CHARTING THE SYMPTOMS

Temperature

Use a digital thermometer to take your waking temperature, it should record in .1° F and have a hold or recall mechanism to save the reading. There are three ways of taking your temperature: orally, vaginally, or rectally. Stick to your chosen temperature taking method for the entire cycle. Take your temperature for one minute beyond the beep.

Toilet Tissue Exam

Take white, unscented tissue paper and fold it into a flat pad several layers thick. Then, **WIPE – LOOK** – **TEST.** Do the tissue check whenever you go to the bathroom, before and after voiding.

<u>Tissue Dry (ø):</u> Tissue won't glide + nothing, dampness, or shine. Dampness can be from urine or perspiration. Shine is a thin clear film that cannot be lifted off and absorbs into the tissue when rubbed.

<u>Sticky-Type Mucus (M):</u> Tissue won't glide and the mucus on it stretches less than 1'' and is opaque. P = mucus is pasty (solid white or yellow and won't draw threads).

<u>Egg-White Type Mucus (EW-M)</u>: Tissue glides easily or mucus on it stretches 1" or more or mucus is clear (even in part) like plastic wrap.

Vaginal Sensations

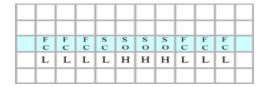
<u>Dry (d):</u> All day you felt nothing, or you may have felt a disagreeable, slightly itchy feeling at the vaginal entrance.

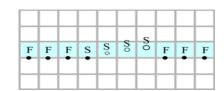
Moistness Felt ($\frac{m}{M}$): A feeling as if secreting moisture or shedding a tear drop or noticing bubbles bursting inside the vagina.

<u>Lubrication (L):</u> A distinct lubricative or runny-wet feeling in the vaginal area.

Cervical Exam

Check the cervix at the end of the day while either in sitting, standing, or squatting position. Gently compress the cervix to see if there is cervical mucus present. Any of the **S.H.O.W.** traits indicate a change toward fertility. S = soft, H = high, O = open, W = wet (with cervical mucus), and F = firm, L = low, C = closed, D = dry (no cervical mucus present, but a *white*, *hand lotion-like fluid* may be present.) The examples below represent two methods of charting the cervical changes.





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Descriptions						Breast Exam																																			Descriptions
1. Did you chart all - bleeding? tissue?sensation?cervix?disturbances (if any)?genital contact? 2. Did you number the final 6 lows? Draw pre-rise base? Mark Peak (if any)? Encircle readings for S-T Rule (if any)? What rules did you go by to assume fertility, and which days were infertile according to those rules? 1. Relatively Infertile Time Rule: Infertile Days: 2. Completely Infertile Time Rule: Infertile Days: © 1983, 1991 RJ Huneg														eger																											