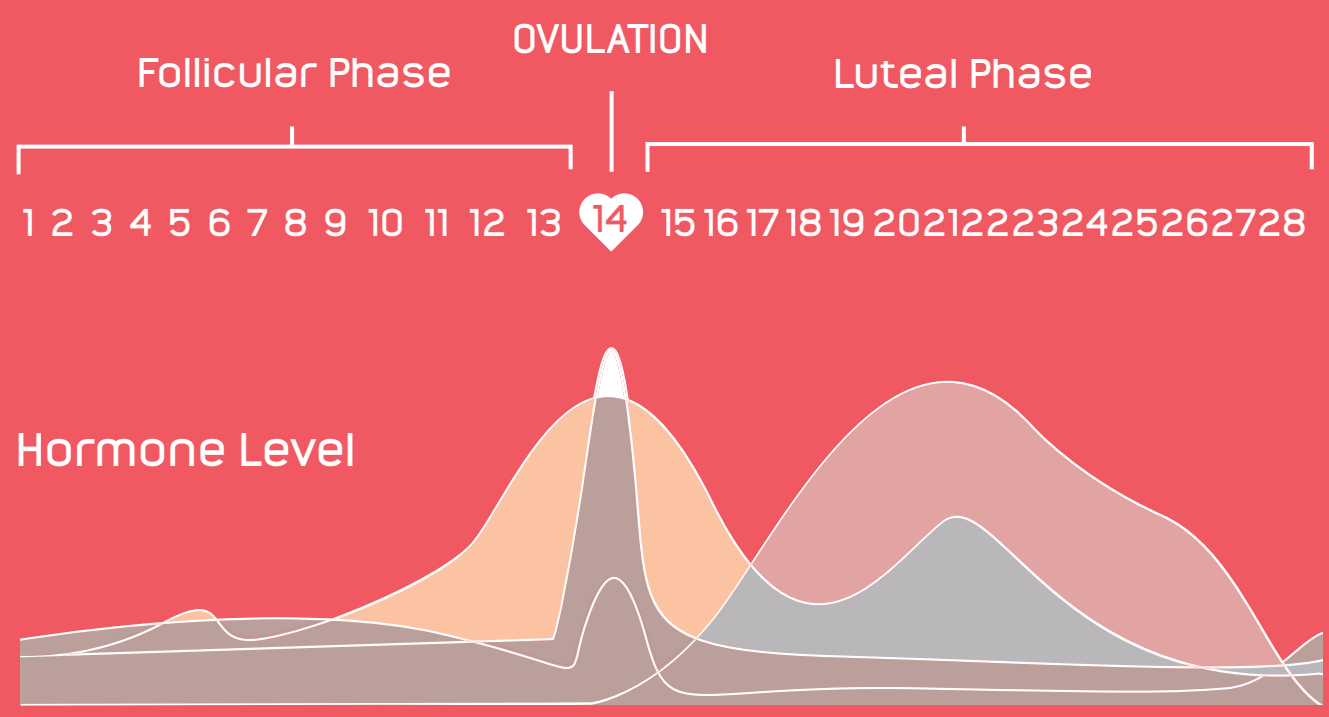
Sex																																									
LH Test																																									
Pregnancy test																																									
Result																																									

further info

- Remember – a healthy diet and lifestyle for both you and your partner can improve your chances of success. Reducing a high BMI or increasing a low BMI can aid conception.
- Make sure you are up-to-date with your smear tests.
- Taking pre-conception supplements can boost background nutrition, health and wellbeing, as can reducing alcohol, smoking and stress where possible.
- If you have polycystic ovarian syndrome, the LH test is not accurate, however, charting your ovulation cycle using temperature and mucous changes is helpful.
- Bleeding after sex, or pain during sex should be reported to your GP.

my expert midwife.



- Luteinising Hormone
- Follicle Stimulating Hormone
- Oestrogen
- Progesterone

key to using these charts

- This handy chart will take you through 3 menstrual cycles; the average cycle is 28 days, though some are longer and some are shorter. Documenting changes during entire cycles will help you get to know your own pattern.
- Using the digital thermometer provided, take your daily basal body temperature (armpit). Most accurate when taken immediately after waking and before getting up. Your temperature drops slightly around the 12th day of your cycle, then rises once ovulation has occurred.
- Chart your mucous appearance daily - is it wet, dry or sticky? Mucous that is stringy and has a raw egg white appearance indicates you are at your most fertile.
- Chart any changes in your mood – e.g. tearful or irritable are common but you may not notice any changes.
- Note any physical changes – breast tenderness, nipple pain, abdominal pain, increase in smell sensitivity.
- Using the luteinising hormone (LH) ovulation test sticks provided from around day 12 of your cycle, chart your results. A surge of LH signals that ovulation is likely to happen with 24-36 hours.
- Also record the days you are bleeding onto the chart.
- To increase your chances of becoming pregnant, aim to have sex at least every other day during your fertile days.

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